



# PUBLIC HEALTH MATTERS

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## THIS ISSUE:

Humans Don't Hibernate  
& Food Safety  
PAGE 01

Bats & Critter Proofing  
Your Home  
PAGE 02

Current COVID-19  
Guidelines  
PAGE 03

Flu & RSV  
Immunizations  
PAGE 04

Ticks & Hunting Season  
PAGE 05

Unused Medication  
Drop-Off  
PAGE 06

Carbon Monoxide  
Hauntings  
PAGE 07

Maternal Child Health  
PAGE 08



## #NNYHUMANSDON'THIBERNATE

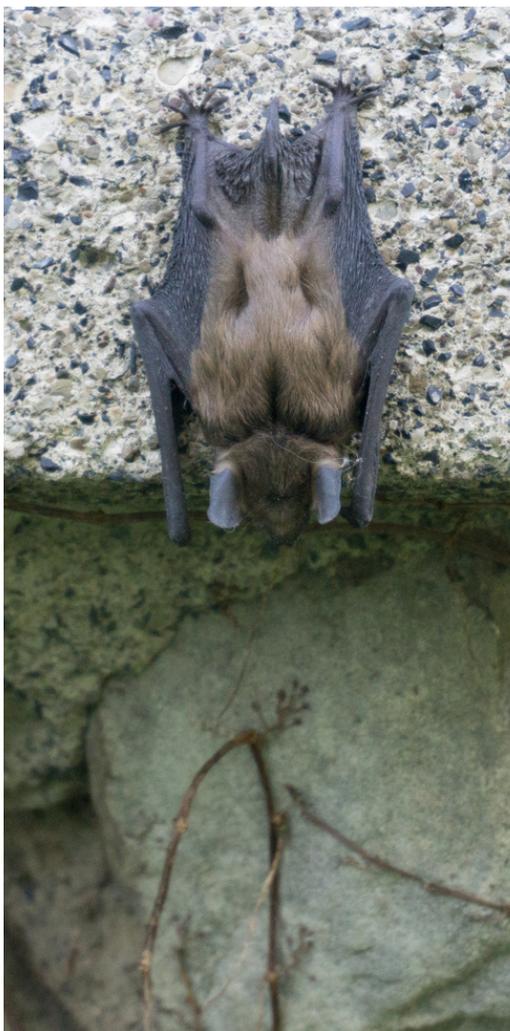
Bridge to Wellness is hosting a social media campaign promoting wellness for the remainder of the year. Complete the monthly challenges and upload your pictures to your social media with the hashtag! Check their Facebook and Instagram pages on the first of every month for the newest challenges (@STLC Bridge2Wellness) Call out your friends and family and get them to participate with you!

## HOLIDAY FOOD SAFETY

To ensure food safety during the holidays, always wash hands, use separate cutting boards, cook food to the proper temperature, refrigerate perishable foods, thaw frozen foods properly, and avoid leaving food out at room temperature. Reheat leftovers to the proper temperature, use chafing dishes and ice baths to keep food hot or cold, and accommodate guests' dietary restrictions. For more information, visit:

[www.cdc.gov/foodsafety/communication/holidays.html](http://www.cdc.gov/foodsafety/communication/holidays.html)





## WHAT TO DO IF YOU FIND A BAT IN YOUR HOME

- Confine it to the room where it was discovered. Capture the bat, use precaution when catching the bat to limit any bites or scratches. Wear gloves and trap the bat in a sealed container.
- Never release a bat found in a home or camp if it was present where people were sleeping or if it was in a room with anyone who cannot describe the nature and extent of their exposure, such as a young child or incapacitated adult.
- **Call the St. Lawrence County Public Health Department at (315) 386-2325.**

## CRITTER PROOF YOUR HOME

- Ensure chimneys are capped with hardware cloth.
- Walk perimeter and search for any openings where wildlife may enter.
- Repair, caulk, or use coarse copper wool to seal off any cracks or holes.
- Trim back overgrown bushes and shrubs.
- Install screens and door sweeps to keep out critters.
- Keep wood piles at least 20 feet away from your home.
- Ensure garbage is placed in watertight cans with tight-fitting lids.



# CURRENT COVID-19 GUIDELINES

The number of COVID-19 cases in the area are increasing. Being aware of the risks of COVID-19 for yourself and those around you will enable you to make informed choices and keep yourself and others safe and healthy.



