News Release

Date: January 7, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator 565-4993

Clinton County Health Department
Press Release
"Healthy Neighborhoods May Be Coming To Your Neighborhood"
January 7, 2016

The Healthy Neighborhoods Program of the Clinton County Health Department will be focusing outreach efforts in the City of Plattsburgh during January, February, and March to conduct door to door outreach performing in-home surveys. These brief in-home surveys are designed to identify and educate residents on health and safety concerns within the home. Appropriate home safety products such as fire extinguishers, carbon monoxide and smoke detectors, first aid kits, flashlights, asthma safety materials and child safety products are provided depending on the home’s need after completing a survey.

During the home visit, education is provided regarding fire and burn safety, carbon monoxide poisoning prevention, lead poisoning prevention, asthma, injury prevention and many other health and safety topics. Information and referrals may also be provided regarding available community resources for which the family may qualify. Participation in the Healthy Neighborhoods Program is free and open to all Clinton County Residents! Don’t miss this opportunity to participate!

If you would like more information about Healthy Neighborhoods or would like to schedule an appointment, please contact Healthy Neighborhoods at (518) 565-4870 or visit us on the web at www.clintonhealth.org.

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http://www.facebook.com/ClintonHealth
Date: January 12, 2016
For Immediate Release
Contact: Karen Derusha 518-565-4993

Plattsburgh Pediatrics Becomes ‘Breastfeeding Friendly’

Plattsburgh Pediatrics was officially designated as a ‘New York State Breastfeeding Friendly Practice’ on December 29th, 2015, making them the second designated pediatric practice in Clinton County. Plattsburgh Pediatrics was supported in this effort by the Obesity Prevention in Pediatric Health Care Settings grant at the Clinton County Health Department.

Through this designation, Plattsburgh Pediatrics has demonstrated their commitment to providing ongoing support and encouragement to breastfeeding families and the community. Martha Passino, Pediatric Nurse Practitioner, acknowledges that without proper guidance breastfeeding can be frustrating for mother and infant. Ms. Passino points out “It takes time to learn how to latch; mother and infant benefit greatly from the support of a breastfeeding friendly environment.”

Plattsburgh Pediatrics nominated Margaret Caldon, Registered Nurse and one of the practice’s Certified Lactation Counselors, as their Breastfeeding Champion. Ms. Caldon helped the office work through New York State’s Ten Steps to a Breastfeeding Friendly Practice. Creating policies and procedures, implementing staff training and adopting a breastfeeding friendly office environment were among the many responsibilities the office was tasked with completing. While this may seem like a lengthy process, Tara Parton, Licensed Practical Nurse and Certified Lactation Counselor, says that supporting and promoting breastfeeding is a worthy cause. Ms. Caldon adds; “Breastfeeding is like an insurance policy, you pay a little in the beginning for life – long protection.”

New York State confers the designation of ‘Breastfeeding Friendly’ on practices that demonstrate they have accomplished The Ten Steps to a Breastfeeding Friendly Practice, which include:

1. Develop and maintain a breastfeeding-friendly office policy.
2. Train all staff to be breastfeeding-friendly by promoting, supporting and protecting breastfeeding.
3. Eliminate infant formula and formula company materials from your office.
5. Discuss breastfeeding benefits, especially exclusive breastfeeding, and the basics of breastfeeding management with women and their families during the prenatal period.
6. Discuss breastfeeding benefits, especially exclusive breastfeeding, and the basics of breastfeeding management with women and their families during the postpartum period.
7. Encourage breastfeeding mothers to feed newborns only breast milk.
8. Teach mothers about maintaining lactation when separated from their infants.
9. Identify your local breastfeeding support network and foster collaborative working relationships and referral systems.
10. Provide comprehensive breastfeeding support to new mothers.

Because of the well-documented health benefits of breastfeeding for infants, children and mothers, the American Academy of Pediatrics (AAP), the American Congress of Obstetricians and Gynecologists (ACOG), the World Health Organization (WHO) and the US Department of Health and Human Services recommend exclusive breastfeeding for the first six months, with continued breastfeeding as long as mutually desired by mother and infant.

For more information about receiving Breastfeeding Friendly Designation: https://www.health.ny.gov/community/pregnancy/breastfeeding/

About the Clinton County Health Department:

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###
Health Advisory: Zika Virus
The Centers for Disease Control and Prevention (CDC) has issued a travel advisory.

Plattsburgh, NY—January 25, 2016—Concerns over the recent outbreak of the Zika virus has prompted the Centers for Disease Control and Prevention (CDC) to issue an advisory for returning travelers from Central America, South America, the Caribbean, and Mexico.

The advisory also contains a recommendation advising pregnant women to consider postponing travel to any area where Zika virus transmission is ongoing. The disease has been linked to microcephaly, a rare neurological condition in which an infant's head is significantly smaller than the heads of other children of the same age and sex. Problems associated with microcephaly include seizures, developmental delays, intellectual and motor disabilities and hearing loss. Zika has also been linked to fetal loss in pregnant women that have contracted the virus. Additional studies and testing of the virus is being conducted to learn more about Zika virus and pregnancy. Pregnant women who do travel to one of these areas should talk to their health care provider first and follow steps to avoid mosquito bites during the trip.

Zika virus is spread by the Aedes aegypti mosquito. As of January 22, 2016, there has been no local transmission of the virus in the continental United States but it has been identified in at least 14 countries or territories in the Americas. The New York State Department of Health (DOH) has announced that three individuals who recently traveled to areas outside of the United States where Zika virus transmission is ongoing have tested positive for the virus. One patient has fully recovered, and the others are recovering without any complications. Cases of infected travelers returning with the infection will increase the potential of human-to-mosquito-to-human spread of the virus.

There is no vaccine for the virus. Treatment includes rest, fluids, fever, and pain reducers. The disease in adults is usually mild and is characterized by acute onset fever, rash, joint pain or conjunctivitis. The best way to prevent the virus is to prevent mosquito bites. Wear long sleeves and pants and use insect repellant when outdoors. Use air conditioning and screens on windows and doors when indoors.

Additional information about the Zika virus can be found at http://www.cdc.gov/zika/
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###
News Release

Date: February 16, 2016
For Immediate Release
Contact: Karen Derusha, 565-4993

Community Partnership Award

On January 27, the Clinton County Health Department presented Shelly Lee, Public Health Nurse, with a Community Partnership Award on behalf of her mother, Jackie Bitteker, who has been providing handmade baby quilts for several years to welcome the youngest members of Clinton County.

Jackie creates beautiful infant quilts that have bright colorful fronts and are backed by the softest flannel. These quilts are given to families of newborn babies, especially those who may not have sufficient infant supplies. Each quilt is a labor of love!

Jackie started making the quilts around seven years ago when Shelly was working in the prenatal MOMS Program. Even though Shelly has moved on from the MOMS program, her mom continues to create this beautiful keepsake. Additionally, Jackie also makes quilts for Shelly’s sister who is a nurse in Florida and works with premature infants. She ranks quilt making her favorite hobby since she retired. The Health Department is very pleased to be a part of this hobby, and pass this on to our community residents.

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###
The Healthy Neighborhoods Program of the Clinton County Health Department will be focusing outreach efforts in the Town of Altona during April, May, and June to conduct door to door outreach performing in-home surveys. These brief in-home surveys are designed to identify and educate residents on health and safety concerns within the home. Appropriate home safety products such as fire extinguishers, carbon monoxide and smoke detectors, first aid kits, flashlights, asthma safety materials and child safety products are provided depending on the home’s need upon completion of a survey.

