



**FOR IMMEDIATE RELEASE**  
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## **Pediatric Influenza Death in NCDHD District**

Two pediatric influenza-related deaths have been reported to the Nebraska Department of Health and Human Services (DHHS). One of the deaths occurred within the North Central District Health Department (NCDHD) service area.

"NCDHD shares our deepest condolences with the families impacted," said Heidi Kuklis, Director of the North Central District Health Department.

Nationally, 20 children have died from flu this season according to the Centers for Disease Control and Prevention (CDC). In Nebraska, there have been a total of 3 flu-related deaths so far this season.

Protect yourself from the flu by:

- Washing your hands often
- Avoiding contact with people who are sick
- Staying home if you are sick
- Covering your mouth and nose when you cough
- Eating healthy, drinking plenty of fluids, and getting plenty of rest
- Getting a flu shot

Flu shots can reduce flu-related illnesses, visits to the doctor, missed work and school, and flu-related hospitalizations and deaths. Flu shots are available at NCDHD and your local clinic. See the NCDHD clinic schedule at: <https://ncdhd.ne.gov/event-calendar>

For more flu information, visit the NCDHD website at [www.ncdhd.ne.gov](http://www.ncdhd.ne.gov), the DHHS website at [www.dhhs.ne.gov/flu](http://www.dhhs.ne.gov/flu) or the CDC website at [www.cdc.gov/flu](http://www.cdc.gov/flu).

*North Central District Health Department strives to promote and protect the health and wellness of the communities in Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, and Rock Counties.*

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