Press Release

Date: April 1st, 2020
FOR IMMEDIATE RELEASE
Contact: 315-386-2325

April 1st, 2020 COVID-19 Update for St. Lawrence County

Canton, NY — As of April 1st, 2020 at 12:00pm, the St. Lawrence County Public Health Department confirmed thirty seven (37) positive COVID-19 cases in St. Lawrence County. As of April 1st at 12:00pm, there have been no hospitalizations related to the positive cases, and there are over 100 people in quarantine or isolation. Please see the attached map of the COVID-19 Cases by Town. The map may also be found at: https://www.stlawco.org/ and will be posted to our Facebook page.

All individuals are isolated at home and are being monitored by the Public Health Department. Our public health staff interview these individuals to learn about their movements, and identify all close contacts. Contact tracing then begins, which includes asking for a detailed history of where they have traveled, worked, shopped, and more. On the basis of these answers, public health staff will compile a list of people who may have been potentially exposed. Staff then contact each of these people to explain their risk, and determine whether quarantine and/or testing is needed. Regular communication and monitoring for symptoms of the disease continue for these contacts.

Feeling stressed about Coronavirus (COVID-19)? The outbreak of COVID-19 can be overwhelming and cause strong emotions in adults and children. Coping with the stress will make you, the people you care about, and your community stronger. Here are a few things you can do to help reduce stress in yourself and others:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy—well balances meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Reach out to others who may be isolated to say hello and check in with them.

###