



St. Lawrence County Public Health Department

Dana Olzenak McGuire, PT, PhD ▪ Public Health Director
80 State Highway 310, Suite 2 ▪ Canton, New York 13617-1476
Phone: (315) 386-2325 ▪ Fax: (315) 386-2203

Press Release

Date: 04/10/2019

FOR IMMEDIATE RELEASE

Contact: 315-386-2325

Take Preventive Actions to Fight the Flu

Canton, NY— Overall, influenza activity has decreased, but remains relatively high for this time of year. Across New York State and St. Lawrence County, flu continues to be widespread. Two hundred eighty-six confirmed cases were reported during the month of March; so far for April, 77 cases have been reported. However, not everyone is tested who is ill, so the numbers could be higher. St. Lawrence County Public Health Department would like to remind residents to take preventive actions to help stop the spread of germs that cause respiratory illnesses, like the flu.

Flu viruses spread person to person through droplets made when people with the flu cough, sneeze, or talk. A person might get the flu by touching a surface or an object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. People infected with flu may be able to infect others beginning one day before symptoms develop and up to seven days after becoming sick. Therefore, you may spread flu to someone else before knowing you are sick **and** while you are sick.

By taking the following preventive actions, you can help avoid becoming ill and **passing** flu to others:

- Try to avoid close contact with sick people.
- If you or your child is sick, stay home for at least 24 hours **after** the fever is gone.
- Limit contact with others while you are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it away and wash your hands.
- Wash your hands **often** with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth to prevent spreading germs.
- Clean and disinfect surfaces and objects.

Taking everyday preventive actions may help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. However, the first and most important step to preventing flu is to get a flu vaccination every year. It is still not too late to get your flu shot!

Flu shots can be received from your primary care provider, most pharmacies, and the Public Health Department. The Public Health Departments holds immunization clinic on Wednesdays from 9am – 4pm by appointment. Call to schedule an appointment at 315-386-2325.

###