Press Release

Date: March 25, 2020
FOR IMMEDIATE RELEASE
Contact: 315-386-2325

First Confirmed COVID-19 Case within St. Lawrence County

CANTON, NY-- St. Lawrence County Public Health Department learned of a positive test result and confirmed this result for Coronavirus (COVID-19) within St. Lawrence County today (March 25, 2020). The confirmed case is an individual within St. Lawrence County. The individual had been self-isolating since symptoms began and is now in isolation—the quarantine term for individuals with a confirmed positive test result—which requires monitoring by the St. Lawrence County Public Health Department twice daily. The Public Health Department is contacting anyone who may have been in contact with this individual. No additional information is being released at this time due to privacy and confidentiality.

The announcement of the county’s first case further reinforces the existing recommendations for our community:

1. **Even if you feel well, stay home!** Travel only for essential needs: medical, groceries, and employment. In public, keep at least 6 feet distance from others.
2. Regularly **self-monitor** your own symptoms. Be on alert if you have a fever, cough, or shortness of breath.
3. Self-isolate, or separate yourself, by using a separate bedroom and bathroom, avoid sharing all personal items, and maintain 6 feet between you and others if you
   - have symptoms of fever, cough, and/or shortness of breath
   - have been tested for COVID-19
4. Contact your provider **if you need medical care; call ahead** so they are ready for you
5. **Wash your hands** regularly with soap and water or use hand sanitizer.
6. **Cover your cough** and sneezes. Use your elbow or a tissue.
7. Avoid touching your eyes, nose, and mouth.
8. **Clean and disinfect** frequently touched and shared surfaces.
9. **Parents, speak to your children** about COVID-19; discuss the importance of these recommendations.
10. Take special caution to **avoid exposing the elderly and people with underlying health conditions.** Avoid visiting those most at risk, call instead. Offer help with groceries and other goods.

If you have questions regarding COVID-19, please contact the St. Lawrence County COVID-19 Call Center at 315-229-3970 or email eoccallcenter@stlawco.org. The COVID-19 Call Center is open daily between 8am and 4pm at this time. The St. Lawrence County Public Health Department also has updated information on its website at www.stlawco.org/departments/publichealth.

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