Confirmed Cases of Flu in Clinton County

It's not too late to get vaccinated!

Plattsburgh, January 10, 2017. State health officials have reported that there are laboratory confirmed cases of seasonal flu in Clinton County.

Influenza, also known as flu, is a contagious illness that affects the nose, throat, lungs and other parts of the body. It can spread quickly from one person to another. Most people with flu will feel ill for several days to two weeks. Symptoms range from mild to severe. Sometimes flu can lead to death. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. The best way to prevent the flu is by getting a flu shot.

All people 6 months and older should get a flu vaccination or shot each year. Certain people are at "high risk" of serious complications from seasonal influenza. These include people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions.

Children aged 6 months through 8 years of age who have never received a seasonal flu vaccine need to get two doses of vaccine spaced at least 4 weeks apart. This season, other children in this age group may need two doses as well.

"Flu is a well-known seasonal illness. Hearing about flu, every winter may cause some people to be complacent about protecting themselves" according to Darwyna Facteau, Director of Health Care Services at the Clinton County Health Department. She cautions that "Flu strains vary from year to year. That’s why it is important to get a flu vaccine each year. It’s not too late to get one now. It takes about two weeks for it to be fully effective. Until then, you are still at risk for getting the flu so the sooner, the better."

In a recent Medline Plus article, Lynnette Brammer, an epidemiologist with the U.S. Centers for Disease Control and Prevention said “The prominent strain this time around is H3N2, which often signals a severe season that hits the oldest and youngest the hardest. Not all H3 years are severe years, but a lot of the severe years are H3 years." The article also noted that Influenza H1N1 and influenza B viruses are also circulating; and it's not uncommon to see a second wave of influenza B go through after the wave of influenza A.

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Clinton County Health Department

The flu usually spreads person to person when someone with the flu coughs or sneezes. Sometimes people get the flu because they touch an object or surface with flu virus on it - and then touch their mouth or nose.

According to Ms. Facteau, the best way to protect yourself from seasonal flu is to get vaccinated each year. She also advises the following good health practices to help stop the spread of germs that cause illnesses like the flu.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often to help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills (not everyone with flu will have a fever).
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea. This is more common in children than adults.

The flu vaccine does not give you the flu. It stimulates your body to produce antibodies. These antibodies protect you from flu viruses. There are flu antiviral drugs that can be used in some cases to treat and prevent flu. Contact your healthcare provider or the Clinton County Health Department at (518) 565-4848 if you have questions about flu or flu vaccine.

About the Clinton County Health Department:

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###
News Release

Date: 2/1/17
For Immediate Release
Contact: 518-565-4840

Emergency Preparedness

Health Department and Community Partners Participate in Exercise to Increase Disaster Readiness

Plattsburgh, February 1, 2017. Clinton County Health Department staff gathered on Tuesday with representatives of Clinton County Emergency Services, NYS Emergency Management, UVHN – CVPH, NY State Police, SUNY Plattsburgh and American Red Cross, to take part in a Public Health Emergency Preparedness exercise. The exercise provided an opportunity to strengthen the ability to meet health care needs of disaster victims and re-establish community health after a disaster.

Members of the Health Department and partners used the ONX System, designed to test organizations’ capacity to respond to a disaster. According to Mark Lafountain, Public Health Emergency Preparedness Coordinator for the Clinton County Health Department, “Using this new technology allows participants to train in groups, in their own communities at a very low cost. It eliminates the need for staff to travel to other areas to receive training.”

“The exercise scenario was a flood. The exercise focused on our ability to support community recovery,” stated Mr. Lafountain. Participants received initial information about weather conditions likely to result in local flooding. During the exercise, participants received injects or additional pieces of information. The injects simulated changing information and circumstances that might occur in an actual disaster. Participants worked through how each inject affected the community response.

“This type of training allows us to practice and put what we have already learned about public health preparedness to the test. It enables us to further define and strengthen the relationship we have with other participating organizations so that we are all better prepared,” noted Mr. Lafountain.

