



Prevent. Promote. Protect.

80 State Highway 310 - Canton NY - 315-386-2325

PUBLIC HEALTH WEEK - APRIL 4TH - 10TH



This year's theme, Public Health Is Where You Are, celebrated what we know is true: The places where we are, physically, mentally, and societally, affect our health and our lives. This year, we celebrated the hard working and dedicated St. Lawrence County Public Health staff.



Communicable Disease



Emergency Preparedness



Administration and Support



Immunization Program



Rabies Program



Fiscal



Health Education



Children's Program



Lead and Environmental Program

Our mission is to ensure the health, safety and quality of life for all St. Lawrence County residents.

The department is dedicated to protecting the health of our community by:

- Controlling the spread of disease;
- Promoting healthy choices;
- Providing timely health information;
- Promoting the health and development of infants and children;
- Plan for and help to mitigate any public health emergency.



FOLLOW US ON FACEBOOK!



@SLCPUBLICHEALTH



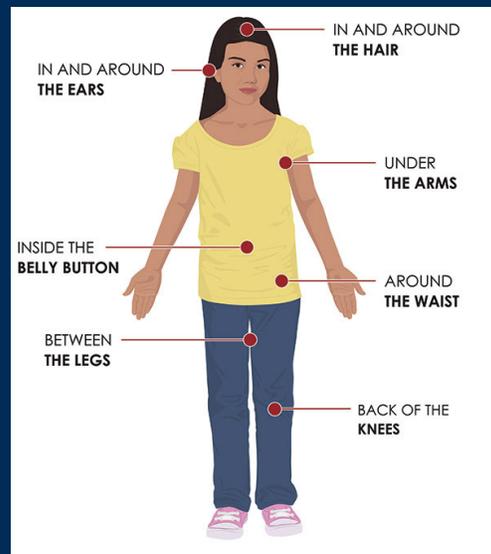
TICK PREVENTION!

- Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).
- Ticks can spread disease. Although not all ticks can cause disease and not all bites will make you sick, it is important to learn how to prevent a bite and how to remove a tick.
- Keep in mind that some symptoms of a tick bite are similar to those of COVID-19.



PREVENT A TICK BITE

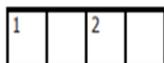
- Wear light colored clothing to easily spot ticks.
- Use repellent containing 20-30% DEET. Spray on shoes, clothing and hats.
- Examine gear and pets.
- Shower after being outdoors.
- Do a full body tick check.



Test Your Knowledge

ACROSS

1. If a tick makes you sick, you may get one of these on your skin.



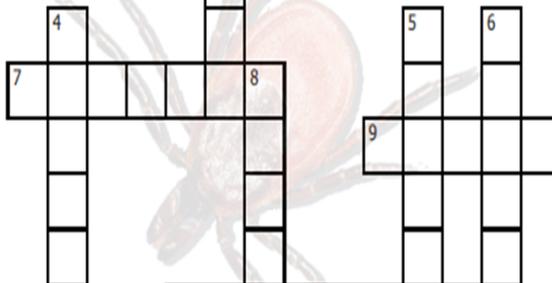
3. Ticks eat ____.



7. Never pull off a tick with your ____.

9. If a tick makes you sick, you may feel hot because of a ____.

11. Ticks can be so small, you might think they look like ____.



12. A place where ticks wait for people or animals.

13. After removing a tick, wash the bite with ____ and water.

DOWN

2. Take a bath or ____ to help remove ticks.

4. The number of legs a tick has.

5. Tool for removing ticks.

6. When you come indoors, always ____ for ticks.

8. Ticks are related to these web spinners.

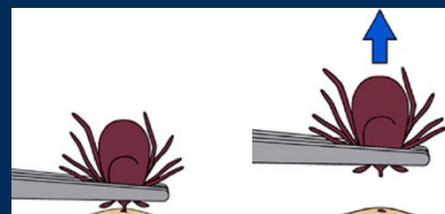


AVOID CONTACT WITH TICKS

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

TICK REMOVAL

1. Use a pair of pointed tweezers.
2. Grasp tick by the head or mouth right where it enters the skin.
3. Pull upward with steady, even pressure.
4. Wash the bite area with soap and water.



For more information visit:
[cdc.gov/ticks/removing_a_tick.html](https://www.cdc.gov/ticks/removing_a_tick.html)

Answers:

Across: Rash, Blood, Fingers, Fever, Freckles, Grass, Soap

Down: Shower, Eight, Tweezers, Check, Spiders

2022 RABIES CLINIC SCHEDULE

Rabies is a preventable viral disease most often transmitted through the bite of a rabid animal. The vast majority of rabies cases reported to the Centers for Disease Control and Prevention (CDC) each year occur in wild animals like bats, raccoons, skunks, and foxes, although any mammal can get rabies.

Protect your pets by making sure they are up-to-date on their rabies vaccinations!



Thurs. June 16th 2022	6pm - 8pm	Tri-Town Winthrop Arena (315)740-0133
Thurs. June 16th 2022	6pm - 7pm	Town of Norfolk Dominic Zappia Community Center (315)384-4821
Thurs. July 14th 2022	5pm - 7pm	Town of Gouverneur- Town Barn (315)287-2340 ext. 101
Thurs. August 11th 2022	6pm - 8pm	Town of Fowler- Town Barn (315)287-0045 ext. 1
Tue. September 6th 2022	6pm - 8pm	Town of Waddington- 48 Maple Street (315)388-5629
Thurs. September 8th 2022	6pm - 7:30pm	Town of Russell (315)347-2358
Tue. September 27th 2022	6:30pm - 7:30pm	Town of Massena; Massena Dept of Works Building (315)769-5228 ext. 3
Wed. October 12th 2022	5pm - 7pm	Ogdensburg Town & Country Vet Office (315)393-3540
TBD	TBD	Town of Lisbon (315)393-5988
Sat. October 15th 2022	10am - 12pm	Canton Human Services Building (315)386-2325

All rabies clinics require registration. No walk-ins. Be sure to arrive at your appointment on time. Remain in your vehicle until approached by a volunteer.

UPCOMING HEALTH OBSERVANCES

June is National Safety Month



July is Sun Safety Month

August is Immunization Awareness Month



UPCOMING EVENTS



COVID-19
Vaccination
Clinic

COVID-19 Vaccinations at SLC Public Health
Every Monday & Thursday

[See Clinic Information Here](#)