



Press Release

Nash County Health Department
Contact: [Liz Lord](#)
Phone: (252) 462-2630
Email: Liz.Lord@nashcountync.gov

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For Immediate Release

Nash County Reports First Pediatric Flu-Related Death of the Season

NASH COUNTY, N.C. — The Nash County Health Department, in cooperation with ECU Health, is reporting the first pediatric flu-related death of a Nash County resident for the 2025-2026 influenza season. Three adult flu-related deaths have previously been reported.

According to the North Carolina Department of Health and Human Services Detailed Respiratory Virus Surveillance Dashboard's most recent data, this marks the sixth pediatric flu-related death in the state this season, with 182 flu-related deaths being reported in total. To protect the family's privacy, additional information will not be released.

"Our hearts are with this family as they face an unimaginable loss," said Nash County Health and Human Services Director Bill Hill. "When we talk about flu prevention, we're talking about protecting lives. No family should have to experience this kind of heartbreak."

Influenza can be a serious and potentially fatal illness, even in young and previously healthy individuals. The Nash County Health Department encourages all residents six months of age and older who have not yet received a flu vaccine to do so now. It is not too late to get vaccinated and reduce the risk of severe illness or death. "Vaccination remains the most effective way to protect against influenza and its complications," said Hill.

Residents who do not have a healthcare provider may schedule a flu shot appointment at either Nash County Health Department clinic by calling the Nashville clinic at 252-

459-9819 or the Rocky Mount clinic at 252-446-0027. Children and pregnant adults may be eligible for state-funded flu vaccines at no cost. Nash County Health Department clinics accept private insurance, Medicaid, and Medicare. For uninsured adults, the regular-dose flu vaccine costs \$54, and the high-dose vaccine costs \$115.

In addition to vaccination, residents can reduce the spread of flu and other respiratory illnesses by:

- 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)

For additional information on flu prevention and care, visit flu.ncdhhs.gov.

About the Nash County Health Department

The Nash County Health Department serves residents of Nash County, North Carolina by providing a valuable and diverse range of public health services focused on the early detection and treatment of health problems, disease prevention, and the promotion of healthy lifestyles. Through clinical care, prevention programs, health education, and community partnerships, the department works to protect public health, reduce the spread of disease, and support the overall well-being of individuals and families across the county.

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