



## **St. Lawrence County Public Health Department**

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### **Press Release**

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FOR IMMEDIATE RELEASE

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### **Influenza Surveillance Extended Beyond May—until Cases Decrease**

**Canton, NY** —The New York State Department of Health (NYSDOH) warns New Yorkers of continued influenza being geographically widespread for the 26<sup>th</sup> week in NY. Typically, NYSDOH conducts influenza surveillance during October – May, however due to the increase in cases, surveillance will continue beyond May until influenza activity has decreased.

With the continued climb in flu cases, the St. Lawrence County Public Health Department recommends all residents follow the same precautions as they follow with COVID-19— stay home when you are sick, get tested, wash your hands often, talk with your doctor, and wear a mask in indoor public spaces if the county is in a high-transmission zone or you are personally at-risk.

The flu is a contagious illness affecting the nose, throat, lungs and other parts of the body. It spreads quickly from one person to another. Symptoms start suddenly, usually appearing about 1 to 4 days after a person is exposed to the flu. Some symptoms include a fever, cough, sore throat, runny or stuffy nose, headache, body aches, fatigue, and may cause vomiting or diarrhea.

The annual flu vaccine can still be given for this season. It is recommended for almost everyone 6 months and older. The flu vaccine is one of the best ways to reduce flu illnesses, hospitalizations, and death from flu. Please contact your healthcare provider to receive your influenza vaccination.

For more information about influenza, visit:

<https://health.ny.gov/diseases/communicable/influenza/seasonal/> or call the St. Lawrence County Public Health Department at 315-386-2325.

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