

Protect Yourself from Flu

Flu can be a serious illness that is easily spread from person to person. CDC estimates that flu causes millions of illnesses, hundreds of thousands of hospitalizations, and thousands of deaths each year. The best way to protect yourself and your family against flu is by getting vaccinated. **Everyone six months of age and older should receive the flu vaccine every year.**

There are [many reasons](#) to get a flu vaccine each year:

- **Flu vaccines help keep you from getting very sick from flu.** Flu vaccines lower chances of illness and hospitalization.
- **Flu vaccines lower the risk of serious flu complications,** especially among older adults or those with chronic health conditions like asthma, diabetes, and heart disease.
- **Flu vaccines during pregnancy help protect pregnant people and their babies from flu complications,** including delivering the baby too early, low birth weight of the baby, and stillbirth.
- **Flu vaccines help babies and young children stay healthy.** Flu vaccine helps lower their risk of flu-related complications, hospitalization, and death.
- **Flu vaccines can be given at the same time as other recommended vaccines,** such as COVID-19 and RSV.



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
Alpine County Board of Supervisors, Phone: (530) 694-2281
District 1: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,
District 4: Terry Woodrow, District 5: David Griffith

Influenza and RSV Highlights



▲ **1.2%**
Influenza
positivity



▼ **2.8%**
Outpatient
ILI activity



▶ **0.1%**
Hospital
flu admissions

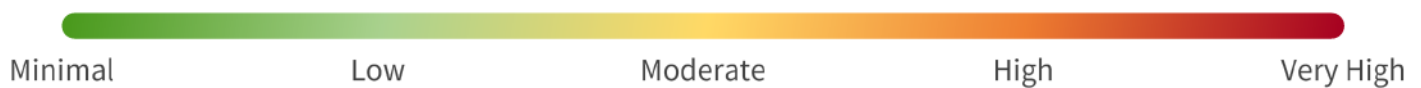


0 (+0)
Deaths
since
10/1/23 (new)



▲ **5.4%**
RSV
positivity

Influenza Activity Levels⁺



Geographic Area	Activity Level
California Statewide	Minimal
Northern Region	Insufficient data
Bay Area Region	Insufficient data
Central Region	Low
Upper Southern Region	Minimal
Lower Southern Region	Low

Key Messages

- » Influenza activity is minimal in California.
- » Getting a flu shot is the best way to protect yourself against flu, its potentially serious complications, and reduce strain on our healthcare system.
- » Respiratory syncytial virus (RSV) activity is increasing in California.
- » Several [products](#) are available to prevent RSV infection.



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