News Release

Date: July 8, 2020
For Immediate Release
Contact: 518-565-4840

CCHD cautions residents to remain vigilant in the fight against COVID-19

Plattsburgh, July 8, 2020. As cases of COVID-19 surge across the country, local health officials are urging residents in Clinton County to remain vigilant. While active cases of COVID-19 have remained low in the region over the past month, other states have seen a significant increase in cases and hospitalizations for COVID-19. As of 8:00 am Wednesday, July 8, there were five active cases of COVID-19 in Clinton County. The Clinton County Health Department (CCHD) reports that two of the five most recent cases were known contacts of each other; the other three cases were not connected. In addition, none of the most recent cases were associated with travel—all were acquired locally.

“Our concern is that residents will see our low numbers and let their guard down,” stated John Kanoza, Director of Public Health at the Clinton County Health Department. “We are doing well, because of our efforts, but we are not immune. The risk of COVID-19 is not gone. What’s happening around the country should serve as a reminder that we need to remain vigilant and continue to proceed cautiously.” He noted the Department’s strong contact tracing team, the commitment from local businesses to establish and implement safety plans, and the hard work of residents to follow social distancing and face covering recommendations, as key factors to the region’s success.

In general, as residents begin to interact with more people, and for longer periods of time, the risk for spread of COVID-19 increases. Spending time with others who aren’t social distancing or wearing face coverings increases your risk. “Just because you feel fine does not mean that you cannot spread COVID-19. Recent studies show that individuals can spread COVID-19 to others without ever experiencing symptoms themselves (“asymptomatic”), and that even those who eventually develop symptoms can transmit the virus to others before showing symptoms (“pre-symptomatic”),” cautioned Mr. Kanoza. “Cloth face coverings may help to slow the spread from people who have the virus and are unaware. Wearing a face covering shows respect, it shows that you care about your community.”

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Face coverings should:

- Be worn any time individuals are not able to maintain six feet of distance from others (outside of their household members).
- Fit snugly and cover the nose and mouth.
- Be changed frequently and laundered when they are soiled or wet.
- Not be worn by children younger than 2 years of age; anyone who has trouble breathing; or anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance.

In addition, face coverings should not replace other protective measures:

- Do not touch the cloth covering or face.
- Continue to be vigilant with thorough and frequent hand washing with soap and water, or alcohol-based hand sanitizer of 60%+ alcohol.
- Practice respiratory etiquette and cover your coughs or sneezes.
- Practice physical distancing – even when wearing masks.

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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