

Lincoln County Health Department – Public Health

418 Mineral Ave.

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FOR IMMEDIATE RELEASE:

Lincoln County Public Health is reporting the first Lincoln County flu-related death of the 2024-2025 flu season.

While most people recover from flu with rest, drinking plenty of fluids, and over-the-counter medications, flu can be a serious illness and cause deadly complications.

Lincoln County Health Department urges individuals to follow public health recommendations and stay up to date on vaccinations to help reduce the spread of respiratory illnesses this season:

Prevention recommendations:

- Wash hands frequently and thoroughly with soap and water for at least 20 seconds.
- If soap and water aren't available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Improve air quality by bringing in fresh outdoor air or using an air purifier.
- Clean frequently touched surfaces and items in your home. This can include light switches, doorknobs, and countertops.
- Stay home and away from others if you are sick for at least 24 hours after your fever has subsided.
- Get enough sleep, eat a healthy diet, manage stress, and consider using an antiviral medication if your doctor prescribes it.

Individuals are encouraged to speak to their primary care provider about vaccination for themselves and their family to make informed decision-making.

Vaccine resources:

- Receive the updated, flu vaccine, COVID-19 vaccine, and respiratory syncytial virus (RSV) vaccine if eligible.
- Talk to your doctor about testing and treatment options.
- The flu spreads through coughing and sneezing with symptoms that can include high fever, chills, headaches, exhaustion, sore throat, cough and body aches. It may take about 1 to 4 days after being exposed to the virus for symptoms to develop. Additionally, you may be able to pass on the flu to someone else 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

Flu Vaccine

Everyone six months of age and older are recommended to get an annual flu vaccine. Young children, pregnant women, those with underlying health conditions, and people aged 65 and older are at high risk for flu-related complications. The flu is a highly contagious disease that can cause mild to severe illness, and lead to hospitalization and death- even in healthy, young people. Getting a flu vaccine reduces individual's risk of getting the flu, and it can be safely given at the same time as a COVID-19 vaccine.



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COVID-19 Vaccine

The Centers for Disease Control and Prevention (CDC) has recommended the updated COVID-19 vaccine for everyone ages 6 months and older to protect against the newer COVID-19 variants, regardless of previous vaccination.

RSV Vaccine

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. RSV vaccines are available to provide protection for:

- Adults 60 years old and over
- Adults 60 years and older may receive a single dose of the RSV vaccine
- Pregnant people
- 1 dose of maternal RSV vaccine during weeks 32 through 36 of pregnancy, administered immediately before or during RSV season.

Individuals with questions about the RSV vaccine for themselves should speak to their healthcare provider.

Additional Information:

COVID Tests

<http://www.covidtests.gov/>

CDC Influenza Information

<https://www.cdc.gov/flu/index.htm>

State of Montana, DPHHS Influenza Dashboard

<https://dphhs.mt.gov/publichealth/cdepi/diseases/Pan-Respiratory/InfluenzaDashboard>

CDC RSV Information

<https://www.cdc.gov/rsv/index.html>

CDC RSV Immunization Information

<https://www.cdc.gov/vaccines/vpd/rsv/index.html>

