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Statement from Cayuga County Health Department

The Cayuga County Health Department wishes a happy and healthy holiday season to all. As we prepare for festivities with family, friends, and neighbors, residents are encouraged to take preventive measures to reduce the spread of respiratory illnesses.

Young children have been significantly impacted by respiratory syncytial virus (RSV) this year as cases have been on the rise across the nation and here in central NY with many little ones requiring hospital admission for treatment. In addition to RSV, health care providers and hospitals continue to provide care for cases of COVID and flu.

We must all do our part to try to prevent the spread of respiratory viruses this holiday season. Some prevention tips include:

- Get vaccinated and stay up-to-date with a booster for COVID.
- Get a seasonal flu shot.
- Stay home from work, school, or gatherings when sick.
- Cough or sneeze into your elbow, not your hands.
- Wash hands frequently and thoroughly.
- Clean and disinfect frequently used objects, surfaces, and spaces.
- If you have been around someone who has tested positive for flu and/or COVID, take extra precautions like wearing a mask around others and if symptoms develop—get tested.

Flu vaccines are recommended for everyone 6 months and older. You can find flu vaccines at local pharmacies and health care provider offices.

COVID vaccines are recommended for everyone 6 months and older are available to residents in Cayuga County at Cayuga County Health Department vaccine clinics. Check with your health care provider, local pharmacy, or the Cayuga County Health Department for COVID vaccine availability: www.cayugacounty.us/health.

These preventive measure and practices, such as vaccines, hand-washing, staying home when sick, etc., work to limit the spread of disease. We urge people to perform these measures to protect yourselves and our community. For more information, call the Cayuga County Health Department at 315-253-1560 or go to www.cayugacounty.us/health. Be sure to also like and follow the Cayuga County Health Department on Facebook and Instagram for updates and information.
