



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 Advises Residents on Current Guidelines As COVID-19 Cases Rise

Canton, NY — The number of COVID-19 cases in the area are increasing, and St. Lawrence County Public Health is urging residents to take steps to prevent the spread of illness and know what to do if they test positive. Being aware of the risks of COVID-19 for yourself and those around you will enable you to make informed choices and keep yourself and others safe and healthy.

Prevention:

- Everyone 6 months and older should stay up to date with COVID-19 vaccines.
- Regularly wash hands with soap and warm water for at least 20 seconds.
- Clean and disinfect commonly used surfaces and objects.
- Cough and sneeze into a tissue or elbow and teach children to do the same.
- Consider wearing a mask in public spaces when not feeling well or near someone who is at risk of getting very sick.
- Ventilate indoors or let in fresh air, especially when gathering with others; or hold gatherings outdoors.
- Stay home when sick, and keep children home from school/daycare when sick.
- If exposed to a positive case, wear a mask when around others for 10 days, test and monitor for symptoms.
- If you have symptoms of COVID-19, get tested and isolate until you have results.

At-home tests are available free of charge in the lobby of the Human Services Center, 80 State Highway 310 in Canton. Tests are also available through health care providers and for purchase at pharmacies throughout the county. It is important to note that many expiration dates on at-home tests have been extended. A list of extended expiration dates can be found on the FDA website.

If You Test Positive:

- Stay home and isolate for at least five days, wearing a mask for days 6-10.
- If you have a fever after five days, experience shortness of breath, or have a weakened immune system, isolate for ten days.
- If you must be around others, wear a high-quality mask for ten days.
- Contact a healthcare provider to discuss treatment options.

Residents can report a positive home test and print an Affirmation of Isolation on the St. Lawrence County Public Health Department website. The affirmation may be used as though it were an order of isolation issued by the New York State Health Commissioner and will contain start and end dates of isolation based on your particular circumstances and in accordance with New York State Department of Health Guidance. This form can be used to notify employers of illness and coordinate a return to work after isolation.

The CDC has recently recommended that most people wait until September to receive a booster when the new COVID-19 vaccine, which was redesigned to broaden immunity for the newest variants, is expected to be released. Those who have never been vaccinated and some individuals who are older and at higher risk for COVID should discuss with their healthcare provider if they should vaccinate now or wait for the new vaccine.

St. Lawrence County Public Health offers COVID-19 vaccinations every Tuesday and Thursday. To make an appointment please call 315-386-2325. While appointments are preferred, walk-ins are also welcome from 8:30 AM-3:30 PM both Tuesdays and Thursdays. Vaccines are also available at area pharmacies and many healthcare providers. For questions and/or more information call 315-386-2325.

For more information:

New York State Department of Health:

<https://coronavirus.health.ny.gov/home>

Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Food and Drug Administration - At-Home Test Information:

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests>

St. Lawrence County Public Health

<https://stlawco.gov/Departments/PublicHealth/COVID-19>

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