



Public Health Brief

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Seasonal Flu Hitting Hard

As of Friday, January 24, the Centers for Disease Control and Prevention (CDC) reports that seasonal influenza activity remains elevated across the country and is increasing in most areas. COVID-19 activity is elevated in many areas of the country, but much lower than in previous years. RSV activity has peaked in many areas of the country.

So far, seasonal flu has killed 8,300 persons, including 31 children, and caused 190,000 hospitalizations.

2024-25 Influenza Season Week 3 ending Jan 18, 2025



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: Evan Mecak, District 3: Irvin Jim,
District 4: Terry Woodrow, District 5: David Griffith

If you have one or more of the conditions listed (<https://www.cdc.gov/covid/risk-factors/>), you are more likely to get very sick from a virus and be hospitalized, need intensive care, require a ventilator to breathe, and/or die.

- [Older adults](#) are at highest risk of getting very sick. More than 81% of COVID-19 deaths occur in people over age 65. [The number of deaths](#) among people over age 65 is 97 times higher than among people ages 18-29 years.
- Your risk of severe illness from a respiratory virus increases as the number of your underlying medical conditions increases.
- Some people are at increased risk of getting very sick or dying from a respiratory infection because of where they live or work, or because they can't get health care. This includes many [people from racial and ethnic minority groups](#) and [people with disabilities](#).

Specific information on children and teens

People of all ages, including children and teens, can get very sick from a respiratory virus, especially those with underlying medical conditions. This includes children and teens with:

- Medical complexity
- Genetic, neurologic, or metabolic conditions
- Congenital heart disease

Respiratory Virus Guidance Snapshot

Core Prevention Strategies

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread*

Additional Prevention Strategies

- Masks
- Distancing
- Tests

***Stay home and away from others until,**

- and**
- Your symptoms are getting better
- You are fever-free (without meds)

for 24 hrs

Then take added precaution for the next 5 days

CDC

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering



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Reduce your risk of catching and spreading respiratory viruses like flu, COVID-19 and RSV

Stay Up to Date on Vaccines

Vaccines are the best protection against severe illness. Visit [MyTurn.ca.gov](https://myturn.ca.gov) to schedule your vaccines or contact your health care provider.

- [Flu and COVID-19 vaccines](#) are recommended for everyone 6 months and older.
- [RSV immunizations](#) are recommended for eligible pregnant people, older adults, infants and toddlers.

Stay Home if You're Sick

Stay home and away from others if you have any symptoms of [flu](#), [COVID-19](#) or [RSV](#).

Test and Treat

[Test for COVID-19](#) and flu if you know you've been exposed or have symptoms. You may be eligible for [prescription COVID-19 treatments](#) or flu treatment. Talk to your doctor.

Consider Wearing a Mask

Consider [wearing a high-quality mask](#) in crowded or indoor areas, especially if you're sick.



Wash Your Hands

Wash your hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Cover Your Cough or Sneeze

Cough or sneeze into your elbow, arm or a disposable tissue. Make sure to wash your hands or sanitize and dispose of your tissue after.

Ventilate Indoor Spaces

Open doors and windows as much as possible to bring in fresh outdoor air. This helps keep virus particles from building up indoors.

<https://www.cdc.gov/respiratory-viruses/guidance/index.html>

<https://www.cdc.gov/respiratory-viruses/risk-factors/older-adults.html>

<https://www.cdc.gov/respiratory-viruses/risk-factors/weakened-immune-systems.html>



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