



Public Health
Division

County of Santa Cruz

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Press Release

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FLU ACTIVITY INCREASING, AND IT IS NOT TOO LATE TO VACCINATE

SANTA CRUZ COUNTY, CA – *Santa Cruz County Public Health Division Urges Influenza Vaccination*

Influenza activity increased significantly in recent weeks, according to Santa Cruz County health care providers, the California Department of Public Health, and the U.S. Centers for Disease Control and Prevention. Flu activity is expected to continue to increase in coming weeks. The strain that has been circulating most is influenza A (H3N2). H3N2-predominant seasons have historically been associated with more severe illness and higher mortality, especially in older people and young children. The Santa Cruz County Public Health Division urges people to get vaccinated.

Everyone ages six months and older, especially pregnant women, should be vaccinated to prevent influenza illness and serious flu complications. Vaccination is especially important for people who are at high risk of serious flu-related complications: young children, people 65 and older, pregnant women, and people with certain chronic medical conditions, such as asthma, diabetes, and heart disease. Under the Affordable Care Act, preventive care such as flu vaccination is covered by all insurance programs, with no co-pay. The benefits of flu vaccination include:

- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination can make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.
- Vaccination can protect women during and after pregnancy. Vaccination during pregnancy can also protect the baby after birth.
- Flu vaccination is an important preventive tool for people with chronic health conditions.
- Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness.

Along with getting immunized, other ways to prevent the spread of flu include:

- Stay home when you are sick.
- Cover your coughs and sneezes.
- Wash your hands often and thoroughly with soap and warm water or an alcohol-based sanitizer.
- Avoid touching your eyes, nose, and mouth.

Find a location for getting a flu vaccine near you; visit the [Vaccine Finder](#). Stay healthy, Santa Cruz.