The training is offered by Disaster Resistant Communities Group, Inc. The Disaster Resistant Communities Group was established to provide a host of disaster planning and preparedness, response, recovery and mitigation services to local, regional, state and national agencies and departments as well as community and faith based organizations. The training utilizes an internet application known as ONX (ON-line eXercise System).

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"Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations"
ONX trainings comply with Homeland Security Exercise and Evaluation Program (HSEEP) standards, which provide a set of guiding principles for exercise programs.

Included in the exercises were several evaluation components. At its conclusion, participants were asked as a group to identify three areas of strength and three areas of improvement. Individual surveys were also sent to each participant. Disaster Resistant Communities Group, Inc. will add this information to a set of final reports which will be sent to the Health Department within the next two weeks.

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###
News Release

Date: 2/28/17
For Immediate Release
Contact: 518-565-4840

This is an Exercise....
Clinton County Health Department Part of Statewide Emergency Preparedness Exercise

Plattsburgh, Clinton County Health Department will be taking part in a Medical Countermeasures Exercise on Thursday, March 2, 2017. The local exercise is part of a larger exercise taking place across New York State between February 27th and March 8th that will include local health departments, hospitals, emergency managers, EMS, at-risk individuals and NYS Department of Health. The exercise in Plattsburgh will take place at the Senior Citizen’s Council on North Catherine Street. All activity will take place on-site so there will be no disruption of traffic or other impacts on the neighborhood.

“Health Departments routinely carry out drills and exercises,” stated Mark Lafountain, Public Health Emergency Preparedness Coordinator. Thursday’s exercise will address Medical Countermeasures which involve dispensing medication or vaccines to offset the effects of exposure to an illness, toxin or other threat. According to Mr. Lafountain, “This particular exercise is a Medical Model exercise. We will be working with medical personnel and pharmacists who will prescribe medication based on the individual patient’s symptoms and health factors. Previous Medical Countermeasure exercises in which CCHD has participated involved the delivering of medical countermeasures to great masses of people over a short period of time (usually a 48 hour period). In those exercise models, the preventive medications or vaccinations would be the same for most patients and the format would be tremendously streamlined to accomplish delivery to large numbers of people. In this exercise model, depending on the person’s medical history, the medical countermeasure may or may not be given to the patient and the format is focused on the right medication for the right person. This will slow down the delivery of the medical countermeasure; however, it will ensure additional processes are followed.”

In particular, this exercise will focus on the Department’s ability to identify and serve individuals considered to be “at-risk” from the following population groups: frail elderly, pediatric, behaviorally involved, pregnant, physically disabled, non-English speaking, hearing impaired/deaf, or visually impaired/blind.

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"Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations"
While the general scenario for the exercise is revealed to staff shortly before the exercise date, the State will provide injects of information throughout the exercise that staff will need to assess and address. All Health Department staff receive training in the Incident Command System (ICS) as part of their orientation and additional Incident Command training throughout their careers. ICS will be employed in this exercise to further practice and strengthen the skills that staff would employ in an actual emergency or disaster.

Also participating in this exercise on Thursday are the Senior Citizens Council, Clinton County Sheriff Office, SUNY Plattsburgh, Behavioral Health Services North, Alliance for Positive Health, Condo’s Pharmacy, Medical Reserve Corps, Hospice of the North Country, City of Plattsburgh Fire Department and Police Department.

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News Release

Date: March 15, 2017
For Immediate Release
Contact: 518-565-4840

Mini-Grants Awarded to Increase Access to Local Fruits and Vegetables

The Clinton County Health Department’s Overcoming Obstacles to Food Access in Clinton County grant has awarded mini-grants to support eight community farmer projects. The funds will be used to create more opportunities for residents to buy and eat local produce.

“Supplying these funding opportunities, through the New York State Health Foundation, allows us to support and encourage locally grown produce and the expansion of local farms in our community,” says Ashley Manhey, Public Health Nutrition Educator at the Clinton County Health Department.

Mini-grants will help achieve increased access to and availability of locally grown fruits and vegetables by helping farmers improve crop production, expand the acceptance of nutrition benefits, encourage collaboration with local entities, and grow the number of farm stand or market locations in high need areas.