During the home visit, education is provided regarding fire and burn safety, carbon monoxide poisoning prevention, lead poisoning prevention, asthma, injury prevention and many other health and safety topics. Information and referrals may also be provided regarding other available community resources. Participation in the Healthy Neighborhoods Program is free and open to all Clinton County Residents! Don’t miss this opportunity to participate!

If you would like more information about Healthy Neighborhoods or would like to schedule an appointment, please contact Healthy Neighborhoods at (518) 565-4870 or visit us on the web at www.clintonhealth.org.

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Health Needs Assessment Survey

Residents asked to complete survey about health issues affecting Clinton County

What do you see as the most pressing health concerns in your community? That’s what Clinton County Health Department wants to know. The information is being collected as part of a Community Health Needs Assessment, a process that the Health Department undertakes every few years.

Clinton County last went through the process in 2013 and is currently in the first stages of collecting information to update the assessment for 2016. The assessment looks at a variety of factors that paint a picture of the health of the community. It includes data about how often people get sick or injured, what types of illnesses and chronic conditions are most prevalent in our area, and how often residents visit the emergency room or are admitted to the hospital. The assessment also takes into account influences that help us stay healthy or make it harder to do so, such as whether residents have access to a health care provider when needed, if healthy and affordable foods are available in neighborhoods, or whether there are opportunities and safe places to be physically active.

“Data tells part of the story but the survey is designed to get resident input,” states Mandy Snay, Director of Health Planning and Promotion for the Clinton County Health Department. “We want to know what concerns people have and what they see as priority issues.”

The survey generally takes less than five minutes to complete. It asks residents to identify health, social and environmental concerns in their community and to identify those that are most relevant to themselves and their families. It is anonymous. Some basic demographic information is collected, such as age and gender, to make sure that surveys are collected from a representative sample of Clinton County’s population.

“Our goal is to reach as many Clinton County residents as possible before the end of April,” states Ms. Snay. “We will be out in the community with paper surveys at different events but the survey is also online.” Residents can access the survey at www.surveymonkey.com/r/CCCHA. The link can also be found on the Clinton County Health Department’s Facebook page or by looking for the press release on the Health Department website at www.clintonhealth.org. “This is our residents’ chance to have a voice in our community health planning processes.”

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###
News Release

Date: April 11, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator

Mosquito Protection Protects Health

Spring marks the beginning of the mosquito season. Mosquitos are more than a nuisance, they can make you ill. It is important to protect yourself and your family.

“Prevention is the best way to reduce the risk of contracting any mosquito-borne disease.” advises Karen Derusha, Supervising Public Health Educator for the Clinton County Health Department. “Reduce the numbers of mosquitos around your home by eliminating breeding areas. Drain any object that can hold water. Used tires, bird baths, children’s toys and pools, planters, gutters and drain spouts are good examples of breeding areas. Remove leaf litter and vegetation around pools and ponds as well.”

Other steps include making sure all windows and doors have screens in good repair. Cover your skin with long sleeves and pants. Wear socks with shoes. Treat clothing with repellant. When skin is exposed, use an EPA approved repellent. Avoid times when mosquitos are most active such as sunrise, sunset and early evening.

The Zika virus, Eastern Equine Encephalitis, and West Nile Virus are all spread by mosquitos. “Reducing potential exposure to mosquitos and protecting oneself against mosquito bites is important” states Ms. Derusha. “Eastern Equine Encephalitis (EEE) and West Nile virus are spread by mosquitos that are common to our area.”

EEE, although rare, can cause serious illness. Severe cases start with a sudden onset of headache, high fever, chills and vomiting. It may progress into disorientation, seizures, or coma. The West Nile virus is a seasonal epidemic in North America that flares in mosquito season. Mosquitos that feed on infected birds can spread it through their bites to people. West Nile symptoms include fever, head and body aches, nausea, vomiting and sometimes swollen glands or a skin rash on the chest, stomach and back. A few people may experience high fever, headache, neck stiffness, stupor, disorientation, tremors, convulsions, numbness and paralysis. The neurologic symptoms can be permanent.

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The Zika virus is spread by the *Aedes aegypti* mosquito which is not found in New York State. However, a close relative to this mosquito, *Aedes albopictus*, is found in parts of NY State. The albopictus mosquito is being studied to determine if it too can spread Zika. The Zika virus has been linked to microcephaly in babies born to women infected with Zika during their pregnancy. Microcephaly is a serious birth defect that causes babies to be born with small heads and brain calcification. Public health officials are cautioning women of child-bearing age to reduce their risk of exposure to Zika.

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###
News Release

Date: 4/28/16
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 518-565-4993

"Skunk Tests Positive for Rabies in the Town of Ellenburg"

A skunk has tested positive for rabies in the Town of Ellenburg. This is the first confirmed rabid animal in Clinton County for 2016 out of 14 specimens tested. The skunk was tested because it had quills in its face and was chasing a puppy tied out on a tie line. There was no reported exposure to any people or domestic animals. Director of Public Health, Jerie Reid stated, “This is a reminder that rabies is still present in wild animals in our area and residents need to take precautions.” Rabies is a deadly viral disease that affects the nervous system and is 100 percent fatal once symptoms develop.

Residents should take the following steps to protect themselves and their pets against rabies:

- Use caution around all wild animals especially raccoons, skunks and foxes. Talk to children now about not approaching wildlife, and to immediately tell a parent or adult if they see a wild animal.

- Have pets vaccinated against rabies immediately. New York State law requires that all dogs, cats and ferrets be vaccinated against rabies by 4 months of age. Vaccination is also recommended for livestock with frequent human contact.

- Report all animal bites to your local health department. It is very important that follow up is done on the biting animal to protect the health of the person bitten. If the biting animal is not available, the person bitten may need rabies vaccinations to prevent the disease.

- Report all contact with bats, including finding a bat in the same room with a sleeping person, to your local health department.

- Spaying and neutering your pets decreases undesirable behavior, like aggression and roaming and reduces the number of unwanted animals that may not be properly cared for or regularly vaccinated.

- Secure all garbage in containers that will prevent access by wild animals.

- Do not feed wildlife or stray animals and discourage them from seeking food near your home. Feed pets indoors, leaving food outside will attract strays or wildlife.

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To prevent the spread of rabies, no one should transport or relocate trapped wild animals.

Puppies, kittens and other small pets should not be left outside alone (even in a fenced area).

If your pet fights with a wild animal, put gloves on before you handle the pet. Call your veterinarian or the local health department for advice.

If an unvaccinated pet comes in contact with a rabid or suspected rabid animal, the pet must be quarantined for six months or euthanized.

Vaccinated pets that come in contact with a rabid or suspected rabid animal must be given a booster rabies vaccination within five days of the contact.

The next pet vaccination clinic is scheduled for June 30 at the Ellenburg Depot Fire Station, from 6-8:30 pm. For more information on rabies, contact the Clinton County Health Department at 518-565-4870 or online at www.clintonhealth.org.

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###
News Release

Date: May 2, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 518-565-4993

Drinking Water Awareness Week

Do you know where your drinking water comes from? The Clinton County Health Department and the American Water Works Association are challenging residents in Clinton County and across the U.S. to answer just that question during this year’s Drinking Water Awareness Week. The theme for 2016 is, “Your Water: to know it is to love it.” Concerns about drinking water quality and contamination are rising in communities across the country, and it’s vital that residents know where their drinking water is coming from and who is monitoring it.

