



# 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”

ONEIDACOUNTYNY.GOV/HEALTH

## News Release

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For Immediate Release

Contact: Megan Graziano  
315-798-5229 or [mgraziano@ocgov.net](mailto:mgraziano@ocgov.net)

## Oneida County Health Department Raises Flu Vaccine Awareness *National Influenza Vaccination Awareness Week Observed Dec. 2-6*

It's time for you to get your flu shot if you haven't already. The holiday season is upon us, and it is important to take measures to keep yourself and your family healthy this season.

As of November 23<sup>rd</sup>, Oneida County has had 152 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.

Everyone 6 months or older can receive a flu shot. Those with weakened immune systems, young children and pregnant people are at higher risk of serious illness and the flu shot is the best way to reduce the risks.

“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.”

“In addition to the flu vaccine, there are steps we all can take to prevent illness including washing your hands frequently throughout the day and staying home or away from others if you don't feel well,” said Daniel W. Gilmore, Ph.D., MPH, Oneida County Director of Health.

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.

It is not too late to get your flu shot this season. Flu shots are widely available throughout Oneida County including provider offices, pharmacies and the Oneida County Health Department.

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.

### ADMINISTRATION

ADIRONDACK BANK BLDG., 5<sup>TH</sup> FL.,  
185 GENESEE ST. UTICA, NY 13501  
TEL: (315) 798-6400 • FAX: (315) 266-6138

### SPECIAL CHILDREN SERVICES

ADIRONDACK BANK BLDG., 5<sup>TH</sup> FL.,  
185 GENESEE ST. UTICA, NY 13501  
TEL: (315) 798-5249 • FAX: (315) 731-3491

### ENVIRONMENTAL HEALTH

ADIRONDACK BANK BLDG., 4<sup>TH</sup> FL.,  
185 GENESEE ST. UTICA, NY 13501  
TEL: (315) 798-5064 • FAX: (315) 798-6486

### CLINICAL SERVICES

406 ELIZABETH ST. UTICA, NY 13501  
TEL: (315) 798-5748 • FAX: (315) 798-1057