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## **Flu season returns to Oregon with first confirmed hospitalized case**

*Health officials urge flu immunization; vaccine supplies are plentiful*

Oregon Public Health officials have received the first report of an Oregonian hospitalized with the flu.

The Lincoln County Health Department reported that the 61-year-old woman who was hospitalized with influenza has recovered.

Although flu activity remains low so far this season, this is the first report of hospitalization for flu.

"Every flu season is different, and influenza can affect people differently," said Paul Cieslak, M.D., of Oregon Public Health. "Even healthy children and adults can get very sick from the flu and spread it to others. The best way to prevent the flu is by getting vaccinated each year."

There are plentiful supplies of flu vaccine throughout Oregon. Public Health officials recommend that everyone 6 months of age or older get vaccinated. Vaccination is especially important if you're in one of these groups:

- Pregnant women.
- Children 6 months through 4 years of age, and especially those 6 months to 23 months of age.
- People 50 years of age or older.
- Anyone with underlying medical conditions such as chronic pulmonary conditions including asthma; cardiovascular conditions, (except isolated hypertension); renal, hepatic, neurological, hematologic or metabolic disorders including diabetes mellitus; and immunosuppression, including those caused by medications or HIV.
- People in long-term-care facilities.
- People who live with or care for those at high risk for complications from the flu.

In addition to getting immunized, it's also important to ward off the flu and other viruses and bacteria by these methods:

- Protect yourself and others by washing your hands often.
- Cover your mouth with something other than your hand when you cough.
- If you're sick, go see the doctor but otherwise try not to go out and expose others to your illness.

To get more information about influenza and to find out where you can get vaccinated against the flu, visit [flu.oregon.gov](http://flu.oregon.gov).