

## WHAT IS RABIES?

Rabies is a deadly virus that can be spread to people from the saliva of infected animals. Rabies is usually spread through an animal bite, but can also be transmitted through a scratch.

In St. Lawrence County, the animals that are most likely to spread rabies are raccoons, bats, skunks and foxes. Domestic animals, such as cats and dogs, may spread the virus if they come in contact with an infected wild animal.

## HOW DOES PUBLIC HEALTH PLAY A ROLE IN RABIES CONTROL?

When an animal bite is reported to Public Health, staff interview those involved to gather the information about the incident. If it is a bite from a cat or dog, Public Health contacts the owner of the pet and asks the owner to confine the animal for a period of time to make sure the pet is not showing any signs of rabies. If the bite is from a wild animal and the animal was captured, the animal would be submitted for rabies testing. If the animal (domestic or wild) cannot be confined or tested, Public Health will determine if rabies post-exposure treatment is necessary for the person who was exposed.

## What can you do to prevent the spread of rabies?

1. Get your pets vaccinated!
2. Do not feed, touch or adopt wild animals, stray dogs or cats.
3. Do not attract wild animals to your home or yard. If you do have a wild animal living around your home, call an animal control officer to remove the animal for a fee.
4. Report all animal bites or contact with wild animals to Public Health, and DO NOT let the animal involved escape!



# SUMMER SAFETY TIPS



Build **small** campfires at least 25 feet away from tents, shrubs and anything that can burn. Never leave them unattended.



Wear sunscreen with at least SPF 15 to protect exposed skin. Re-apply every 2 hours and after swimming or sweating. Wear protective clothing to shield skin.



Go to a **public** fireworks show put on by experts. Fireworks start an average of 18,500 fires each year. Sparklers burn at about 2,000 degrees F and can severely burn children.



Keep grills and fire pits outside and **at least 10 feet** from your home or anything that can burn.



Always swim with a buddy. Adults need to stay with children when they are around water.

Mosquitos can cause a number of illnesses, like Zika and West Nile Virus. **Prevent mosquito bites by:**

- Using EPA-registered insect repellent with DEET
- Wearing long-sleeves and pants and treating clothing with permethrin
- Using screens on windows and doors. Repairing holes in screens.
- Removing standing water from your property and inside your home.



During extreme heat, take these steps to stay cool:

- Stay in air-conditioned places
- Drink plenty of water
- Limit outdoor activity
- Wear loose, lightweight clothing
- Take cool showers or baths



**No AC? Go to a Cooling Center to cool off! [Click here to see a list of Cooling Centers near you.](#)**

Summer is a great time to travel and spend time outdoors. Be sure to keep these tips in mind as you and your family enjoy vacations, camping, family reunions, picnics and the Fourth of July!

# GRILL SAFELY!

Food poisoning peaks in summer months when warmer temperatures cause foodborne germs to flourish. Follow the below steps for a safe and enjoyable grilling season.

## Get Ready to Grill Safely

### Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



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

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## Get Ready to Grill Safely

### Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



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

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## Get Ready to Grill Safely

### Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



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

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## Get Ready to Grill Safely

**Cook** Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	Whole cuts of beef, pork, or lamb (let rest 3 minutes before serving)
145°F	Fish (whole or fillet)
160°F	Hamburgers, sausage, and other ground beef, pork, or lamb
165°F	Chicken, turkey, and other poultry



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

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Visit [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety) for more information

# COVID-19 UPDATES

**After June 30th, 2022, the St. Lawrence County Public Health Department will no longer be contacting individuals who test positive for COVID-19.**

Individuals will still be notified of their positive test result by the place where they were tested, but they will no longer receive a phone call from a St. Lawrence County Public Health or New York State case investigator.

Please continue to report positive home test results to the St. Lawrence County Public Health Department using the online form found on our [\*\*website\*\*](#). If you are unable to access the online form, please call the department during business hours, Monday–Friday, 8am – 4pm, and we will assist you.

If you test positive for COVID-19, regardless of vaccination status, you should follow New York State's [\*\*Isolation guidelines\*\*](#). If you are exposed to someone with COVID-19 you should follow New York State's [\*\*Quarantine Guidelines\*\*](#). Isolation and quarantine orders can be found on the St. Lawrence County Public Health [\*\*website\*\*](#).



**FREE COVID-19 HOME TESTS**

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Free tests available at the Human Services Center on 80 State Hwy 310 & the Court House on 48 Court Street. Tests can be found on the table outside the DMV and Court House Main Entrance.

**Take while supplies lasts!**

## FDA Authorizes COVID-19 Vaccines for Children Under 5.

Pfizer-BioNTech	Moderna
Ages 6 months to 4 years	Ages 6 months to 5 years
3 dose primary series	2 dose primary series
Two doses spaced 3 weeks apart & followed by a third at least 2 months after.	Two doses spaced 4 weeks apart.
Dosage is one tenth the adult dose.	Dosage is half the adult dose.


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**COVID-19 Vaccinations Every Monday & Thursday**



[\*\*See Clinic Information Here\*\*](#)