## Prevention:

- Everyone 6 months and older should stay up to date with COVID-19 vaccines.
- Regularly wash hands with soap and warm water for at least 20 seconds.
- Clean and disinfect commonly used surfaces and objects.
- Cough and sneeze into a tissue or elbow and teach children to do the same.
- Consider wearing a mask in public spaces when not feeling well or near someone who is at risk of getting very sick.
- Ventilate indoors or let in fresh air, especially when gathering with others; or hold gatherings outdoors.
- Stay home when sick, and keep children home from school/daycare when sick.
- If exposed to a positive case, wear a mask when around others for 10 days, test and monitor for symptoms.
- If you have symptoms of COVID-19, get tested and isolate until you have results.

At-Home Tests are available through health care providers and for purchase at pharmacies throughout the county. It is important to note that many expiration dates on at-home tests have been extended. A list of extended expiration dates can be found on the FDA website.

## If You Test Positive:

- Stay home and isolate for at least five days, wearing a mask for days 6-10.
- If you have a fever after five days, experience shortness of breath, or have a weakened immune system, isolate for ten days.
- If you must be around others, wear a high-quality mask for ten days.
- Contact a healthcare provider to discuss treatment options.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



## INFLUENZA (FLU) IMMUNIZATIONS

Everyone age 6 months and older should receive a flu vaccine dose each year, with limited exceptions.

When will flu vaccines be available? Is it safe to receive the flu vaccine with other vaccinations?

- The 2023-24 seasonal flu vaccine will be widely available by October.
- According to the CDC, it is safe and effective to receive multiple immunizations, such as the flu and COVID-19 vaccines, during the same vaccination appointment.
- Check with your healthcare provider if you have questions about getting multiple vaccinations at one time.

There are many approved flu vaccines and vaccine brands for use in the U.S. For the 2023-24 flu season, the CDC recommends that most people receive any approved, age-appropriate flu vaccine for immune protection. To learn what vaccine option may be best, speak with your healthcare provider.

<https://www.cdc.gov/flu/vaccines-work/index.html>  
<https://www.cdc.gov/rsv/about/prevention.html>

## RESPIRATORY SYNCYTIAL VIRUS (RSV) IMMUNIZATIONS

Respiratory syncytial virus (RSV) is a common respiratory virus. Infants and older adults are more likely than others to develop severe RSV and need hospitalization.

When will these immunizations be available?

- Infants and young children: Monoclonal antibody products, which are not vaccines but are given by injection, are CDC-approved and soon to be available to protect infants and young children from severe RSV.
- Older adults: Vaccines are CDC-approved and currently available to protect older adults, 60 years old and older from severe RSV.
- Pregnant people: This fall, pregnant people will be able to receive an immunization to protect themselves and their newborn(s) against severe respiratory illness and hospitalization.

All of these RSV immunizations should be available by October 2023, or sooner. Both Pfizer and GSK will be distributing updated doses for their respective age groups and priority populations.



# TICKS & HUNTING SEASON

Ticks may be active during the fall and hunting season, and they can transmit diseases to humans. Ticks are found in grassy or wooded areas and feed on animals, including deer and rabbits. If you develop symptoms like fever, rash, headache, or joint pain after hunting, seek medical attention immediately. Early treatment for tickborne diseases is crucial to prevent long-term health problems.



## BEFORE THE HUNT

- Treat gear and clothing with .5% permethrin.
- Use EPA-registered insect repellents.
- Preventatively treat dogs for ticks.
- Tuck your pants into your boots or socks and tuck your shirt into your pants to prevent ticks from crawling inside your clothing.



## DURING THE HUNT

- Walk in the center of the trails when possible.
- Wear gloves when dressing or butchering game and wash hands thoroughly afterward.

## AFTER THE HUNT

- Shower immediately after being outdoors
- Check your body for ticks daily
- Check dogs for ticks
- Remove any attached ticks
- Watch for fever, rash or flu-like illness even if you don't remember being bitten by a tick, and seek care if such symptoms appear.



# UNUSED MEDICATION DROP-OFF

Expired prescription medication can lose potency and effectiveness, and may even become harmful if taken. Unused prescription drugs can be a safety hazard in the home, and they can contribute to accidental poisonings or overdoses. No one should hang on to old antibiotics just in case they or a loved one needs them. This carries many risks – including drug interactions, side effects, as well as resistance. Different antibiotics treat different types of infections. There is no ‘one size fits all’. Rather than building a small stockpile for yourself or your family, experts say it’s better to use antibiotics precisely as prescribed by your doctor, including for the full treatment course, even if symptoms improve.

