



## Flathead City-County Health Department

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Community Health Services  
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Family Planning Services  
751-8150 FAX 751-8151  
Home Health Services  
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WIC Services  
751-8170 FAX 751-8171  
Animal Shelter  
752-1310 FAX 752-1546

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### **Influenza Deaths Confirmed in Flathead County**

Montana has seen its first two influenza-related deaths, with both occurring in Flathead County residents over the age of 65. Due to the confirmed influenza presence in Flathead County, it is now more important than ever to be vaccinated against influenza to protect everyone, including the most vulnerable populations.

Everyone 6 months of age and older should get a flu vaccine every season. Influenza vaccination is the best way to prevent getting the flu, but it takes up to two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza, including:

- People 65 years and older
- Children younger than 5, but especially younger than 2
- People with certain chronic health conditions such as asthma and COPD, diabetes (both type 1 and 2), heart disease, neurological conditions, and those with weakened immune systems
- Pregnant women

Symptoms of the flu are: fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and, especially in children, stomach symptoms such as nausea, vomiting, and diarrhea. People usually become ill one to three days after being infected. Complications can include pneumonia, ear infections, sinus infections, dehydration, and a worsening of other chronic medical conditions, such as diabetes, asthma, and congestive heart failure.

Other ways to prevent transmitting flu include, covering a cough, frequent handwashing, and staying home when you are ill. Influenza virus usually spreads person to person by coughing or sneezing. It is also possible to become infected by touching something with flu virus on it, and then touching your mouth or nose. Most adults are infectious one day before they have symptoms until 5-7 days after becoming ill.

For any additional information visit [flatheadhealth.org](http://flatheadhealth.org), or find us on Facebook.

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