Tim Simonette, Senior Public Health Sanitarian for the Clinton County Health Department, notes that “Drinking water week is a great way to highlight the importance of safe drinking water. It is also a nice way to recognize the dedication and hard work of the water operators who provide us with safe water.”

The Clinton County Health Department regulates approximately 210 Public Water Systems to ensure safe drinking water is provided to the public. They are responsible for monitoring more than 100 contaminants on a regular basis and staying in compliance with the U.S. Environmental Protection Agency (EPA) and the New York State Department of Health standards for drinking water. In Clinton County, approximately 64.2% of County residents have public water supplied to their residence.

The Health Department works with public water operators to monitor and ensure that the water we drink is safe. Water operators work to make sure that their systems do not exceed the limits set by the EPA on contaminant levels in drinking water. The EPA also regulates how often these public water systems monitor their water for contaminants and report the monitoring results.

Public water systems are required to notify the consumers when safe levels are exceeded or when factors exist that could potentially contaminate the water. If this occurs, the Health Department will work with water system operators to remedy the situation.

Those not on a public water system may get their water from a well on their property. Individual wells can be affected by a variety of natural and human-made conditions. Residents with questions or concerns about individual wells can contact the Health Department or visit www.clintonhealth.org for information on testing and disinfection.

“Having access to clean drinking water is key to a community’s overall health”, according to Mr. Simonette.

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http://www.facebook.com/ClintonHealth
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###
News Release

Date: May 9, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 518-565-4993

Drinking Water Awareness Week Artwork Contest: Winners Announced

The Clinton County Health Department recently held a local artwork contest, in conjunction with the American Water Works Association’s Drinking Water Awareness Week 2016. Clinton County students grades 12 and under were invited to draw or color a picture depicting “How water is essential to your daily life”. The Health Department received 101 submissions from Northern Adirondack Central School and 7 submissions from Momot Elementary School.

Jennifer Trudeau, Registered Professional Nurse for the Clinton County Health Department, stated “It was truly a joy to review all of the wonderful artwork submissions. We appreciate the time that our local art teachers invested to teach their students about the value of one of our most important natural resources.”

A panel of judges convened and after careful consideration, three entries were chosen as winners. The winners are as follows: Eva Castine, 2nd Grade, Northern Adirondack Central School; Abigail Whalen, 4th Grade, Northern Adirondack Central School; and Kate LaPoint, 5th Grade, Northern Adirondack Central School. Their artwork will be entered into a national artwork contest hosted by the American Water Works Association. “We are hopeful that one of our local winners will rise to the top of the national contest. We were incredibly pleased with the submissions we received, and look forward to making this an annual event,” stated Mrs. Trudeau.

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###
News Release

Date: June 1, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator 565-4993

**Clinton County Health Department awarded grant to improve nutrition and the local food environment.**

**Plattsburgh, NY June 1, 2016**  The Clinton County Health Department’s WIC Program was recently selected as a grantee by the National WIC Association to develop and implement a program that will improve access to healthy foods for all residents. The Clinton County Health Department was among thirteen projects approved the U.S. Centers for Disease Control and Prevention to work cooperatively with the National WIC Association to prevent and control chronic diseases through population-based strategies at the community level.

Mary Lee Ireland, WIC Coordinator, states, “With this funding, we will work with our WIC families, WIC authorized retailers and community health partners to implement a program that will help residents make better nutrition choices using resources within our community.”

The project will increase the number of locations where healthy food items are available and promote these opportunities to the county’s residents, including WIC families. Among other activities, grant staff will work to improve the nutritional quality of donations made to our local food pantries. Many of the stores and food outlets our residents rely on to obtain food items are not full grocery stores. That can make it challenging to have a healthy diet. “New options will make it easier for everyone to find healthy foods closer to home”, details Ms. Ireland.

This award enables grantees to build capacity for implementing programs that address the greatest predictors of chronic disease, such as heart disease, stroke, diabetes, and obesity, and also address public health issues such as tobacco use and exposure, poor nutrition, physical inactivity, and lack of access to chronic disease prevention, risk reduction and management opportunities.

The Directors of Health Promotion and Education (DHPE) and the Society of Public Health Education (SOPHE) have been funded by the CDC to support the Clinton County Health Department and other awardees with training and technical assistance throughout the course of the project.

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Clinton County Health Department
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Funding for this project was made possible by the National WIC Association as part of a U.S. Centers for Disease Control and Prevention Department of Community Health initiative.

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Adirondack Internal Medicine and Pediatrics, P.C. Becomes ‘Breastfeeding Friendly’

Adirondack Internal Medicine and Pediatrics, P.C. (AIMP) was officially designated a ‘New York State Breastfeeding Friendly Practice’ on May 4, 2016. The New York State Department of Health recognized the office as the second practice in Franklin County to receive this achievement. AIMP has made promoting, supporting and maintaining breastfeeding a priority in their office and the community. AIMP was supported in this effort by the Obesity Prevention in Pediatric Health Care Settings grant at the Clinton County Health Department. Research shows that obesity prevention begins with breastfeeding.

According to pediatrician and champion provider, Dr. Patricia Monroe, "Our office tries every day to support and encourage families to help them learn more about breastfeeding. Encouraging breastfeeding is one of the first ways we as medical professionals can help parents raise a happy, healthy child."

As part of the process, the practice has implemented policies and procedures such as; ongoing staff training, maintaining a breastfeeding friendly office environment and facilitating internal and external referral opportunities for mothers and infants. The practice also promotes a culture within the office that supports breastfeeding as the best way to feed one’s baby.

The Ten Steps to a Breastfeeding Friendly Practice include:
1. Develop and maintain a breastfeeding-friendly office policy.
2. Train all staff to be breastfeeding-friendly by promoting, supporting and protecting breastfeeding.
3. Eliminate infant formula and formula company materials from your office.
5. Discuss breastfeeding benefits, especially exclusive breastfeeding, and the basics of breastfeeding management with women and their families during the prenatal period.
6. Discuss breastfeeding benefits, especially exclusive breastfeeding, and the basics of breastfeeding management with women and their families during the postpartum period.
7. Encourage breastfeeding mothers to feed newborns only breast milk.
8. Teach mothers about maintaining lactation when separated from their infants.
9. Identify your local breastfeeding support network and foster collaborative working relationships and referral systems.
10. Provide comprehensive breastfeeding support to new mothers.

(more)
Because of the well-documented health benefits of breastfeeding for infants, children and mothers, the American Academy of Pediatrics (AAP), the American Congress of Obstetricians and Gynecologists (ACOG), the World Health Organization (WHO) and the US Department of Health and Human Services recommend exclusive breastfeeding for the first six months, with continued breastfeeding as long as mutually desired by mother and infant.

For more information about receiving Breastfeeding Friendly Designation: https://www.health.ny.gov/community/pregnancy/breastfeeding/

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###
News Release

Date: June 13, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 518-565-4993

Norovirus identified in Clinton County

Plattsburgh, NY June 13, 2016. Norovirus, a virus that causes stomach pain, nausea, vomiting, and diarrhea, has been identified as the source of a recent illness in our community. Residents should be aware and should take measures to avoid becoming ill or spreading the disease. The gastrointestinal symptoms described above can result in dehydration and other more serious complications especially in the very young, older people and those with a weaker immune system.

