



# ONEIDA COUNTY HEALTH DEPARTMENT

ANTHONY J. PICENTE, JR  
ONEIDA COUNTY EXECUTIVE

DANIEL W. GILMORE, PH.D., MPH  
DIRECTOR OF HEALTH



“PROMOTING & PROTECTING THE HEALTH OF ONEIDA COUNTY”

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## News Release

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For Immediate Release

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## Oneida County Health Department Raises Flu Vaccine Awareness *National Influenza Vaccination Awareness Week Observed Dec. 4-8*

With the holiday season in full effect, it is important to take measures to keep yourself and your family healthy, such as getting your flu shot.

Oneida County has had 49 flu cases reported since the flu season began this fall. This, coupled with concerns of COVID-19 and RSV, makes it extremely important to protect yourself and your family this winter season.

“It takes about two weeks to receive the full benefit of protection from the flu shot,” said Oneida County Executive Anthony J. Picente Jr. “Now is a great time to get vaccinated, especially if you plan to gather with family later in the month.”

There are steps that can be taken to prevent getting the flu and becoming seriously ill:

- Stay home if you do not feel well.
- If you cannot stay home wear a mask.
- Wash your hands frequently throughout the day.
- Get vaccinated.

“It is not too late to get your flu shot,” said Daniel W. Gilmore, Ph.D., MPH, Oneida County Director of Health. “Flu shots are widely available throughout Oneida County including provider offices, pharmacies and the Oneida County Health Department.”

Seniors, children younger than 5 years-old and those with compromised immune systems are more susceptible to serious illness and complications with the flu, but everyone 6 months and older is recommended to get a vaccine. Each year, thousands of children in the United States are hospitalized with flu complications.

The vaccine does not cause the flu. It triggers your body’s immune response by creating antibodies. Some people may experience side effects after getting a flu shot, which include redness at injection site, muscle and body aches, headache and fever. However, side effects are typically mild and only last a few days.

### ADMINISTRATION

ADIRONDACK BANK BLDG., 5<sup>TH</sup> FL.,  
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### SPECIAL CHILDREN SERVICES

ADIRONDACK BANK BLDG., 5<sup>TH</sup> FL.,  
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### ENVIRONMENTAL HEALTH

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### CLINICAL SERVICES

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If you do contract flu this season, talk to your doctor early about anti-virals. If taken early enough, they can help reduce the symptoms as well as the duration of your illness.

For more information about the flu, visit <https://www.cdc.gov/flu/>. To get a flu vaccine, visit <https://www.vaccines.gov/find-vaccines/> or contact the Oneida County Health Department at 315-798-5747.