



San Francisco Department of Public Health

Greg Wagner
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City and County of San Francisco
London N. Breed
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San Francisco flu season sees first death

There is still time to protect yourself and others by getting the flu shot

For immediate release

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SAN FRANCISCO (January 9, 2019) – Health officials today announce that an adult San Francisco resident has died from influenza-related causes. This is the first flu-associated death of the season in San Francisco, and serves as a reminder to get vaccinated and practice prevention.

Now that flu season has begun, San Francisco residents are encouraged to get their flu shot, if they have not already received it. The flu season can continue into the spring.

“We know that flu is circulating in the community,” said Dr. Juliet Stoltey, Director of Communicable Disease Control and Prevention for the San Francisco Department of Public Health. “We can all do our part to keep the flu from spreading. It’s not too late for a flu vaccine.”

Everyone can take steps to prevent the spread of the flu. The strains of influenza change over time, so it’s important to get vaccinated every year. Annual flu vaccination is recommended for everyone six months of age or older, even young, healthy people. Being vaccinated not only protects you, but helps protect the people around you who might be vulnerable to serious health complications from the flu.

Protection against the flu is especially important for pregnant women, children younger than 5 years, adults 65 and older, and those with chronic medical conditions, such as heart disease, asthma and diabetes. The person who died in San Francisco had multiple medical conditions.

In addition to getting the flu shot, here are some other prevention tips.

- Cover your cough and sneezes with a tissue.
- If you do not have a tissue, cough into your elbow.
- Avoid touching your eyes, nose or mouth.
- Wash your hands often and thoroughly with soap and warm water or an alcohol-based hand sanitizer.
- Stay home when you are sick.

Symptoms of the flu include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. People at higher risk of severe disease who show flu symptoms should contact their medical provider. Anyone who is very sick should seek



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immediate medical attention.

Everyone can play a part to prevent the spread of the flu. For more information, contact your health care provider or local pharmacies or visit the [CDCP influenza web page](#). To find a flu vaccine at a location near you, visit the [Vaccine Finder](#).

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About SF Department of Public Health

The mission of the San Francisco Department of Public Health (SFDPH) is to protect and promote health and wellbeing for all in San Francisco. SFDPH strives to achieve its mission through the work of two main divisions – the San Francisco Health Network and the Population Health Division. The San Francisco Health Network is a community of top-rated clinics, hospitals and programs that serves more than 100,000 people annually at sites such as Castro Mission, Chinatown, and Southeast health centers, Zuckerberg San Francisco General and Laguna Honda Hospital and Rehabilitation Center. With a broad community focus, the goal of the Population Health Division is to ensure that San Franciscans have optimal health and wellness at every stage of life. To achieve this, the Division is comprised of branches dedicated to core public health services, such as health protection and promotion, disease and injury prevention, disaster preparedness and response, and environmental health services.

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