To stop the spread of norovirus:

- **Wash your hands carefully with soap and water** after using the toilet and changing diapers and before eating, preparing, or handling food.

- Keep sick infants and children out of areas where food is being handled and prepared

- Do not prepare food for others or provide healthcare while you are sick and for at least 2 days after symptoms stop.

- After throwing up or having diarrhea, clean and disinfect contaminated surfaces right away. Use a chlorine bleach solution (5–25 tablespoons of household bleach per gallon of water. Visit [www.EPA.gov](http://www.EPA.gov) for guidance) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

- Wash clothes or linens that may be contaminated with vomit or stool (feces). Wear rubber or disposable gloves when handling soiled items and wash your hands after. Wash the items with detergent at the maximum cycle length then machine dry them.

- more -
Noroviruses can be found in your vomit or stool even before you start feeling sick. The virus can stay in your stool for 2 weeks or more after you feel better. So, it is important to continue washing your hands often during this time. Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

Norovirus is a very contagious virus that can infect anyone. You can get it from an infected person, contaminated food or water, or by touching contaminated surfaces. Symptoms usually appear 12 to 48 hours after being exposed to norovirus. Most people with norovirus illness get better within 1 to 3 days. If you have norovirus illness, you can feel extremely ill and throw up or have diarrhea many times a day. This can lead to dehydration, especially in young children, older adults, and people with other illnesses.

If you have norovirus illness, prevent dehydration by drinking plenty of liquids to replace fluid lost from throwing up and diarrhea. Sports drinks and other drinks without caffeine or alcohol can help with mild dehydration. But, these drinks may not replace important nutrients and minerals. Oral rehydration fluids that you can get over the counter are most helpful for mild dehydration. Your healthcare provider can help determine the need for rehydration.

For additional information on norovirus, go to www.cdc.gov/norovirus/

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###

"Working Together for a Healthier Community"
News Release

Date: June 13, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 565-4993

Clinton County Health Department
Press Release
"Healthy Neighborhoods May Be Coming To Your Neighborhood"

The Healthy Neighborhoods Program of the Clinton County Health Department will be conducting door to door outreach and offering in-home surveys in the Town of Chazy during the months of July, August, and September. These brief in-home surveys are designed to identify and educate residents on health and safety concerns. Home safety products such as fire extinguishers, carbon monoxide and smoke detectors, first aid kits, flashlights, asthma safety materials and child safety products are some of the items that are provided by the Healthy Neighborhoods Program depending upon the needs of the household.

During the home visit, education is provided regarding fire and burn safety, carbon monoxide poisoning prevention, lead poisoning prevention, asthma, injury prevention and many other health and safety topics. Information and referrals may also be provided regarding available community resources for which the family may qualify. Participation in the Healthy Neighborhoods Program is free and open to all Clinton County Residents! Don’t miss this opportunity to participate!

If you would like more information about Healthy Neighborhoods or would like to schedule an appointment, please contact Healthy Neighborhoods at (518) 565-4870 or visit us on the web at www.clintonhealth.org.

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###

"Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations"
Date: August 1, 2016
For Immediate Release
Contact: Karen Derusha 518-565-4993

Mountain View Pediatrics Becomes ‘Breastfeeding Friendly’

Mountain View Pediatrics was officially designated a ‘New York State Breastfeeding Friendly Practice’ on June 28, 2016. The office was recognized by the New York State Department of Health as the third practice in Clinton County to receive this achievement. One-hundred percent of pediatric practices in Clinton County have now received this designation.

Mountain View Pediatrics has made promoting, supporting and maintaining breastfeeding in their office and the community a priority. The practice was supported in this effort by the Obesity Prevention in Pediatric Health Care Settings grant at the Clinton County Health Department. Research shows that obesity prevention begins with breastfeeding.

Amanda Larabie, LPN and Nurse Manager states “We are very excited for the opportunity to be able to provide support and resources to all our breastfeeding mothers in the community. It is a stressful and emotional time in the first few weeks for moms and knowing that we can be that resource for them is a great feeling.”

Mountain View Pediatrics staff members express they have “always emphasized helping nursing mothers and their babies by providing phone triage, assistance, support and solutions to any problem that arises and, now more than ever, maintains up-to-date practices through mandatory staff education.”

As part of the process, the practice has implemented policies and procedures that will ensure ongoing staff training, maintain a breastfeeding friendly office environment and facilitate referral services for mothers and infants. The practice also promotes a culture within the office that supports breastfeeding as the natural way to feed one’s baby.

The Ten Steps to a Breastfeeding Friendly Practice include:
1. Develop and maintain a breastfeeding-friendly office policy.
2. Train all staff to be breastfeeding-friendly by promoting, supporting and protecting breastfeeding.
3. Eliminate infant formula and formula company materials from your office.
5. Discuss breastfeeding benefits, especially exclusive breastfeeding, and the basics of breastfeeding management with women and their families during the prenatal period.
6. Discuss breastfeeding benefits, especially exclusive breastfeeding, and the basics of breastfeeding management with women and their families during the postpartum period.

“Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations”
7. Encourage breastfeeding mothers to feed newborns only breast milk.
8. Teach mothers about maintaining lactation when separated from their infants.
9. Identify your local breastfeeding support network and foster collaborative working relationships and referral systems.
10. Provide comprehensive breastfeeding support to new mothers.

Because of the well-documented health benefits of breastfeeding for infants, children and mothers, the American Academy of Pediatrics (AAP), the American Congress of Obstetricians and Gynecologists (ACOG), the World Health Organization (WHO) and the US Department of Health and Human Services recommend exclusive breastfeeding for the first six months, with continued breastfeeding as long as mutually desired by mother and infant.

For more information about receiving Breastfeeding Friendly Designation: https://www.health.ny.gov/community/pregnancy/breastfeeding/

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News Release

Mosquitoes in the North Country.

Plattsburgh, August 5, 2016. The first confirmed cases of Zika virus transmitted by mosquitoes in the United States have occurred in Florida, raising concerns across the nation. The type of mosquito that transmits the Zika virus is not known to live in the North Country. The Clinton County Health Department is, however, taking measures to be sure and assess health risks posed by the mosquitoes that are common to the area.

Darwyna Facteau, Director of Health Care Services at the Clinton County Health Department wants North Country residents to know what their risks are. Mosquitoes common to our region can pass illnesses to humans such as West Nile Virus (WNV) and Eastern equine encephalitis (EEE). She notes that “Many of the same strategies used to protect people from Zika, should be employed to protect against WNV and EEE, such as using insect repellent and taking steps to reduce the number of mosquitoes in and around your home.”

Zika is spread to people primarily through the bite of an infected Aedes species mosquito (Ae. aegypti and Ae. albopictus). Aedes aegypti mosquitoes are not found in New York State; Aedes albopictus are found in the lower half of the state but are considered less capable of transmitting the virus.

This summer, Clinton County Health Department and SUNY Plattsburgh are working together to assess the risk of WNV and EEE to local residents, and to look for Aedes albopictus specimens. Eight sampling sites stretch north and south from Ausable to Champlain and west to Saranac with traps at each site. A pool of mosquitoes consists of 10 – 60 mosquitos from the same location and trap. As of August 1, 2016, twenty-nine pools of mosquitoes have been sent for testing and all have come back negative. Most of the mosquitoes trapped here this summer have been Coquillettidia perturbans, a species known to carry West Nile Virus and Eastern equine encephalitis. No Aedes albopictus mosquitoes have been found. If Aedes albopictus mosquitoes are found at any of the testing sites, the Health Department will notify New York State Department of Health and the Centers for Disease Control.