Funding will support purchases that increase farmer’s capacity to provide fresh produce including: supplies to build roadside stands or make irrigation upgrades; equipment such as card readers which allow farmers to accept nutrition benefits; perennials to increase crop size; small farm equipment to increase size and efficiency; equipment to make produce mobile and easy to transport; or resources to assist with produce distribution.

The recipients of the mini-grants include; Country Dreams Farm, Shield’s Vegetables, Oregano Flats Farm, Shady Grove Farm and Wellness Center, Lamoy’s Produce and Greenhouses, Windy Hill Farm, Souza’s Farm Stand, and Fledging Crow Vegetables

Melissa Monty-Provost, owner of Country Dreams Farm states “Participation in this program has exceeded my expectations. It will help increase the amount of produce I can grow and sell locally.”

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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: March 22, 2017
For Immediate Release
Contact: 565-4840

Clinton County Health Department
Press Release
"Healthy Neighborhoods May Be Coming To Your Neighborhood"
April, 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 Saranac during the months of April, May and June. 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

Lead Lurks in Older Homes

Health Department Program Helps Families Protect against Lead Poisoning

Plattsburgh, March 27, 2017. Whether you rent or buy, you should know that many older homes in New York State (NYS) may have a layer of lead based paint. Lead is a toxic heavy metal that can cause serious health problems. Young children are especially at risk because they are still growing. Symptoms of lead poisoning may include developmental delays, abdominal pain, neurologic changes, and irritability. At very high levels, lead can be fatal.

The Clinton County Health Department follows the recommendations of the CDC’s Advisory Committee on Childhood Lead Poisoning Prevention, to identify and treat all children with an elevated lead level. When a child is identified with an elevated lead level, a public health sanitarian and nurse case manager will work with the family to identify the source of lead. They will also complete an environmental, medical, developmental and nutritional assessment and assist families with referrals to community programs when needed.

“All children should be tested at age one and again at age two. Children at this young age may spend time crawling on the floor, where chipped or peeling paint tends to accumulate along with lead dust” notes Darwyna Facteau, Director of Health Care Services. Health care providers routinely assess lead levels by testing at ages one and two years. The test can be done by capillary (finger pick) or venous blood draw. Elevated levels are referred to the Health Department for further investigation. For children with pica (eating non-food items), testing may also be recommended at older ages. Additionally, all pregnant women should be tested for lead.

Depending on the amount of lead found in the child’s blood, a representative of the Health Department’s Environmental Health & Safety Division may conduct a visit to the home of the child to complete a lead risk assessment. This assessment includes an inspection of the home’s interior and exterior and collection of paint samples for testing at a NYS approved laboratory. If the test is positive for lead, the homeowner or the landlord and residents are quickly informed about risks and the particular locations where the lead based paint was found. The Health Department establishes a compliance schedule with the landlord or homeowner to make short-term immediate changes that minimize exposure to the lead based paint, as well as long-term corrective measures that the landlord or homeowner need to implement to more permanently abate (remove) the hazard.

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*Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations*
Education for parents or caregivers is also a key component of the program. Tips such as regularly washing children’s hands and toys, wet-cleaning floors and window frames and removing shoes when entering the house, help reduce lead dust. More information is available at: http://www.clintonhealth.org/leadpoisoning or https://www.cdc.gov/nceh/lead/tips.htm.

Lead based paint production ended in 1978 by order of the Federal Government. However, due to the excess stock of lead paint, homes continued to be painted with paint containing lead until the 1990's. For many older homes, layers of previous LBP inside or on the outside of the home, may be adequately covered (and protected from contact) by typical latex or oil based paint. If, however, peeling or chipping paint exists within or outside the home, the potential for contact with LBP and the dust it creates will exist. If you plan to buy or rent an older home, it is important that you: 1) inquire to the realtor or owner about such potential hazard and 2) make an effort to look for any peeling or chipping paint when looking over the prospective residence. Federal regulations require that the home seller provide lead disclosure to prospective buyers who are buying a home built before 1978.

