



# Media Release

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## **Yakima County Reports First Flu Death of Season Locally**

**Yakima, WA-** The Yakima Health District has reported the first flu-related death of the season in Yakima County. The person was older than 65 years of age and had underlying health conditions.

Flu activity in Washington State is currently classified as “minimal,” but Yakima County has seen an increase in flu activity over the last week. Based on the total number of flu tests conducted at local hospitals during the week of November 30, 2025- December 6, 2025, 8.88% were positive, which was an increase from 3.98% two weeks earlier (the week of November 16, 2025-November 22, 2025).

### **Flu Vaccine Recommendations**

The flu vaccine is recommended for everyone aged six months and older. Those at higher risk for severe flu complications include young children, pregnant women, [people with underlying health conditions](#), and adults aged 65 and older. The flu vaccine helps reduce the risk of serious illness and can be given at the same time as the COVID-19 vaccine.

Individuals are encouraged to speak to their primary care provider about vaccination for themselves and their family to make informed decision-making. For those that do not have a primary care provider, please call 2-1-1.

For information on local clinics and pharmacies offering flu vaccines, visit [www.YakimaVaccines.org](http://www.YakimaVaccines.org).

### **Public Health Recommendations to Reduce the Spread of Respiratory Illnesses**

In addition to getting vaccinated, the Yakima Health District recommends:

- Staying home if sick.

- Covering coughs and sneezes.
- Washing hands often with soap and water for at least 20 seconds.

### **COVID-19 and RSV Vaccines Are Also Available**

The COVID-19 vaccine for the 2025–2026 season is recommended for everyone six months and older. RSV vaccines are also available for adults 60 years and older, as well as pregnant individuals during weeks 32–36 of pregnancy. For details about these vaccines, visit [www.YakimaVaccines.org](http://www.YakimaVaccines.org).

### **Quote**

“Vaccination continues to be one of the most effective ways to prevent severe illness, hospitalization, and death from the flu. As flu activity begins to increase, it’s important for people to get vaccinated, practice good hand hygiene, and stay home when they are sick to help protect themselves and others.” -Melissa Sixberry, Director of Disease Control, Yakima Health District

### **Additional Information:**

[Vaccine Recommendations and Locations | Yakima Health District](#)

[RSV and Influenza Statistics | Yakima Health District](#)

[Influenza Surveillance Data | Washington State Department of Health](#)

[Flu Overview | Washington State Department of Health](#)

[COVID-19 Vaccine Information | Washington State Department of Health](#)

[Respiratory Syncytial Virus \(RSV\) | Washington State Department of Health](#)

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