

PUBLIC HEALTH MATTERS



Healthy Ways to Cope with Holiday Stress

- Acknowledge your feelings, whether you are feeling ok or not ok.
- Reach out/connect with others. Talk with people you trust about your concerns and how you are feeling.
- Be realistic, not every holiday is the same. It is alright to change how you want to celebrate.
- Set aside differences. Try to accept family members and friends as they are.
- Stick to your budget. Don't try to buy peoples' happiness! Try homemade gifts, start a family gift exchange, donate in someone else's name to a charity!
- Plan ahead. Set aside specific days for different tasks, ex. shopping, baking, connecting with friends and family.
- Learn to say no! Always saying yes when you want to be saying no can lead to feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
- Don't abandon your healthy habits! Try eating a healthy snack before going to the party to cut down on sweets, get plenty of sleep, include regular physical activity in your daily routine, try deep breathing exercises, meditation or yoga, avoid excessive tobacco, alcohol, and drug use.
- Take a breather! Find an activity that you enjoy and spend at least 15 minutes alone, without distractions to help refresh yourself.

ALWAYS seek professional help if you need it!



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)

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DECEMBER 1



World AIDS Day



International Persons
with Disability Day!

"Not all Disabilities
are Visible"

For more information
[click here](#)

Please call St. Lawrence
County Public Health for
more information about
your flu shot
at 315-229-3452.

NATIONAL FLU VACCINATION WEEK!



GET VACCINATED!

December 5th-11th

Flu

Most common symptoms of the FLU include:

- Fever and chills
- Cough
- Sore throat
- Running or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea which is more common in children than adults.
- Fever can last 3-4 days.
- Aches are fairly common.
- The FLU can be mild to severe and at times can lead to death.

Onset will occur abruptly.

When to seek medical attention?

In children and adults:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath/persistent pain or pressure in chest or abdomen
- Severe muscle pain
- Dehydration (no urine for 8 hours, dry mouth)
- Not alert or interacting when awake
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Fever above 104
- In children younger than 12 weeks with any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions.

Cold

Most common symptoms of the cold include:

- Sore throat
- Runny nose
- Coughing
- Sneezing
- Headaches
- Body aches

Colds have a gradual onset, fever is rare.

When to seek medical attention?

- Symptoms last more than 10 days
- Symptoms that are severe or unusual
- If your child is younger than 3 months of age and has a fever or is lethargic

COVID-19

Most common symptoms of COVID include:

- Fever/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting or diarrhea

COVID can be mild or severe and can take 2 to 14 days to start showing symptoms.

When to seek medical attention?

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray or blue colored skin, lips, or nail beds

These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

[For more information, visit cdc.gov](https://www.cdc.gov)

TIPS TO DRIVE SAFE DURING THE WINTER



ICE AND SNOW!

Each year in the US there are over 1,000 deaths and 100,000 injuries due to vehicle crashes during winter weather.

- Clean off your vehicle before driving. Flying snow from cars can cause accidents.
 - Drive slow and don't use cruise control. Roads can be slick even if they just look wet. Cruise control can cause you to hydroplane.
 - Leave extra distance between vehicles. Stay especially far from snow plows.
 - Create a "Car Winter Safety Kit".
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CAR WINTER SAFETY KIT

Flashlight, first aid kit, snow shovel, ice scraper and brush, blankets, non-perishable foods, bottled water, extra clothes, jumper cables, flares, triangles, other objects to signal for help

BLACK ICE!

- Most prevalent during the night.
- It is nearly impossible to spot- black ice is transparent and often forms during low light conditions (evening, night, and early morning hours).
- Warm air temps and cool pavement temps are a perfect combination for black ice. The black top stays below freezing and the warm air creates black ice.

For more winter safety tips, please visit,
<https://www.weather.gov/safety/winter>.





