

ONEIDA COUNTY HEALTH DEPARTMENT

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Flu Update and Information Page on OCHD Website

The flu is widespread across the U.S. and prevalent in New York State. It is not too late to get the flu shot. It takes about two weeks after vaccination for antibodies to develop and to provide protection against the flu. The Centers for Disease Control and Prevention recommends that everyone 6 months of age and older get a flu vaccine every year.

Additional tips to preventing the spread of the flu include:

- Stay home from work and school if you are sick to limit the spread of germs. It is possible to have the flu and spread it before showing symptoms.
- Cough or sneeze into the corner of your arm, or cover your cough or sneeze with a tissue.
- Wash your hands! This is a very good way to limit the spread of germs.

With the flu season in full effect, Oneida County Health Department will maintain a flu information page on the Oneida County Health Department website. To get to the flu information page, go to ocgov.net, scroll down to "Health Clinics and Alerts" and click "Flu Clinic and Flu Information. You may also click this direct link- www.ocgov.net/health/flu

On this page, you will be able to find information on flu prevention, locations of where you can get the flu vaccine and the newest feature of a weekly update on flu numbers in Oneida County.

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