



St. Lawrence County Public Health Department

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Press Release

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FOR IMMEDIATE RELEASE

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St. Lawrence County Public Health Reminds Residents to Take Precautions to Protect Themselves Against a New Variant

Canton, NY — The emerging XBB.1.5 COVID-19 variant is now the most predominant strain in the state, now making up over 50% of cases in the state. Early data indicate that this variant spreads more rapidly than other strains currently circulating.

Reminders:

- Everyone 6 months and older should stay up to date with COVID-19 vaccines and get the bivalent booster.
- 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 if around someone who is at risk of getting very sick.
- Ventilate indoors or let in fresh air, especially when gathering with others.
- Stay home when sick, and keep children home from school/daycare when sick.
- If symptomatic for COVID-19, get tested. Public Health offers free at home COVID-19 testing kits.

Understanding Risk:

COVID-19 can affect anyone and can cause symptoms ranging from mild to very severe. Understanding the risk of COVID-19 for yourself and those around you can help make informed decisions to keep yourself and those around you safe.

Vaccination:

If you are at increased risk for COVID-19, it is not too late to start your series or get the updated bivalent booster. The COVID-19 virus changes and the updated bivalent boosters factor in these changes, offering additional protection, which is why it is important to get the booster when eligible. St. Lawrence County Public Health offers COVID-19 vaccinations every Tuesday and Thursdays. Our process for registration has changed; to make an appointment please call 315-386-2325. Walk-ins are also welcome from 8:30AM-3:30PM both Tuesdays and Thursdays. For questions and/or more information, 315-386-2325.

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