



Public Health
Prevent. Promote. Protect.

Cortland County Health Department

CORTLAND COUNTY HEALTH DEPARTMENT

COUNTY OFFICE BUILDING
60 CENTRAL AVENUE
CORTLAND, NEW YORK 13045-2746
(607) 753-5036
FAX: (607) 753-5209
<http://www.cortland-co.org/432/Health-Department>

Nicole Anjeski, MS, MPH
Public Health Director
Lisa Perfetti, BSN, RN
Deputy Public Health Director
Ngozi Mezu-Patel, MD
Medical Advisor

TO: Local Media

FROM: Nicole Anjeski, Public Health Director, Cortland County Health Department

RE: Increase in Flu cases and ongoing cases of COVID-19 and RSV

DATE: 12/14/2022

The Cortland County Health Department is alerting the community of an increase in flu cases, as well as the ongoing cases of COVID-19 and RSV and providing guidance to residents to protect themselves and others within the community. As we continue with the holiday season and the upcoming new year events, more people will continue to gather and this can result in the continued spread of respiratory illnesses.

Last week in Cortland County there were 308 new flu cases reported, this was a large increase from the 175 cases reported the week before. With the huge increase in cases of the flu not only in our community but across the state, it is essential to help limit the spread by getting your flu vaccine. It is not too late to get your flu vaccine and these are available at many locations throughout our community, including healthcare provider offices and pharmacies. **Everyone 6 months of age and older should be vaccinated every year against the flu.**

Vaccination is the best protection against getting the flu — it protects not only you but also limits the spread of flu to your loved ones and others. The flu can make even healthy people very sick and cause serious complications in children younger than 5, pregnant women, people 65 years and older, and people with certain chronic health conditions.

Key prevention tips to limit the spread of respiratory illnesses:

- **Avoid close contact**
 - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick**
 - If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- **Cover your mouth and nose**
 - Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Respiratory viruses like Flu, COVID and RSV viruses spread mainly by droplets made when people with respiratory illnesses cough, sneeze or talk.
- **Clean your hands**
 - Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub



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- **Avoid touching your eyes, nose or mouth**
 - Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits**
 - Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Nicole Anjeski, Public Health Director stated, “The Cortland County Health Department encourages everyone to do their part in limiting the spread of respiratory illnesses like the flu, COVID-19 and RSV so that we can protect our most vulnerable community members. Getting vaccinated against the flu and COVID-19 (these vaccines are safe and effective, and the best protection against severe illness, hospitalization and death), staying home when you are feeling ill, getting tested if you have symptoms and wearing a mask when necessary are steps we can all take to limit the spread of these viruses.”

To get a flu or COVID-19 vaccine, call your primary care provider or schedule with a local pharmacy. You can also use the [Vaccine Finder](#) to find a location near you.