News Release

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For Immediate Release
Contact: 518-565-4840

FLU CASES CONTINUE TO RISE

Plattsburgh, January 14th, 2020: Cases of influenza, more commonly known as flu, continue to rise in New York State and across the Country. Clinton County Health Department would like to remind residents that it is not too late to get your flu shot. Even in cases where the vaccine does not fully prevent you from getting the flu, it still helps your body fight the virus and you are less likely to end up being hospitalized with flu.

Please also take these precautions to keep yourself and everyone around you healthy:

- Avoid close contact with people who are sick.
- Wash your hands often. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- If you are sick stay home. People with flu are contagious for up to seven days after symptoms begin.
- Cover your mouth and nose with a tissue when coughing or sneezing. Do not sneeze or cough directly into uncovered hands.

Those who get the flu should contact their health care provider to determine if they are a candidate for treatment with anti-viral medications. Anti-virals can lessen the severity and duration of the flu. They work best when started within 48 hours of first symptoms.

About the Clinton County Health Department:

The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department’s Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit our website at www.clintonhealth.org or connect with us on Facebook (@clintonhealth), Twitter (@ClintonCountyHD), and Instagram (clintoncountyhealth).

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