News Release

CCHD Asks Travelers to Maintain Practices that Limit Spread of COVID-19

Plattsburgh, June 16, 2020. So far, the phased reopening of the North Country region has not caused a significant rise in new COVID-19 cases or hospitalizations. In fact, at this time, Clinton County has no active cases of COVID-19. The Clinton County Health Department wants to keep this trend going, especially as people resume activities and begin traveling to and from the area.

“Whenever people travel from one locale to another, a fourteen day period of self-quarantine is advised,” stated John Kanoza, Public Health Director for Clinton County. “We hope that people returning to Clinton County, or coming for a visit, will take this precaution to help protect the health of our residents.”

Travel tips to limit the spread of COVID-19:

- When traveling to (or returning from) another area, CCHD advises travelers to voluntarily self-quarantine for 14 days after arrival.
- During travel, wear a face covering or mask at all times when distancing of at least 6 feet between you and others is not possible.
- When you arrive at your destination, continue to follow the same guidance for distancing and use of face coverings that you have been following here.
- Those visiting or returning to Clinton County are expected to comply with rules established here, even if they are stricter than the area you just left.
- At all times, practice frequent handwashing. Use hand sanitizer containing at least 60% alcohol if soap and water are not available.
- Don’t travel if you are experiencing symptoms of COVID-19, or if you have been exposed to someone known or suspected to have the virus.
- If family or friends are planning to visit, have an honest conversation with them about whether or not they may have been exposed to COVID-19 before letting them come. If they cannot confidently say that they have not been exposed to the virus, ask them to postpone their trip.

In his remarks on Sunday, New York Governor Andrew Cuomo pointed to the rise in cases that other states are experiencing. He said, “The reason we (New York State) made the progress was because we followed the facts even though it was hard. Don't disregard the facts: 22 states are seeing increases.”

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Clinton County and neighboring counties have seen a slower spread of COVID-19 than other regions of nation and the state. The North Country region was among the first to begin reopening and has maintained a decline in the rate of new cases. Protective practices such as wearing a face covering, practicing social distancing, and good hand hygiene have been cited by Health Department and local officials as key factors in the region’s success. “We must continue these practices and we expect all visitors to our area to do the same,” stated Mr. Kanoza. “Following this guidance will help us all stay healthy and safe and will allow us to continue to open businesses and services that support our economy and our well-being.”

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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