



FOR IMMEDIATE RELEASE

March 3, 2026

Clinton County Health District Announces Pediatric Flu Death

WILMINGTON, Ohio – A teenage Clinton County resident has died from influenza. The Ohio Department of Health (ODH) has confirmed this with Clinton County Health District.

"We are deeply saddened to report this tragic loss," said Monica Wood, Health Commissioner of the Clinton County Health District. "Our thoughts are with the family during this incredibly difficult time."

The Clinton County Health District recommends discussing the flu vaccine with your healthcare provider. The flu vaccine is available from many providers, including the Clinton County Health District, doctors' offices, clinics, pharmacies, and workplaces. As of late February 2026, roughly 90% of reported pediatric influenza deaths in the United States for the 2025-2026 season occurred in unvaccinated children. Vaccines can significantly reduce mortality risk across all age groups. It is not too late to get vaccinated, as the flu season can last through May.

Influenza can circulate every year, but activity typically increases during the winter months. The 2025–2026 year is no exception. This marks Clinton County's first pediatric flu death since it became a reportable condition in 2009.

According to the Centers for Disease Control and Prevention (CDC) data, the cumulative hospitalization rate for children this season is among the highest recorded in the past 15 years. In 2025, 120 flu-associated hospitalizations among Clinton County residents were reported.

Common flu symptoms may include a sudden onset of high fever, chills, muscle/body aches, headaches, extreme fatigue, dry cough, or sore throat. Seek immediate care if the following symptoms are present: Trouble breathing or rapid breathing, bluish lips or face, severe muscle pain or dehydration, fever that improves but then returns or worsens and persistent dizziness or confusion.

Preventive measures for flu also include covering coughs and sneezes with tissues/coughing or sneezing into elbows. Frequently wash your hands; especially before eating, after using the bathroom, after touching trash and after blowing your nose/ coughing/ sneezing. Refrain from touching your eyes, nose and mouth. Use an alcohol-based hand sanitizer and stay home when sick to avoid spreading the virus.

When treating the flu, the CDC recommends prescription antiviral medications which can lessen symptoms and shorten the time a person is sick. These medications work best when taken within one to two days after flu symptoms begin.

Visit the [ODH respiratory dashboard](#) for information on Ohio's flu activity.

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Clinton County Health District

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