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Media Release

Date: April 10, 2017
For Immediate Release
Contact: 518-565-4840

Clinton County Health Department Disease Investigation Update

Plattsburgh, NY  April 10, 2017  The Clinton County Health Department (CCHD) received a referral for a possible case of Creutzfeldt-Jakob Disease (CJD) and after review determined there is no public risk. CJD is a rare brain disease occurring sporadically that affects one person per million population each year. It is not a communicable disease nor is it associated with any food-meat product. CJD is not transmissible from person-to-person and there is no threat to the public.

According to Darwyna Facteau, Director of the Clinton County Health Department’s Health Care Services Division, “The Clinton County Health Department has worked in coordination with the Vermont and New York State Departments of Health on this particular case. Classic CJD is not related to ‘mad cow’ disease (bovine spongiform encephalopathy or BSE). Classic CJD is also distinct from ‘variant CJD,’ another disease that is related to BSE. There are many unknowns about CJD, but researchers believe it to be an unusual ‘slow virus’ or another organism that causes CJD. CJD cannot be transmitted through the air or through touching or most other forms of casual contact. Spouses and other household members of sporadic CJD patients have no higher risk of contracting the disease than the general population.”

Individuals with CJD experience a range of neurological symptoms. Treatment is typically supportive. For more information individuals should contact their medical provider or access the Centers for Disease Control & Prevention’s website.

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###
News Release

Date: April 17, 2017
For Immediate Release
Contact: 518-565-4840

Clinton County Health Department Awarded NACCHO Scholarship

Roadmap to Ready Scholarship Gives Coordinators Tools for Public Health Emergencies

Plattsburgh, NY, April 13, 2017. Clinton County Health Department’s Public Health Emergency Preparedness Coordinator, Mark Lafountain, was recently awarded a scholarship to participate in Roadmap to Ready, a program designed to enhance the training of emergency preparedness coordinators. Roadmap to Ready is a training and mentoring program to help new emergency preparedness coordinators navigate the complex landscape of public health preparedness. The program provides new preparedness coordinators with the knowledge, skills, connections, and resources they need to successfully prepare their local jurisdictions for new and emerging threats. NACCHO, the National Association of County and City Health Officials, designed the program for preparedness coordinators at local health departments who have been in their roles for less than two years.

The scholarship from NACCHO also covers costs associated with attending this year’s Preparedness Summit in Atlanta, Georgia at the end of April. The Preparedness Summit exposes participants to current information, research findings, and practical tools to enhance their capacity to plan and prepare for, respond to, and recover from disasters and other public health emergencies.

Scholarships were awarded to forty-four recipients from twenty-two states. Applicants had to explain how this scholarship would improve their ability to carry out the duties that are required of the position. “There is a tremendous amount of information that a Public Health Emergency Preparedness Coordinator needs to know and use. The scholarship and Roadmap to Ready program provide a great training opportunity,” stated Mr. Lafountain. “This scholarship will give me the chance to learn from other preparedness coordinators and trainers across the nation. I am certainly looking forward to it and very thankful to receive this award.”

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Roadmap to Ready participants attend in-person meetings, phone conference calls, webinars, and additional trainings. Some additional benchmarks include, but are not limited to, completion of surveys and evaluations as well as participation in additional learning and sharing opportunities.

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"Working Together for a Healthier Community"
Media Release

Drinking Water Awareness Week: Artwork Contest Winners Announced

When you turn on your faucet, water comes out. Where does it come from? Is it clean? How much are you using? In an effort to promote local awareness of drinking water, the Clinton County Health Department is celebrating the American Water Works Association’s Drinking Water Week, May 7-13, 2017. The theme for 2017 is, “Your Water: to know it is to love it,” with a local focus on water conservation.

To highlight Drinking Water Week, the Clinton County Health Department held its 2nd Annual Drinking Water Week artwork contest. The Department reached out to local schools, inviting art and science teachers to promote the contest with their students. Students grades 12 and under were asked to color or draw a picture showing how water is essential to their daily lives. The Department received 49 submissions from schools in the Plattsburgh, Chazy, AuSable, Beekmantown and Saranac school districts.

