ONEIDA COUNTY HEALTH DEPARTMENT

ANTHONY J. PICENTE, JR
ONEIDA COUNTY EXECUTIVE

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DIRECTOR OF HEALTH

"PROMOTING & PROTECTING THE HEALTH OF ONEIDA COUNTY"

ONEIDACOUNTYNY.GOV/HEALTH

News Release

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For Immediate Release

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Oneida County Flu Cases Are Rising
Protect Yourself and Other from Flu

In early December, New York State Department of Health (NYSDOH) declared influenza (flu) prevalent. As of December 20, 2025, cases in New York State increased by 38% from the previous week and 61% increase in hospitalizations. Oneida County has 1,161 reported flu cases as of December 20, 2025.

"The flu can be very serious, especially for the elderly, the young and those who have compromised immunities. There are things we can all do to help prevent the spread of this illness," stated Anthony J. Picente Jr., Oneida County Executive.

Good hygiene habits can help reduce the spread of the flu and other respiratory illnesses.

- Practice good handwashing – scrub with soap for at least 20 seconds or sing Happy Birthday. Make sure to get between your fingers and under your nails.

- Cover your cough or sneeze into a tissue or into the corner of your arm.

- Stay home from work or school if you are sick or do not feel well. It is possible to spread the flu before you experience any symptoms. People are contagious 1 day before symptoms start up to 5-7 days after the person gets sick.

- Get a flu vaccine.

"It's not too late to get vaccinated against the flu. This can help reduce your chances of contracting the virus but if you do, can help lessen the severity of the illness if you do contract it," said Daniel W. Gilmore, Ph.D., MPH, Director of Health.

Vaccines are available with medical providers, at pharmacies, as well as at the Oneida County Health Department by calling 315-798-5747.

Symptoms of the flu can start suddenly and include:

- Fever or feeling feverish/chills.
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache

ADMINISTRATION
ONEIDA COUNTY OFFICE BUILDING
800 PARK AVE. UTICA, NY 13501
TEL: (315) 798-6400 • FAX: (315) 266-6138

SPECIAL CHILDREN SERVICES
ONEIDA COUNTY OFFICE BUILDING
800 PARK AVE. UTICA, NY 13501
TEL: (315)798-5249 •FAX: (315) 731-3491

ENVIRONMENTAL HEALTH
ONEIDA COUNTY OFFICE BUILDING
800 PARK AVE. UTICA, NY 13501
TEL: (315) 798-5064 • FAX: (315) 798-6486

CLINICAL SERVICES
ONEIDA COUNTY CLINIC BUILDING
406 ELIZABETH ST. UTICA, NY 13501
TEL: (315) 798-5747 • FAX: (315) 798-1057

- Tiredness
- Some people may have vomiting or diarrhea; this is more common in children.

A person is contagious about 1 day before symptoms start and up to 5-7 days after the person gets sick. Elderly, young children and those with compromised immune systems are at higher risk of severe illness.

If you are sick or at risk of severe illness, contact your healthcare provider to discuss treatment options. Antivirals may be available if they are started soon after you get sick. Symptoms may be treated through over-the-counter drugs like acetaminophen or ibuprofen along with rest and plenty of fluids. If you have severe symptoms, such as difficulty breathing, chest pain, seek medical care. Complications of flu could include pneumonia, ear infections, and dehydration.

Oneida County Health Department (OCHD) has a limited supply of at home flu test kits available. Call OCHD clinic at 315-798-5747 for a test kit.

For more information about flu in Oneida County, visit oneidacountyny.gov/flu. For more information specific to NYS, visit https://www.health.ny.gov/diseases/communicable/influenza/surveillance/.