“Our original plan included trapping mosquitoes, identifying them to the species level and sending the pools to the NYSDOH lab for WNV and EEE testing as we have in the past,” according to Judy Ross, Principal Public Health Sanitarian at the Clinton County Health Department. “This year, however, our field staff is especially on the lookout for Ae. albopictus.” To date, no mosquitoes with WNV or EEE have been identified in local samples, and no Aedes albopictus specimens have been found. “This is good news” states Ms. Ross, but she cautions “even though no mosquitoes with WNV and EEE have been identified,
August 5, 2016

mosquitoes capable of passing these illnesses are here and the consequences, especially of EEE can be severe. Residents should protect themselves from mosquito bites.”

- Use an insect repellent registered by the Environmental Protection Agency (EPA)
- Wear long-sleeved shirts and long pants
- Use screens on windows and doors
- Use air conditioning when available
- Remove standing water around your home where mosquitoes can lay eggs
- Products often referred to by the trade name “Mosquito Dunks” are effective for water that can’t be dumped such as small ponds

For more information on how to protect yourself from mosquitos visit [http://www.cdc.gov](http://www.cdc.gov)

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###
Mini-Grants Awarded to Implement Complete Streets Practices in the North Country

The Clinton County Health Department’s Creating Healthy Schools and Communities (CHSC) grant, in collaboration with Essex County Public Health, have awarded mini-grants to support six community projects. The funds will be used to implement Complete Streets practices in designated CHSC communities.

“Supplying these funding opportunities through the New York State Department of Health allows us to support and encourage the passing and implementation of Complete Streets Resolutions in our communities,” says Kayleigh Raville, Public Health Nutritionist at the Clinton County Health Department.

Complete streets are roadways that are planned and designed with walkability and safety in mind. Some common Complete Streets practices include maintained sidewalks, crosswalks, crosswalk signs, appropriate lighting, shared use lanes, bulb outs and landscaping. Research shows that when roads are better designed with all users in mind, people are more likely to walk, bike and roll.

The recipients of the mini-grants are the Towns of Clinton, Ticonderoga, Lewis, Moriah, the Village of Port Henry, and Champlain Area Trails. Funding will support the purchase of materials such as crosswalk paint, stencils and signs, trail markers and signage, pet waste stations, bike racks, and recreational park signage.

Susan Allott, Director of Preventive Services at Essex County Public Health states “The Complete Streets movement encourages and provides for the safe access to destinations for everyone, regardless of age, ability, income or ethnicity, no matter how they travel. The rural nature of Essex County underscores the importance of safe travel and safe exercise on shared roadways.”

Complete Streets are becoming an increasingly common practice. Today, there are over 85 villages, towns and/or cities and 9 counties in New York State that have Complete Streets policies or resolutions.

For more information about Complete Streets and to find out if your Town or County has a Complete Streets Policy visit:
https://www.dot.ny.gov/programs/completestreets

Because of the documented benefits of sustainable Complete Streets, the Institute of Traffic Engineers, the American Planning Association, the American Public Health Association and the State of New York support Complete Streets policies, plans and practices.
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News Release

Confirmed Case of Mumps in the Community

Plattsburgh, September 12, 2016. A college student with community contacts has been tested and confirmed as positive for mumps. Mumps is a contagious disease caused by a virus. SUNY Plattsburgh Health Center is working with the Clinton County Health Department and the New York State Department of Health to take steps to identify people who have been in contact with the individual, notify contacts of potential exposure, check their immunization status and provide immunization to those needing the vaccine.

“The college is not in an outbreak situation of multiple cases and no students need to leave campus. The college is encouraging those few students who have not been vaccinated to come to the Student Health and Counseling Center to be vaccinated,” said Dr. Kathleen Camelo, Director of SUNY Plattsburgh’s Center for Student Health and Psychological Services.

Mumps can be serious, but most people recover completely within a few weeks. Symptoms include feeling tired and achy, fever, and swollen salivary glands on the side of the face. Some people feel extremely ill and unable to eat because of jaw pain. Some will develop serious complications. Men and adolescent boys can develop pain or swelling in their testicles. Rare but more serious side effects include brain and spinal cord meningitis and loss of hearing. The most serious complication is swelling of the brain (encephalitis) which can lead to death.

According to Darwyna Facteau, Director for the Health Department’s Division of Health Care Services, “Symptoms typically appear 16-18 days after infection, but this period can range from as few as 12 days to as long as 25.” Ms. Facteau advises that “Mumps spreads through coughing, sneezing and talking, as well as by sharing cups and eating utensils or touching objects contaminated by the virus. Handwashing is an important preventive measure, along with social distancing or staying away from people who might have the illness.”

The best way to protect against mumps is to get the Measles-Mumps-Rubella vaccine (MMR). This is a required childhood vaccination and is usually given to children in two doses, the first at 12 through 15 months and the second between 4 through 6 years of age. You can still contract mumps even if you have received vaccinations. If you believe that you have been exposed to mumps or are symptomatic, you should stay home and avoid contact with other people, and call your physician.

-more-
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###
News Release

Date: September 14, 2016
For Immediate Release
Contact: Karen Derusha, Division of Health Planning and Promotion, (518) 565-4993)

Rabies Update
Bat found in the Town of Saranac tests positive for Rabies.

A bat found outside a home in the Town of Saranac on September 10, 2016 has been tested for rabies and is positive for the disease. The bat was tested because a puppy had contact with the bat. The puppy received a rabies vaccination that day and is currently under observation.

Rabies is a fatal viral infection, usually transmitted by an infected animal’s bite. Humans and domestic animals can be exposed to rabies through a bite or scratch from a bat. Treatment to prevent rabies is given if there is a reasonable chance that this type of contact occurred (for example, if a bat is near an unattended child or person with mental impairment, or in a room with a sleeping person). If anyone comes in contact with a bat or you find a bat in your home or camp, and are unsure about whether anyone or your pet has come in contact with the bat, contact your health department. In Clinton County call 565-4870.

To keep bats out of your home, look for holes that might allow bats to enter and seal any openings larger than a half-inch wide. Use window screens, chimney caps, and draft-guards beneath doors to attics, and ensure that all doors to the outside close tightly.

Avoid doing bat-proofing from May through August. If there are young bats in your attic, many of them can’t fly. Keeping the adults out will trap the young who will die or try to make their way into your rooms. Most bats leave in the fall or winter to hibernate, so these are the best times to "bat-proof" your home.

In addition to bat proofing, it is important to remember that pets, including indoor cats, must be vaccinated against rabies. NY State Public Health Law requires all dogs, cats and ferrets over four months old to be vaccinated. The Clinton County Health Department will host free rabies clinics for pets this fall. The dates are September 22nd at the Mooers Fire Station, September 27th at the Dannemora Fire Station, October 4th at the Champlain Fire Station and October 6th at the Peru Fire Station. Vaccination of pets is one of the best ways to protect yourself and your family from rabies.

