



Press Release

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For Immediate Release

North Carolina Sees First Flu Death of 2025-2026 Season

(Wake County)—The North Carolina Department of Health and Human Services (NCDHHS) announced the first reported flu-related death of the 2025-2026 flu season yesterday, October 8, 2025. The adult, who lived in the western part of North Carolina, died due to complications caused by the flu.

The Nash County Health Department encourages community members to prepare for flu season. With flu activity anticipated to rise in the coming months, proactive measures are crucial to safeguard community health.

Bill Hill, Director of Nash County Health and Human Services, says, “Vaccination remains our strongest defense against the flu. We encourage everyone over six months of age to receive their flu shot soon. Protecting ourselves also means protecting those who are vulnerable, like the elderly and young children.”

In addition to vaccination, there are simple steps everyone can take to reduce the spread of flu and other respiratory illnesses:

- Frequent handwashing with soap and water

- Avoid touching the face, especially the eyes, nose, and mouth
- Cover coughs and sneezes with a tissue; dispose of it immediately
- Stay home if symptoms appear, except to seek medical care, to prevent spreading the virus
- High-risk individuals should speak to their provider quickly about testing and the possibility of antiviral treatment, which is most effective when it is started within two days of symptom onset

Flu symptoms may include:

- Fever or chills
- Cough, shortness of breath, or difficulty breathing
- Fatigue, sore throat
- Runny or stuffy nose
- Muscle aches, headache
- Nausea, vomiting, diarrhea (in some cases)

Residents are encouraged to consult their healthcare providers regarding the flu vaccine. Those without a healthcare provider can contact the Nash County Health Department at 252-459-9819 to make an appointment.

For more information on flu prevention and care, visit <https://flu.ncdhhs.gov/>.