News Release

January 8, 2025
For Immediate Release

Contact: Megan Graziano
315-798-5229
mgraziano@oneidacountyny.gov

Oneida County Health Department Issues Warning Regarding Sudden Uptick in Severe Respiratory Illnesses

Oneida County is currently seeing an increase in respiratory illnesses following the New Year.

"As of December 28th, Oneida County has had 386 flu cases reported since the flu season began," said Daniel W. Gilmore, Ph.D., MPH, Oneida County Director of Health. "This, coupled with concerns of COVID-19 and Respiratory Syncytial Virus (RSV), makes it extremely important to protect yourself and your family this winter season."

The most important thing you can do if you are healthy is to prevent respiratory illness before it starts by getting vaccinated. The best ways to do this are with good handwashing, staying away from those that are sick and getting vaccinated.

If you become ill, stay home or wear a mask if you need to go out. If illness is mild or moderate, contact your doctor or go to an urgent care clinic. Signs of mild to moderate illness include persistent cough, fever, shortness of breath or wheezing.

If illness becomes more serious, seek medical care immediately. Signs of serious respiratory illness include severe shortness of breath, intense or continuous chest pain, sudden confusion or dizziness, bluish tint or paling on lips or face. In cases of extreme emergency, call 911.

Respiratory viruses are more concerning for those with certain risk factors such as pregnant people, people with disabilities, people with weakened immune systems, older adults, young children, people with underlying conditions such as asthma and other underlying conditions. Be particularly watchful of young children, elderly people and those who are immunocompromised.

If you do think you have a respiratory virus, 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 preventing respiratory viruses, visit https://www.cdc.gov/respiratory-viruses/prevention/index.html

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

SPECIAL CHILDREN SERVICES
ADIRONDACK BANK BLDG., 5TH FL.,
185 GENESEE ST. UTICA, NY 13501
TEL: (315)798-5249 •FAX: (315) 731-3491

ENVIRONMENTAL HEALTH
ADIRONDACK BANK BLDG., 4TH 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