News Release

Date: April 30, 2020
For Immediate Release
Contact: 518-565-4840

4-30-20 COVID-19 Case Updates
Adding Outdoor Recreation Back Into Daily Routines

Plattsburgh, April 30, 2020. With several days of warm weather behind us, and the promise of more to come, residents have already begun to spend more time outdoors. As they do this, Erin Streiff, Director of Health Care Services for the Clinton County Health Department advises, “Take a little time to consider how you will maintain a safe distance (about 6 feet) from others as you resume outdoor leisure activities.”

According to the Physical Activity Guidelines for Americans, adults need a mix of activities to stay healthy, including at least:

- 150 minutes of moderate-intensity aerobic activity a week
- 2 days of muscle-strengthening activity a week

The Guidelines recommend that kids and teens ages 6 to 17 get 60 minutes of activity every day. Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day. Caregivers should encourage preschool-aged children to be active when they play, aiming for 3 hours a day.

“Physical activity is important to an individual’s overall health and well-being” stated Ms. Streiff. “Maintaining distance between ourselves and others should be easier outdoors than indoors, but some pre-planning may help. Look for places to walk or play where there aren’t lots of other people and select times of day for outdoor recreation that might be less common, like early morning,” Ms. Streiff noted.

Here are some other tips for social distancing and safe outdoor activity:

- Be aware of who else is nearby and whether they appear to be maintaining distance from others.
- Be flexible about where you walk. If a trail or walking path is crowded, choose another place to get your steps in.
- Wearing masks or face coverings may be difficult for young children. A better solution may be to find play areas away from others.
- Re-imagine what time outdoors with friends and neighbors might look like. Socializing can still take place as long as distancing is maintained.

Additional tips for distancing and outdoor activities can be found at https://health.gov/news/202004/staying-active-while-social-distancing-questions-and-answers

-more-
The Clinton County Health Department reported the following numbers in regard to COVID-19 cases in Clinton County for Thursday April 30, 2020.

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Recovered</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lab-confirmed positive</td>
<td>64</td>
<td>52</td>
<td>3</td>
</tr>
<tr>
<td>Probable*</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Suspect**</td>
<td>41</td>
<td>41</td>
<td>0</td>
</tr>
<tr>
<td>Active Cases</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tested</td>
<td>708</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Probable = Individuals tested for COVID-19 with inconclusive test results.
**Suspect = Individuals suspected of having COVID-19 based on clinical assessment (by a medical provider).

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](http://www.clintonhealth.org) or connect with us on Facebook (@clintonhealth), Twitter (@ClintonCountyHD), and Instagram (clintoncountyhealth).

###