Therefore, it is recommended to dispose of expired medication properly and obtain a new prescription if needed. Proper disposal of unneeded drugs saves lives and protects the environment and our community.

Drop-off locations are all around St. Lawrence County with a wide variety of times available.



Locations in our county include:

Canton Police Department, 60 Main St. Canton - Available 24 hours a day, 7 days a week.

Claxton Hepburn Medical Center, 214 King St Ogdensburg - Located off the main lobby near the elevator (normal business hours).

Gouverneur Hospital, 77 West Barney St. Gouverneur - Located off of the main lobby, available during normal business hours.

Kinney Drugs - All St. Lawrence County Locations during normal business hours at the designated kiosks.

Massena Police Department, 60 Main St Massena - Available 24 hours a day, 7 days a week.

Ogdensburg Police Department, 800 Park St. Ogdensburg - Available 24 hours a day 7 days a week.

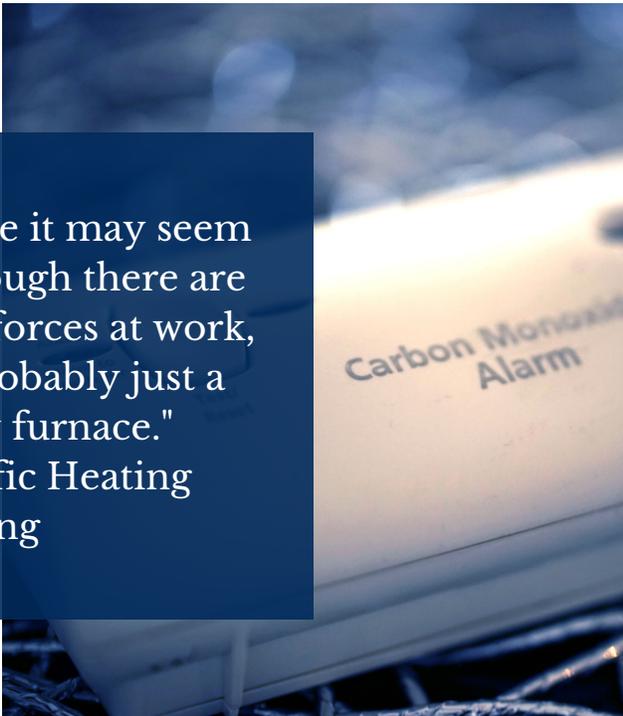
Potsdam Police Department, 38 Main St. Potsdam - Available 24 hours a day, 7 days a week.

St. Lawrence County Sheriff's Office, 48 Court St Canton - Located in the Public Safety Building and is available 24 hours, 7 days a week.

# CARBON MONOXIDE HAUNTINGS

"While it may seem as though there are dark forces at work, it's probably just a faulty furnace."

~Pacific Heating Cooling



Carbon Monoxide Alarm

Before the dangers of carbon monoxide poisoning were well understood, its effects were often blamed on ghosts.

Carbon Monoxide is a colorless, odorless, tasteless gas that is produced by fuel-burning appliances.

Malfunctioning and improperly ventilated equipment may allow the gas to buildup to unsafe levels.

## SYMPTOMS OF CARBON MONOXIDE POISONING:

- Headaches
- Dizziness
- Hallucinations
- Feelings of dread
- Unconsciousness
- Death

## PREVENT CARBON MONOXIDE LEAKS IN YOUR HOME:

- Install CO detectors
- Service all fuel-burning appliances yearly
- Inspect fireplaces & chimneys
- Never use a gas range for heating
- Never run generators in an enclosed space



Happy Halloween from St. Lawrence County Public Health!

# MATERNAL CHILD HEALTH

The Maternal Child Health Program offers a one-time home visit for mom and baby after discharge from the hospital.

Services include:

- Breastfeeding assistance
- Head-to-toe assessment of the newborn
- Education on postpartum and newborn care
- Education on postpartum self care
- Referral to services in the community, if needed. (WIC, NCPPC, etc.)
- Maternal risk assessment for postpartum depression, baby blues, and postpartum psychosis

**CALL US FOR  
MORE  
INFORMATION**

315-386-2325