The entire Health Department was invited to vote on entries and after careful consideration, three entries were chosen as winners. The winners are as follows: Lily Pothast, AuSable Valley High School; Zoe Rainville, Saranac Middle School; and Margalida Flaguier Ferriol, Plattsburgh High School. Their artwork will be entered into a national artwork contest hosted by the American Water Works Association, as well as featured in the Department’s annual water operator’s calendar. “We were thoroughly impressed by the artwork submissions we received, and are hopeful that one of our local winners will rise to the top of the national contest,” states Jennifer Trudeau, Registered Nurse for the Clinton County Health Department.

Mrs. Trudeau also states “It was a pleasure to review all of the amazing artwork submissions. We appreciate the time that our local art and science teachers invested to teach their students about the value of one of our most important natural resources.”

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According to the Environmental Protection Agency, while 70% of the Earth's surface is covered in water, 97% of that water is salt water or unusable and 2% is permanently frozen. This leaves only 1% of Earth's water available for human needs. Tim Simonette, Senior Public Health Sanitarian at the Clinton County Health Department states that, "Conserving water is important because it helps to ensure that everyone has access to clean drinking water. There are little things that each of us can do to conserve water each and every day, such as: turning off the tap while brushing your teeth, taking shorter showers, and fixing leaky appliances." These small actions can make a big impact in preserving our limited water supplies.

Residents are urged to challenge their own water usage habits in an effort to conserve water. According to Mr. Simonette, "It is important to remember that little acts of conservation each day can make a huge difference." To learn more about drinking water in Clinton County, residents are encouraged to visit www.ClintonHealth.org and to read the Clinton County Profiles in Public Health: Drinking Water in Clinton County, found at http://www.clintonhealth.org/pdf%20files/CCProfilesInPublicHealthFall2016.pdf.

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News Release

Date: June 16, 2017
For Immediate Release
Contact: Karen Derusha, Supervising Public Health Educator, 565-4993

"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 Ellenburg 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 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!

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

Crisis Communication Workshop Held
Internationally Recognized Consultant Provides Local Training

Plattsburgh, June 13, 2017. Effective communication is critical when disaster strikes. Getting the right message out to the right audience and providing information that is clear and concise can prevent further injury and even save lives. With this in mind, Clinton County Health Department recently hosted a workshop featuring Dr. Vincent Covello, an internationally recognized trainer, researcher, consultant and expert in effective communication for low concern and high concern situations.

The June 13, 2017 workshop was held at the West Side Ballroom in Plattsburgh. Attendees included representatives from Law Enforcement, Customs and Border Protection, County Emergency Management, County and State Health Departments, Town Government, Schools and Universities, Hospitals, Addiction Services, Local County Agencies, and State Government. The workshop, titled “Risk and Crisis Communication: Basic, Advanced, and Practical Tools”, focused on the two-way exchange of information that needs to take place during any type of major crisis event or disaster in order to enhance knowledge and understanding, build trust and credibility, encourage dialogue, and influence attitudes, decisions, and behaviors.

Mark Lafountain, Public Health Emergency Preparedness Coordinator for the Clinton County Health Department had this to say. “We were extremely fortunate to have a speaker of this caliber come to our region to train our local responders and educators. Dr. Covello not only teaches risk communications, he practices it through actual application.” Dr. Covello’s resume includes participation in response efforts addressing national and international incidents, from hurricanes and earthquakes to the Ebola crisis and pandemic influenza.

Risk communication is essential before, during, and after a disaster or crisis. Proper wording and proper phrasing, as well as an organized and concise presentation are essential. Effective messages lead citizens to take actions to protect themselves and minimize further risk. Poor communication strategies can actually make a situation worse. Communication is often cited as one of the items in most need of improvement in After Action Reports following a disaster or crisis.

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Clinton County Health Department continually seeks to prepare county officials, organizations and residents for potential crisis and disaster events, and often extends such opportunities to neighboring regions. The Health Department sponsored the workshop through its Public Health Emergency Preparedness grant. Dr. Covello is a much sought-after trainer and specialist in risk and emergency communication. He serves as a senior advisor to the World Health Organization, the Department of Health and Human Services, the Environmental Protection Agency, the Food and Drug Administration, the Department of Defense, and the Centers for Disease Control and Prevention. He has been involved with a long list of incidents throughout the world including the BP Oil Spill in 2010, the Fukushima multiple nuclear reactor meltdown in 2011, and more recently, a Zika Outbreak in Brazil in 2017.