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###
News Release

Date: September 29, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 565-4993

Clinton County Health Department
"Healthy Neighborhoods May Be Coming To Your Neighborhood"
(October, 2016)

The Healthy Neighborhoods Program of the Clinton County Health Department will be conducting door to door outreach and offering in-home surveys in the Town of Clinton during the months of October, November and December. These brief in-home surveys are designed to identify and educate residents on health and safety concerns. Home safety products such as fire extinguishers, carbon monoxide and smoke detectors, first aid kits, flashlights, asthma safety materials and child safety products are some of the items that are provided by the Healthy Neighborhoods Program depending upon the needs of the household.

During the home visit, education is provided regarding fire and burn safety, carbon monoxide poisoning prevention, lead poisoning prevention, asthma, injury prevention and many other health and safety topics. Information and referrals may also be provided regarding available community resources for which the family may qualify. Participation in the Healthy Neighborhoods Program is free and open to all Clinton County Residents! Don’t miss this opportunity to participate!

If you would like more information about Healthy Neighborhoods or would like to schedule an appointment, please contact Healthy Neighborhoods at (518) 565-4870 or visit us on the web at www.clintonhealth.org.

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###
News Release

Date: October 19, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 518-565-4993

Legionella Identified as Source of Illness in Three Local Residents

Plattsburgh, October 19, 2016. Three Plattsburgh residents have been hospitalized with pneumonia infections caused by Legionella bacteria. Legionella is a bacteria that exists naturally in water and moist soil. At high concentrations, however the bacteria can cause serious illness especially to those with risk factors that may make them more susceptible. Legionella can NOT be passed from person to person.

Clinton County Health Department is working with the New York State Department of Health to actively investigate possible sources of the Legionella bacteria. Water samples have been taken from several locations and have been sent to the NYS Wadsworth Lab for testing. The three residents known to have experienced illness caused by Legionella live in a defined location in the west end of the City. Other residents of that location are being provided with information about Legionella including symptoms that could indicate exposure. They are advised to contact a health care provider if they are experiencing any of the symptoms listed below.

• Cough
• Shortness of Breath
• Muscle Aches
• Headache
• Fever

Most healthy people will experience no symptoms or only milder symptoms if they come in contact with legionella. Risk factors for more serious illness are:

• Being over 50 years of age,
• Being a current or former smoker,
• Having chronic lung disease such as emphysema or Chronic Obstructive Pulmonary Disease (COPD),
• Having a weakened immune system from diseases like cancer, diabetes, or kidney failure,
• Taking medication that weakens the immune system.

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Area residents with questions about symptoms or risk can contact the Clinton County Health Department at 565-4848. Information can also be found at www.clintonhealth.org under News and Events.

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###
Legionnaires' (LEE-juh-nares) disease is a very serious type of pneumonia (lung infection) caused by bacteria called *Legionella*. If you develop pneumonia symptoms and may have been exposed to *Legionella*, see a doctor right away. Be sure to mention if you have used a hot tub, spent any nights away from home, or stayed in a hospital in the last two weeks.

### Legionnaires’ Disease Can Cause Pneumonia Symptoms

Signs and symptoms of Legionnaires’ disease can include:

- Cough
- Muscle aches
- Fever
- Shortness of breath
- Headache

Doctors use chest x-rays or physical exams to check for pneumonia. Your doctor may also order tests on a sample of urine and sputum (phlegm) to see if your lung infection is caused by *Legionella*.

### Legionnaires’ Disease Is Serious, but Can Be Treated with Antibiotics

Legionnaires’ disease is treated with antibiotics (drugs that kill bacteria in the body). Most people who get sick need care in a hospital but make a full recovery. However, about 1 out of 10 people who get Legionnaires’ disease will die from the infection.

### Certain People Are at Increased Risk for Legionnaires’ Disease

Most healthy people do not get Legionnaires’ disease after being exposed to *Legionella*. Being 50 years or older or having certain risk factors can increase your chances of getting sick. These risk factors include:

- Being a current or former smoker
- Having chronic lung disease, such as emphysema or chronic obstructive pulmonary disease (COPD)
- Having a weakened immune system from diseases like cancer, diabetes, or kidney failure
- Taking medication that weakens your immune system

### Legionella Are Usually Spread through Water Droplets in the Air

In nature, *Legionella* live in fresh water and rarely cause illness. In man-made settings, *Legionella* can grow if water is not properly maintained. These man-made water sources become a health problem when small droplets of water that contain the bacteria get into the air and people breathe them in. In rare cases, someone breathes in *Legionella* while they are drinking water and it “goes down the wrong pipe” into the lungs. You can’t catch Legionnaires’ disease from someone else. You also can’t get someone else sick if you have it.
News Release

Date: October 25, 2016
For Immediate Release
Contact: Jennifer Trudeau, Registered Nurse, 518-565-4993

Legionella Investigation Ongoing

Plattsburgh, October 25, 2016. The Clinton County Health Department is actively investigating possible sources of the Legionella bacteria causing illness in the community. To date, four Plattsburgh residents have been hospitalized with pneumonia infections caused by Legionella bacteria. Legionella is a bacteria that exists naturally in water and moist soil. At high concentrations, however, the bacteria can cause serious illness, especially to those with risk factors making them more susceptible.

Legionella can NOT be passed from person to person. In nature, Legionella live in fresh water and rarely cause illness. In man-made settings, Legionella can grow, usually in water systems. These man-made water sources become a health problem when small droplets of water that contain the bacteria get into the air and people breathe them in. According to the Centers for Disease Control and Prevention, common sources of infection include water used for showering (potable water), cooling towers (parts of large air conditioning systems), decorative fountains, and hot tubs.

The Clinton County Health Department continues to work with the New York State Department of Health to investigate possible sources of the Legionella bacteria. Water samples have been taken from several locations and have been sent to the NYS Wadsworth Lab for testing. Test results thus far have been inconclusive; additional samples are pending. John Kanoza, Director of the Environmental Health and Safety Division at the Clinton County Health Department stated, “Unfortunately, there’s a very high percentage chance we may never know the specific origin of the Legionella. State officials have indicated that in the community setting, very few sources are ever identified with certainty.” The four residents known to have experienced illness caused by Legionella live in a defined location in the west end of the City. Residents are advised to contact a health care provider if they are experiencing any of the symptoms listed below.

- Cough
- Shortness of Breath
- Muscle Aches
- Headache
- Fever

-more-
Most healthy people will experience no symptoms or only milder symptoms if they come in contact with Legionella. Risk factors for more serious illness are:

- Being over 50 years of age,
- Being a current or former smoker,
- Having chronic lung disease such as emphysema or Chronic Obstructive Pulmonary Disease (COPD),
- Having a weakened immune system from diseases like cancer, diabetes, or kidney failure,
- Taking medication that weakens the immune system.

This illness is treated with antibiotics. Most people who get sick need care in a hospital but make a full recovery.

Area residents with questions about symptoms or risk can contact the Clinton County Health Department at 565-4848. Information can also be found at www.clintonhealth.org under News and Events.

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###
News Release

Date: November 4, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, (518) 565-4993

**Legionella Investigation**

No specific source identified

**Plattsburgh, November 4, 2016.** The Clinton County Health Department has received test results for water samples taken as part of an ongoing investigation. The samples were collected in an effort to identify the source of *Legionella* bacteria related to four cases of pneumonia in area residents. The results indicated that the tested sites were not sources of the bacteria that caused infection in the patients.

The bacterium that caused illness to the residents has been identified as *Legionella pneumophila*. Current technology allows testing laboratories to match strains of bacteria through DNA. No DNA matches were found between patient and environmental samples. While no source has been identified, there have been no new cases of illness.

