

Flu Activity Continues to Rise in San Benito County

Flu Season is Not Over | 2025-26 Season Update

CURRENT SITUATION

- Influenza activity has **increased locally since January 2026**
- Flu cases and test positivity have risen in recent weeks
- Local flu test positivity shows higher levels starting in January compared to earlier in the season
- Flu activity is intensifying in the community and statewide
- **Flu season typically lasts through spring — get vaccinated now!**

WHY THIS MATTERS

- The flu is **not just a bad cold**
- It can cause serious illness, hospital stays, and death
- **High-risk groups:**
 - Young children
 - Older adults
 - Pregnant people
 - People with chronic conditions

PEDIATRIC ALERT

60

**pediatric flu-associated deaths
in the U.S. this season**

*Many occurred in children who were
NOT vaccinated against flu.*

PROTECT YOURSELF AND YOUR COMMUNITY

- **Get a flu vaccine every year** — it's the best way to prevent serious flu illness
- Vaccination helps to:
 - ✓ Lower your risk of hospital stays and death
 - ✓ Protect your family and community members
 - ✓ Reduce flu spread in schools, workplaces, and healthcare settings
- **Annual flu vaccination provides the most protection possible**

IF YOU FEEL SICK

- Stay home and rest
- Get tested if recommended by your doctor
- Seek medical care early, especially if you are at higher risk for flu complications

FOR MORE INFORMATION ABOUT FLU VACCINE AND CLINIC HOURS

San Benito County Public Health Services
351 Tres Pinos Rd. Suite A-202
Phone: (831) 637-5367 | **Fax:** (831) 637-1989
Hours: Monday - Friday, 8:00am - 5:00pm

Last updated: January 2026