News Release

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For Immediate Release
Contact: 518-565-4840

Clinton County Case Update and Tips for Managing Symptoms at Home

Plattsburgh, April 1, 2020. As of this morning, Clinton County has 24 laboratory-confirmed cases of COVID-19, as well as one probable case. This figure represents the total number of positive test results since testing began. To date, 186 tests have come back negative. Five of the individuals testing positive have since recovered. Many other individuals are self-quarantining or self-isolating based on general recommendations for anyone who suspects they may have been exposed or are having symptoms, even if they have not been tested.

As the number of positive cases and individuals experiencing symptoms of COVID-19 continue to increase within our community, many residents have asked what to do when they or a family member experience symptoms. “In regard to questions about managing your health, we always recommend contacting your health care provider first for guidance. They know you and your medical history, and are best suited for addressing your concerns,” stated Erin Streiff, Director of Health Care Services for the Clinton County Health Department. “If you experience a fever, cough, or shortness of breath, call your health care provider. They may tell you to manage your care from home, as most people who get sick with COVID-19 will have only mild illness and should recover at home. For most people, symptoms last a few days and get better after a week.” Ms. Streiff indicates that, “The following tips may be helpful in managing symptoms at home or caring for a family member with symptoms.”

- Stay home from work, school, and away from other public places. If you must go out for medical care, avoid using any kind of public transportation, ridesharing, or taxis.
- Monitor your symptoms carefully. If your symptoms get worse, call your health care provider immediately.
- Get rest and stay hydrated.
- If you have a medical appointment, call your health care provider ahead of time and tell them that you have or may have COVID-19.
- For medical emergencies, call 9-1-1 and notify the dispatch personnel that you have or may have COVID-19.
- Cover your cough and sneezes.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available. If a separate bathroom is not available, clean the shared bathroom after every use. If you need to be around other people in or outside of the home, wear a facemask.

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Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:
  o Trouble breathing
  o Persistent pain or pressure in the chest
  o New confusion or inability to arouse
  o Bluish lips or face
*This list is not all-inclusive. Consult your medical provider for any other symptoms that are severe or concerning.

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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