



St. Lawrence County Public Health Department

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Press Release

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Flu Numbers on the Rise

Canton, NY— St. Lawrence County Public Health warns residents that influenza “flu” cases continue to rise. Ninety-six laboratory-confirmed cases of influenza were reported last week in St. Lawrence County, a 52% increase from the previous week. The flu is not just a really bad cold—it is a potentially serious, contagious illness that affects the nose, throat, lungs, and other parts of the body. It can spread quickly from one person to another.

Unlike a cold, flu symptoms start suddenly. They appear about 1 to 4 days after a person is exposed to the flu. Flu is a contagious disease. It can cause mild to severe illness. Symptoms include fever, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue and occasional vomiting. Serious outcomes of flu can lead to hospitalization and even death.

Young children, people 65 and older, pregnant women and people with certain medical complications like cancer or chronic lung disease, are at increased risk of complications from flu. If you are in a high risk group and develop flu symptoms, it’s best for you to contact your doctor early in your illness. The Centers for Disease Control and Prevention recommend that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Please take these three actions to fight the flu:

- 1. Get a flu vaccine.** It’s not too late! Everyone 6 months and older should get a flu vaccine. Getting a flu vaccine every year provides the best protection against the flu.
- 2. Take everyday actions to stop the spread of germs:**
 - Wash your hands often;
 - Cover your nose and mouth with a tissue when you cough or sneeze;
 - Stay home when you are sick; and
 - Avoid close contact with sick people.
- 3. Take flu antiviral medication if your doctor prescribes it.** If you get sick with flu, prescription antiviral medicine can be used to treat flu illness. Antiviral medication can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

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 only. Call to schedule an appointment at 315-386-2325.

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