



**DALLAS COUNTY
DEPARTMENT OF HEALTH AND HUMAN SERVICES**

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Philip Huang, MD, MPH, Director
FOR IMMEDIATE RELEASE

DCHHS Reports First Flu-related Death of 2019-2020 Season

DALLAS (December 6, 2019) – Dallas County Health and Human Services (DCHHS) is reporting the first flu-related death in Dallas County for the 2019-2020 season. The patient was 36 years of age and a resident of the city of Dallas. For medical confidentiality and personal privacy reasons, DCHHS does not provide additional identifying information.

"We have seen an early increase in flu activity in Dallas this season. While we cannot predict the severity or duration of the flu season from year to year, the best way to protect yourself and others is to get your flu vaccine," said Dr. Philip Huang, DCHHS Director and Health Authority."

"Getting flu vaccine is especially important for persons with chronic health conditions, such as asthma, diabetes, or heart disease—to decrease their risk of severe flu illness. Practicing everyday preventive actions can also help slow the spread of influenza and other respiratory illnesses. These steps include: frequent hand washing, covering your coughs/sneezes with a tissue or into your elbow and staying home if you have flu-like symptoms. Finally, if you do get sick with the flu, take antiviral medications if your doctor prescribes them."

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for all persons aged 6 months and older, with rare exception. Individuals should discuss flu vaccine concerns with a health care provider.

It is not too late to receive the flu vaccine. Flu vaccine for adults and children is available at DCHHS at the main building clinic located at 2377 N. Stemmons Frwy, from 8 a.m. to 4 p.m. Monday through Friday. Flu vaccine for VFC-eligible children is also available at multiple DCHHS satellite immunization clinic locations: <https://www.dallascounty.org/departments/dchhs/immunization-hours.php>

For more information about immunizations call 214-819-2162. Additional information about influenza is available at: <https://www.dallascounty.org/departments/dchhs/influenza.php>