

ONEIDA COUNTY HEALTH DEPARTMENT

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For Immediate Release

Two Vaccines to consider this Winter

Health Department urges Tdap and Flu vaccination

As the temperature drops and we bundle up, conversation often turns to the common cold. The Oneida County Health Department reminds readers that Influenza and Pertussis are common ailments that can spread anything but cheer this holiday season.

“Cases of Pertussis or ‘Whooping Cough’ have risen in Oneida County in recent months” says Hallie Gabriel, Communicable Diseases Program Coordinator at the health department.

“Pertussis can cause serious illness in children that can lead to hospitalization or worse” Gabriel adds. Whooping cough, as the name suggests, causes a serious cough that is nearly constant. Those stricken have only moments between coughs to breath which leads in part to the *whoop* sound as the person tries to inhale.

Seasonal Influenza remains a constant concern of health officials. The flu causes headache, fever, chills, body ache and fatigue in those that become ill. While some may see the flu as just another seasonal challenge, health officials point out that a case of the flu can be serious for some groups of residents.

“For an otherwise healthy adult, a bad case of the flu can pull a person out of work and their daily lives for up to two weeks” says Jesse A. Orton, Public Health Educator. It is recommended that those ill with Influenza stay home at least 24 hours after the fever is gone without the use of a fever-reducing medicine.

Orton went on to say, “...However, for a young child, woman who is pregnant and an older individual [65 and up] The Flu can become very serious and lead to bacterial pneumonia, dehydration, hospitalization or even death.” The Centers for Disease Control and Prevention reports that on average seasonal Influenza can cause 200,000 hospitalizations in the United States each year.

“There is an important step the public can take to help protect themselves, their families and the community” commented Phyllis Ellis, Director of the Health Department. “Receiving a Tdap immunization and a yearly flu shot can help protect you and those around you from getting ill from these potentially serious conditions.”

Everyone 6 months and older may receive a Flu shot under the guidance of a medical provider. Parents, grandparents and adult relatives who come in close contact with young children should seriously consider a Tdap booster. Both immunizations are relatively affordable and available from multiple places within Oneida County.

For questions about Pertussis, The Flu, or immunizations contact the Oneida County Health Department at (315) 798-5747 or online at www.ocgov.net/oneida/health