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Sarpy/Cass Health Department Reports the First Influenza-Related Death of the 2022-2023 Influenza Season

The first flu-related death of the 2022-2023 flu season has been confirmed in the health jurisdiction. The Sarpy/Cass Health Department (SCHD) says the individual is a male Cass County resident over the age of 65.

“This is a sad reminder that flu can cause serious illness,” said Sarah Schram, Sarpy/Cass Health Director. The Health Department continues to recommend that anyone 6 months and older get a flu vaccine every season, especially those who are at high risk of serious complications from the flu.

The Centers for Disease Control and Prevention (CDC) reports that seasonal influenza activity is high in Nebraska and across the country. The most common symptoms of influenza are fever, cough, and sore throat, but can also include body aches, headache, chills, and runny nose. Symptoms generally last from a few days to up to a week or more.

In addition to influenza, multiple respiratory viruses like RSV and the virus that causes COVID-19 are also spreading across the U.S. and Nebraska. Testing is important to determine appropriate care.

The Health Department continues to urge residents to take everyday preventative actions to help prevent the spread of respiratory illnesses like the flu. Remember to practice good hand washing, cover your coughs and sneezes, closely monitor your health, and stay home if you’re feeling sick.

For more information, please visit the CDC website (www.cdc.gov) or call the Sarpy/Cass Health Department at (402) 339-4334.

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