*Legionella* bacteria are fairly common in the environment, most often found in water and moist soil. John Kanoza, Engineer/Director of Environmental Health and Safety for the Clinton County Health Department, concurred with State officials stating that “in the community setting, the specific source is often never found.” Conditions that support bacterial growth can change, making it difficult to identify a source. The following cleaning and disinfection recommendations may help to minimize *Legionella* bacterial growth in your home.

**Water Taps**

1. Regularly scrub the shower head and any attaching shower hose-spray apparatus with soap and water and rinse or soak briefly in straight chlorine bleach (i.e., Clorox or Equal Bleach 6-6.5% chlorine).
2. Regularly scrub kitchen and bathroom sink faucet-taps, including the aerator attached to the faucet tap, with soap and water and rinse or soak briefly in straight chlorine bleach.

**Hot Water Heaters**

3. Maintain residential hot water tanks at temperatures of 60 degrees-C (140 degrees-F), with the water delivered at the faucet tap no more than 50 degrees-C (122 degrees-F). Residential hot water systems
should include *Thermostatic Mixing Valves*, which allow hot water to be maintained at or above 140 degrees-F in the hot water tank, with cold water mixed in the water piping after the hot water tank, providing 120-122 degree-F water temperature at the tap-faucet.

4. Periodically drain hot water tanks to remove any scale and sediment buildup. Hot water tanks can also be super-chlorinated to remove any bacterial growth buildup (occurring in some water sources), however, this should only be done by a licensed plumber or a water treatment technician.

Hot tubs

5. Check disinfectant and other chemical levels in hot tubs often and regularly wash and clean hot tubs as recommended by the manufacturer. Hot Tubs use warm water temperature where legionella growth can be prevalent. Warm water temperatures also make it difficult to keep disinfectants (i.e., chlorine) at the levels (concentration) needed to kill bacteria.

Air Conditioning Units

6. Regularly clean air conditioning units. This includes cleaning and/or replacement of the air conditioning filters. Also clean the air intake and exhaust of air conditioners, including areas where water drips and collects. Check for insect or rodent nests which can cause air conditioner malfunction and water buildup.

Additional information about *Legionella* bacteria can be found at [www.cdc.gov/legionella](http://www.cdc.gov/legionella). Area residents with questions about symptoms or risks can contact the Clinton County Health Department at 518-565-4848.

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###
News Release

Date: November 17, 2016
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 518-565-4993

Legionella Still a Concern

Plattsburgh, November 17, 2016. Another Plattsburgh resident has been hospitalized with a pneumonia infection caused by Legionella bacteria. The Clinton County Health Department is continuing to collect samples from a variety of locations in an effort to identify a source. While the number of cases is small, all Pneumonia can be serious. Residents who experience symptoms of pneumonia should seek medical guidance.

Legionella is a bacteria that lives in water and moist soil but rarely causes illness. It becomes a health problem when small droplets of water that contain the bacteria get into the air and people breathe them in. People with risk factors that make them more susceptible are more likely to be affected. Pneumonia caused by Legionella bacteria is also known as Legionnaires’ disease. This illness can NOT be passed from person to person and is NOT caused by drinking water.

Most healthy people who come in contact with Legionella will have no symptoms or only mild symptoms. However, if you are experiencing any of the symptoms listed below, contact your health care provider

- Cough
- Shortness of Breath
- Muscle Aches
- Headache
- Fever

Risk factors for more serious illness are:

- Being over 50 years of age,
- Being a current or former smoker,
- Having chronic lung disease such as emphysema or Chronic Obstructive Pulmonary Disease (COPD),
- Having a weakened immune system from diseases like cancer, diabetes, or kidney failure,
- Taking medication that weakens the immune system.

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"Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations"
According to the Centers for Disease Control and Prevention, common sources of infection include water used for showering (potable water), cooling towers (parts of large air conditioning systems), decorative fountains, and hot tubs.

Clinton County Health Department is working with the New York State Department of Health to actively investigate possible sources of the Legionella bacteria. Additional water samples have been taken from locations in and around the area where the cases were found. The samples have been sent to the NYS Wadsworth Lab for testing. More samples will be taken as the investigation continues. The five individuals who have experienced illness caused by Legionella live near each other in the west end of the City of Plattsburgh. Other residents of the complex are being provided with updated information about Legionella including symptoms that could indicate exposure.

Area residents with questions about symptoms or risk can contact the Clinton County Health Department at 565-4848. Information can also be found at www.clintonhealth.org under News and Events.

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###

"Working Together for a Healthier Community"
Clinton County Health Department
Jerie Reid, Director of Public Health
133 Margaret Street, Plattsburgh, New York 12901-2968
“Working Together for a Healthier Community”
Website: www.ClintonHealth.org

Date: November 25, 2016
For Immediate Release
Contact: 518-565-4840

Clinton County Health Department Named Winner in KaBOOM! Play Everywhere Challenge
"Competition will fund play spaces in unexpected places in cities across America."

Plattsburgh, NY – The Clinton County Health Department (CCHD) was selected as a winner in the Play Everywhere Challenge, a $1 million national competition that is funding innovative ideas to make play easy, available, and fun for kids and families in cities across the U.S. The Challenge is hosted by KaBOOM!, a national non-profit organization dedicated to bringing balanced and active play into the daily lives of all kids.

CCHD created a unique plan to install interactive floor technology equipment at the Champlain Centre mall. ‘Project Projection’ was selected as one of 50 winners out of a pool of more than 1,000 applications nationwide. The technology displays 50 sensor-driven, colorful images on the floor for all to explore. This equipment blends mental and physical activity, encouraging children and adults to navigate the ever changing graphics and games. The equipment is mounted just outside Gander Mountain in the Event Courtyard. Everyone is encouraged to come out and play.

“Champlain Centre is delighted to partner with the Clinton County Health Department to host this exciting and interactive technology in a fun and safe environment,” says Alan Fortine, Champlain Centre General Manager. “It is our hope that this will further inspire kids of all ages to get out there and stay active.”

The Challenge, developed in collaboration with the Robert Wood Johnson Foundation, Target, Playworld, the U.S. Department of Housing and Urban Development, and the National Endowment for the Arts, attracted an outpouring of creative ideas to spark kids’ imaginations and get their bodies moving. CCHD’s idea came from wanting to combine children’s ever growing love of technology with the imperative need to sit less and move more.

“Winners like the Clinton County Health Department are at the vanguard of building kid-friendly cities that meet the needs of families and enable kids to thrive,” said James Siegal, CEO of KaBOOM!. “By integrating play into everyday spaces in such an innovative way, CCHD’s project is a great model to inspire other cities across the country to follow suit.”

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"Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations"
Research shows play is vital to healthy brain development and is pivotal to how kids learn problem-solving, conflict resolution, and creativity— in other words, the skills they need to succeed as adults. Yet today, too many kids are missing out on opportunities for play because of families’ time pressures, the lure of screens, and a lack of safe places to go. Meanwhile, evidence shows missing out on play time puts kids at risk for challenges ranging from obesity to anxiety to trouble adjusting in school.

