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May 9, 2019

NEWS RELEASE

Fifth Flu-related Death Reported in El Paso

Flu activity continues to be elevated in the borderland

EL PASO, Texas – An elderly man’s death has become the fifth flu-related death in the El Paso area this season. The City of El Paso Department of Public Health reports that the man was in his mid-80’s and suffered from underlying medical conditions. Public health officials also say the man had not received the flu vaccine this season.

“We continue to see an unusually high number of flu cases being reported for this time of year,” said Fernando Gonzalez, Lead Epidemiologist. “Our residents need to continue to practice prevention techniques and be vigilant when it comes to seeing a medical practitioner if symptoms persist.”

During the first week of May 2019, more than one hundred cases of flu were reported. The total number of flu cases as of the first week of May has been recorded at 13,411; compared to 12,369 flu cases reported at this time last season.

In addition to the flu vaccine, public health officials remind the public to practice the four C’s in order to help reduce the incidence of infection. They are:

1. **CLEAN** - Wash your hands often. Scrub your hands for at least 30 seconds with soap and water, or use an alcohol-based hand cleaner.
2. **COVER** – Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don’t have a tissue? The crook of your elbow will do.
3. **CONTAIN** – Contain germs by steering clear of others who are sick. If you do get sick, stay home until you’re well again, so you don’t spread more germs.
4. **CALL** – Call or see your doctor if you or your child has a fever greater than 100 degrees.

Additional information is available at www.EPHealth.com or www.EPSalud.com under the flu tab.

There were 21 flu-related deaths during last year’s flu season.

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