Travel & Holiday Safety

- Prepare your vehicle for winter.
- Leave early and plan for delays in traffic due to weather.
- Make sure everyone in the vehicle is using their safety seat belt and is properly dressed.
- Always designate a sober driver!
- Always drive without distractions (cell phones).
- Follow the package directions on the number of light sets that can be plugged into one socket!
- Do not nail, tack and stress wiring when hanging lights and keep plugs away from puddles and snow.
- Place candles in safe locations where they cannot be knocked over.
- Clean your chimney and fire place!
- Don't burn your tree, wreath or other decorations in your woodstove.



Unsafe Plants for Dogs and Cats!

- **Poinsettia**-consumption can cause drooling, oral pain, and vomiting.
- **Mistletoe**- is a vicious parasite that maintains its green color by sucking nutrients out of trees. It is highly toxic to cats and dogs and if it is ingested can cause vomiting, diarrhea, labored breathing, shock, and even death from cardiovascular collapse.
- **Holly**- can cause severe vomiting and diarrhea, drooling, lip smacking, and head shaking.
- **Amaryllis**-stalks, flowers and bulbs contain phenanthridine alkaloids which are toxic. Can cause vomiting, changes in blood pressure, tremors, and seizures.
- **Lily**- very dangerous for cats. Contains highly toxic substances and ingestion of just two or three leaves can be fatal.
- **Christmas Cactus**-can cause a mild upset stomach but not toxic.
- **Christmas Rose**- contains poisonous cardiotoxins. if eaten can cause diarrhea, colic, lethargy, drooling, and abdominal pain.
- **Ivy** - can cause vomiting, diarrhea, drooling, and in more severe cases you may see blood in their vomit and feces. Skin contact is also dangerous as it can cause conjunctivitis, itchiness and rashes.
- **Daffodil**- triggers vomiting while the bulbs are severely toxic and can cause cardiac arrhythmias or respiratory depression.

3 things to know about Narcan

1 Temporarily reverses the effects of an overdose from opioids, including: heroin, morphine, oxycodone (OxyContin), methadone, fentanyl, hydrocodone (Vicodin), Codeine, hydromorphone, buprenorphine.

2 Naloxone is safe even if given to someone who isn't experiencing an overdose.

Narcan is only one important step when helping someone who is overdosing. If you suspect someone is overdosing:

- 3
- Call 911 immediately!
 - Give Narcan as quickly as possible, if available. Do not wait for paramedics to arrive before giving Narcan.
 - Try to keep the person awake and breathing.
 - Lay the person on their side to prevent choking.
 - Stay with the person until emergency help arrives.

When risk factors for drug overdose are present, overdose deaths can be prevented. Bystanders who have Narcan may be able to reverse an opioid overdose.

Free Narcan Training is offered every Thursday at 4PM.

Zoom Meeting # 990 173 44435
Zoom Call-In # 1-929-436-2866



**The Good Samaritan Law
protects you and saves lives!**

The New York State 911 Good Samaritan Law allows people to call 911 without fear of arrest if they are having a drug or alcohol overdose that requires emergency medical care or if they witness someone overdosing.



Lead & Holiday Toys



Many children get toys as gifts during the holiday season but some toys may contain lead hazards. Be sure your child's toys are safe this holiday season.

The effects of lead are often irreversible and can seriously harm your child's health! Even at low levels, lead can cause brain damage, slowed growth & development, and learning & behavioral problems.

Be aware of certain toys that may contain lead:

- Antique toys
- Imported toys
- Toy jewelry



Current Lead Standards in Toys:

- In 2008, the Consumer Protection Safety Improvement Act required toys to be tested for mandatory standards before being sold.
- The use of lead in plastics has not been banned.
- Lead may be found in the paint, metal, and plastic parts of some toys and jewelry.
- Lead can also be combined with other metals, such as tin, to create toys
- Lead dust can form on toys when some plastics are exposed to sunlight, air, and detergents

Check the Consumer Products Safety Commission list of recalled toys:
cpsc.gov or call 1-800-638-2772

Free Home Renovations



Your home may be eligible for free renovations to reduce lead-based paint hazards if:

- Your home or rental is in St. Lawrence County**
- Your home or rental was built before 1978**
- A child under 6 or a pregnant individual lives or visits the home often**
- Income guidelines are met**

Call the North Country Housing Council to discuss your eligibility and to fill out an application today.

315-386-8576