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**For Immediate Release: Friday, December 10, 2021**

### **Statement from Cayuga County Health Department**

The Cayuga County Health Department wishes a happy and healthy holiday season to all. The Department is taking this moment to remind residents of the importance of practicing preventative measures due to the rise in local cases and threat of new variants.

Most importantly, if you are eligible to receive a COVID-19 vaccination or booster, please consider doing so. It is the best tool we have to combat the severity of symptoms and transmission of the virus. Vaccines are available through the Cayuga County Health Department, healthcare providers, pharmacies, and state run vaccination sites. For more information regarding COVID-19 and vaccination, please visit <https://www.cayugacounty.us/health>

Since Thanksgiving (Nov 26 – Dec 8):

- We have admitted 599 cases into isolation. That means these people are positive for COVID-19.
- 70% of cases are those that are unvaccinated
- 142 cases have been children younger than 18

As we find ourselves two weeks removed from Thanksgiving and two weeks until the Christmas and New Year's festivities, now is a vital time to practice safe behaviors in order to best protect our friends, families and neighbors so we can enjoy the holiday season.

The CDC recommends the following practices to help prevent the spread of COVID-19:

- Wearing a mask, especially indoors or in crowded areas
- Staying 6 feet away from others
- Avoiding crowds and poorly ventilated spaces
- Testing to prevent the spread to others



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- Washing your hands often
- Covering coughs and sneezes
- Cleaning and disinfecting frequently used objects, surfaces and spaces
- Monitoring your own health daily and stay home if you do not feel well

We know these practices work to limit the spread of disease and urge people perform them to protect yourselves and our community.

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