

**FOR IMMEDIATE RELEASE**

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**Denton County Reports Two Additional Influenza-Associated Deaths**

January 26, 2018 – Denton County Public Health (DCPH) is reporting the fourth and fifth influenza-associated deaths in Denton County for the 2017-2018 flu season.

“We believe the current flu vaccine is critically important for preventing both Flu A and the now-growing number of Flu B cases,” stated Dr. Matt Richardson, Director of Public Health at DCPH. “We are hopeful the number of positive flu cases will begin falling soon, but want to reiterate that simple everyday preventive actions help stop the transmission of the flu.”

DCPH recommends a three-pronged approach to fighting the flu:

1. **Get vaccinated.** The best way to protect yourself and your family from the flu is to get an annual flu shot, and the flu vaccination is recommended for everyone 6 months and older.
2. **Remember that antiviral medications are a second-line defense against the flu.** If you are experiencing fever, runny or stuffy nose, sore throat, cough, muscle aches and headaches, visit your doctor immediately, and take antivirals if prescribed. These remedies can help you recover quicker, and can potentially prevent you from being hospitalized with flu complications.
3. **Take everyday preventive actions to help stop the spread of germs.** Cover your cough and sneeze, avoid people experiencing flu symptoms, stay home when you feel sick and wash your hands often. These steps will help prevent respiratory viruses, including influenza, respiratory syncytial virus (RSV) and rhinovirus.

Weekly Denton County flu surveillance reports and additional information can be found at [www.DentonCounty.com/flu](http://www.DentonCounty.com/flu). Visit [www.cdc.gov/flu](http://www.cdc.gov/flu) for details about symptoms, treatment, and prevention, and search [www.vaccinefinder.org](http://www.vaccinefinder.org) to find the vaccine in your neighborhood.

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