



St. Lawrence County Public Health Department

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Press Release

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FOR IMMEDIATE RELEASE

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St. Lawrence County Public Health Encourages Residents to Prepare for the Possibility of Community Spread of COVID-19

Canton, NY— The St. Lawrence County Public Health Department is encouraging residents to prepare for the potential community spread of 2019 Novel Coronavirus (COVID-19) in our area. As of March 8th, there have been 105 confirmed cases of COVID-19 in New York State, including New York City—a as of March 8th there have been no reports of confirmed cases of COVID-19 in St. Lawrence County.

The St. Lawrence County Public Health Department has been working with the New York State Department of Health in identifying and quarantining those who may have been exposed due to travel in impacted areas (China, Japan, Iran, Italy, and South Korea). Quarantine means separating and restricting the movement of people who were or may have been exposed to a contagious disease to see if they become sick. The St. Lawrence County Public Health Department is currently monitoring 4 individuals through quarantine.

Over the weekend St. Lawrence County Public Health Department collaborated with area providers and New York State Department of Health on the testing three individuals for the 2019 Novel Coronavirus (COVID-19); two were negative and one is still pending.

St. Lawrence County Public Health Department urges all community members to take action to mitigate community spread of COVID-19 and other respiratory viruses such as the flu. These simple steps will help to protect yourself and your family:

- 1) Make a Plan.** Create plans for school, work, and home. Make a list of people and organizations who can help you if you or a family member becomes sick.
- 2) Prepare as you would for a Winter Storm.** There is no need to buy large quantities of supplies, but it's a good idea to pick up a few extra items such as non-perishable food items, soap, hand-sanitizer, tissues, and fever control medication each time you visit the store.
- 3) Get Ready for Possible Changes in Daily Schedules.** Make alternative plans to care for your children if schools and/or daycares are temporarily closed. Ask to work from home or take leave if you or someone in your household gets sick.
- 4) Stay Informed.** Be aware of false information circulating on the internet. Find up-to-date and accurate COVID-19 information on the State Health Department's website at www.health.ny.gov/coronavirus or their hotline at 1-888-364-3065, and at the U.S. Centers for Disease Control and Prevention's website at www.cdc.gov/COVID19.
- 5) Prevent the Spread of Colds, Flu, AND COVID-19.** Everyone should stay home when sick, wash hands often with soap and warm water for at least 20 seconds, cover coughs and sneezes with a

tissue then dispose in a closed container, disinfect frequently touched surfaces and objects, and avoid close contact with people who are sick.

If we plan ahead to prepare, and work together to support each other, we can mitigate the impact of the novel coronavirus. If you have questions or concerns regarding COVID-19, contact the St. Lawrence County Public Health Department at 315-386-2325, or visit our website at <https://www.stlawco.org/Departments/PublicHealth/>.

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