

Press release

FOR IMMEDIATE RELEASE

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September is Emergency Preparedness Month – Are you ready for the change in seasons?

For many in the North Country, fall and winter are a welcomed change from the long, hot, days of summer. However with the onset of the upcoming seasons, the St. Lawrence County Public Health Department reminds residents to get prepared for the drop in temperatures and unexpected inclement weather by doing the following things:

1. Get your flu shot. Last year, St. Lawrence County saw one of the worse flu seasons over the past decade with 1, 040 confirmed flu cases diagnosed and treated. Additional steps to help reduce your risk of contracting the flu include washing your hands and covering your cough.
2. Ensure all immunizations are up-to-date. Talk with your doctor about immunizations you might need to protect against illness--especially if you plan to travel.
3. Put together a medical to-go bag. Pack medications you or your family members may need, along with your insurance card in case you need to leave your home or travel unexpectedly.
4. Check in with your energy provider. Make sure your energy provider (such as National Grid) is aware of your needs (i.e. medical equipment) so they prioritize you in the event of a prolonged power outage.
5. Have an emergency communication plan in place. Know how to contact your family members, friends, and neighbors should you be separated or stranded in an emergent event.

These are just some of the many ways we can prepare ourselves and our family members in the event of an emergency or natural disaster. Remember to always stay aware and be prepared. If you have questions or would like some guidance as to how to prepare for an emergent-like event, please call the Public Health Department at 315-386-2325.