“Winning this challenge is a win for Clinton County’s kids, and for their chances to grow and develop through play,” said Lisa Turner, Supervising Public Health Educator. “Opportunities continue to develop in this region to encourage happy, healthy residents. “

To learn more about CCHD’s ideas for making play happen everywhere in Clinton County, contact The Clinton County Health Department at 518-565-4993 or visit www.ClintonHealth.org. To learn more about the Play Everywhere Challenge, and view a gallery of winning ideas from cities across the US, please visit http://kaboom.org/playeverywhere.

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###
Clinton County Health Department
Jerie Reid, Director of Public Health
133 Margaret Street, Plattsburgh, New York 12901-2968
“Working Together for a Healthier Community”
Website: www.ClintonHealth.org

Date: December 5, 2016
For Immediate Release
Contact: 518-565-4840

Clinton County Health Department Awarded Creating Breastfeeding Friendly Communities Grant

The New York State Department of Health awarded the Clinton County Health Department (CCHD) a $240,000 per year, five year grant to establish Breastfeeding Friendly community support networks for families from pregnancy through infancy to increase breastfeeding initiation, exclusivity and duration. CCHD, with the help of partner agencies, will advance broad-based policy, system and environmental changes that protect and promote breastfeeding within community settings and businesses. Work will also focus on support for families, who opt to breastfeed, at child care and healthcare providers. The contract will commence February 1, 2016 and end January 31, 2021.

Exclusive breastfeeding is a New York State public health priority as well as a national one. The American Congress of Obstetricians and Gynecologists, American Academy of Family Physicians, American Academy of Pediatrics, and World Health Organization recommend exclusive breastfeeding for six months, followed by continued breastfeeding for one year or longer as mutually desired by mother and infant.

‘We are excited to be able to continue our work of supporting breastfeeding moms whether they are at home, at work or just out and about,’ says Mandy Snay, Director of Health Planning and Promotion of the Clinton County Health Department. ‘The lasting changes we will see as a result of this project will help make families healthier now and for many years to come.’

CCHD was awarded one of six multi-county grants statewide. The grant will cover communities, in Clinton, Essex, Franklin, Warren and Washington counties, with higher than average rates of poverty and obesity, which tend to be associated with lower rates of exclusive breastfeeding. This funding will create and expand community-based breastfeeding coalitions, and help increase the number of healthcare practices, child care centers and day care homes that achieve the NYS Breastfeeding Friendly Practice designation; the number of worksites that provide accommodations for breastfeeding employees; and the number of Baby Cafés® where breastfeeding women receive a combination of expert and social support.

For more information or a full list of funded organizations visit: http://www.health.ny.gov/press/releases/2016/2016-11-21_breastfeeding_support.htm
For additional information on breastfeeding promotion and support, breastfeeding friendly health care practices and breastfeeding friendly child care centers and homes, visit:
https://www.health.ny.gov/community/pregnancy/breastfeeding/community_support.htm

About the Clinton County Health Department:

The Health Department is a 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 www.ClintonHealth.org for more information.
News Release

Date: December 12, 2016
For Immediate Release
Contact: 518-565-4840

Clinton County Health Department
Press Release
"Healthy Neighborhoods May Be Coming To Your Neighborhood"
(January, 2017)

The Healthy Neighborhoods Program of the Clinton County Health Department will be conducting door to door outreach and offering in-home surveys in the Town of Schuyler Falls during the months of January, February and March. These brief in-home surveys are designed to identify and educate residents on health and safety concerns. Home safety products such as fire extinguishers, carbon monoxide and smoke detectors, first aid kits, flashlights, asthma safety materials and child safety products are some of the items that are provided by the Healthy Neighborhoods Program depending upon the needs of the household.

During the home visit, education is provided regarding fire and burn safety, carbon monoxide poisoning prevention, lead poisoning prevention, asthma, injury prevention and many other health and safety topics. Information and referrals may also be provided regarding available community resources for which the family may qualify. Participation in the Healthy Neighborhoods Program is free and open to all Clinton County Residents! Don’t miss this opportunity to participate!

If you would like more information about Healthy Neighborhoods or would like to schedule an appointment, please contact Healthy Neighborhoods at (518) 565-4870 or visit us on the web at www.clintonhealth.org.

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"Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations"
News Release

Date: 12/30/16
For Immediate Release Contact: 518-565-4840

PERTUSSIS

Local cases of pertussis are a cause for concern.

Plattsburgh, December 29, 2016: Several confirmed cases of pertussis, also known as whooping cough, are causing local health officials to notify the public about signs and symptoms of the disease and reinforce messages about the importance of vaccination.

Pertussis is a respiratory disease easily spread from person to person through coughing, sneezing or spending a lot of time near someone with pertussis and sharing breathing space. According to the Center for Disease Control, pertussis outbreaks are common in the United States.

Pertussis or whooping cough can cause serious illness and can be life threatening in certain cases, especially in infants, those who are unvaccinated, and people who are immune compromised. This includes babies too young to be vaccinated and those who may be receiving medications that suppress the immune system such as treatment for cancer.

“Pertussis is usually most severe in those who are not vaccinated against the disease” states Nichole Louis, Supervising Public Health Nurse at the Clinton County Health Department. “People who are vaccinated can also get pertussis, however, symptoms are usually milder. These people can still spread the disease. Many babies who get pertussis are infected by older siblings, parents, or caregivers who might not even know they have pertussis.”

Symptoms may start out mild. Within the first week or two, a person with pertussis may have a:

• Runny nose;
• Low-grade fever (generally minimal throughout the course of the disease);
• Mild, occasional cough; or
• Apnea – a pause in breathing (in babies).

After 1-2 weeks symptoms can progress to:

• Fits of many, rapid coughs followed by a high-pitched "whoop";
• Vomiting (throwing up) during or after coughing fits; or
• Exhaustion (very tired) after coughing fits.

-more-

*Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations*
Pertussis can cause violent and rapid coughing, over and over, until the air is gone from the lungs and you are forced to inhale with a loud "whooping" sound. This extreme coughing can cause you to throw up and be very tired. Although you are often exhausted after a coughing fit, you usually appear fairly well in-between. Coughing fits generally become more common and worsen as the illness continues, and can occur more often at night. The coughing fits can go on for up to 10 weeks or more.

The "whoop" is often not present for people with milder (less serious) disease. The infection is generally milder in teens and adults, especially those who have been vaccinated. Babies with pertussis will not always have the signature cough with a whooping sound. They may not cough at all but may have apnea (a long pause in breathing) or cyanosis (blue/purplish skin color due to lack of oxygen).

"If you think you or your child has pertussis, contact your health care provider or the child’s pediatrician, states Ms. Louis. “Contact a healthcare provider for any cough lasting more than two weeks or if you experience any of the symptoms above. Most people suspected of having pertussis will receive a prescription for a five-day course of antibiotic. During this time, the person should stay home from work, school or daycare. The incubation period, or the time from being exposed to the illness and when you develop symptoms is long, up to 21 days, so it is important to interrupt the spread of pertussis by staying home when you’re sick.”

Everyone who is able to be vaccinated should be with a tetanus, diphtheria and pertussis vaccine (DTaP or Tdap). Babies can get their first shot at 2 months of age but parents and caregivers can help protect their infant by getting the vaccine before the baby is born and by making sure other children, grandparents and daycare providers are vaccinated. Pregnant women can receive the vaccine during their pregnancy. During an outbreak such as this, pregnant women should speak to their healthcare provider about getting vaccinated as soon as possible.

For more information on pertussis, visit www.cdc.gov or call the Clinton County Health Department at 565-4848 if you have questions or concerns.

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