



St. Lawrence County Public Health Department

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Press Release

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The “Triple Threat” Comes to St. Lawrence County: How You Can Protect Your Family This Holiday Season

Canton, NY — North Country residents - both young and old and everyone in between - have been hit hard with potentially deadly respiratory illnesses this fall and winter. As we receive rising reports of those illnesses, the St. Lawrence County Public Health Department wants to remind our community members of the ways we can reduce the spread of these illnesses.

After the long and arduous years of the COVID-19 pandemic, our community is now facing a “triple threat” from influenza, respiratory syncytial virus (RSV), and COVID-19. The rest of our state, region, and country are experiencing the same dire situations with increasing hospitalizations due to influenza and RSV, pushing some hospitals to the limits of their capabilities, similar to what was seen during the height of the COVID-19 pandemic. Unfortunately, these diseases ravage the most vulnerable in our community - the young, the old, and those with underlying diseases that make it harder for them to recover from illness. The state of New York has reported that one child has died of influenza so far this season.

In accordance with the recent recommendations from the New York State Department of Health and New York State Education Department, we urge our neighbors in St. Lawrence County to utilize the standard infection control measures that worked so well during the pandemic to help limit the spread of the “triple threat”. These include:

- Staying up to date with vaccinations, especially flu and COVID-19
- Staying home when sick or symptomatic
- Testing with at home COVID-19 test kits
- Reporting any positive COVID-19 at home test results to Public Health via the form on the website
- Coughing or sneezing into your elbow rather than hands
- Frequently washing hands, particularly before eating
- Wearing a well-fitting, high-quality mask when in public indoor spaces, particularly during upcoming travel and get togethers
- Wearing a mask when you are in public and have symptoms
- Wearing a mask on days 6-10 if you have tested positive for COVID-19

It’s not too late to implement these strategies to greatly reduce the spread of these illnesses among your family, friends, and community. Make your appointment today to get your flu shot

and COVID-19 series or booster. The St. Lawrence County Public Health Department offers flu as well as COVID-19 vaccinations for all people over the age of six months. If you are older than 65, we urge you to get the stronger 65+ flu vaccination at an area pharmacy. COVID-19 test kits and masks can be picked up free of charge in the Human Services Building at 80 State Highway 310 Canton, NY.

We hope everyone has a happy, safe, and healthy holiday season. For our part, we will remain vigilant to the health threats that affect our region and continue to provide support to our friends, families, and neighbors of the North Country.

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