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News Release

Clinton County Health Department Honored for Excellence in Public Health

Local Health Department Program is One of 41 Nationwide to receive a “Model Practice Award” in 2017

Plattsburgh, July 12, 2017 – CLINTON COUNTY HEALTH DEPARTMENT (CCHD) was honored with the Model Practice Award at the 2017 Annual Conference of the National Association of County and City Health Officials (NACCHO). The award celebrates local health departments for developing programs that demonstrate exemplary and replicable best practices in response to a critical local public health need. **Fluoride Varnish in the Pediatric Primary Care Setting** was one of 41 local health department programs to receive NACCHO’s prestigious Model Practice Award this year.

Oral health is a public health issue, at times labeled a ‘silent’ epidemic. For this reason, CCHD prioritized an initiative to promote the practice of fluoride varnishing in the pediatric health care setting. The local community remains a dental health professional shortage area and many families struggle to secure dental care for their children under five years of age. In fact, children are two and half times more likely to lack dental coverage than medical coverage and local rates of dental caries in elementary school children are significantly higher than state averages. Studies have shown that routine application of fluoride varnish can strengthen teeth and decrease the prevalence of dental caries by 40%, on average.

In March of 2016, Supervising Public Health Educator Lisa Turner completed a train-the-trainer series offered by the New York State Association of County Health Officials (NYSACHO) that focused on increasing the practice of fluoride varnishing in the pediatric primary care setting. Staff recruited and trained local pediatric practices on the benefits, billing and application of fluoride varnish within their offices. By the end of 2016, each local pediatric practice had designated a champion for this project and began offering this service to patients without an established dental home. “Bringing preventative dental care into the medical home is a great way to ensure healthy smiles and healthy children,” said Turner.

“We are proud to receive NACCHO’s Model Practice Award. The award is evidence of our commitment to developing responsive and innovative public health programs that improve the health of local residents,” said Jerie Reid, Director of Public Health, Clinton County Health Department.
Since 2003, NACCHO’s Model Practice Awards have honored programs, resources, and tools that demonstrate how local health departments and their community partners can effectively collaborate to address local public health challenges. Each innovative project receiving the Model Practice Award was peer-reviewed and selected from a competitive group of over 100 applicants. “This award puts Clinton County Health Department in special company with a select group of health departments that exemplify a forward-thinking, proactive approach toward protecting and promoting the health of communities nationwide,” said NACCHO Interim Executive Director and Chief of Government Affairs Laura Hanen, MPP.

*Fluoride Varnish in the Pediatric Primary Care Setting* is now part of an online, searchable database of successful public health practices in areas that range from immunization and maternal and child health, to infectious diseases and emergency preparedness. The NACCHO Model Practice database allows local health departments, public health partners, and other important stakeholders to learn about the good work being done by local health departments across the country. The database also provides users an opportunity to learn from best practices and what resources are needed to implement comparable programs in other jurisdictions that produce results. Read more about these award-winning programs at [https://application.naccho.org/Public/Applications/Search](https://application.naccho.org/Public/Applications/Search).

About the Clinton County Health Department:

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About the National Association of County and City Health Officials:

The National Association of County and City Health Officials (NACCHO) represents the nation's 2,800 local governmental health departments. These cities, counties, metropolitan, district and tribal departments work every day to protect and promote health and well-being for all people in their communities.

###
Mosquito Bites Still a Concern This Summer

Date: 8/1/2017  
For Immediate Release  
Contact: 518-565-4840

Health Department Advises Protection Against Mosquito Bites

Plattsburgh NY, July 31, 2017  The Clinton County Health Department (CCHD) wants to remind people about the importance of protecting themselves against mosquito bites. “We’ve had a very wet spring and summer permitting for increased numbers of mosquitoes” says Jerie Reid, Director of Public Health. “Since mosquitoes can carry disease such as West Nile Virus (WNV) and Eastern Equine Encephalitis Virus (EEEV), we want to remind residents to take steps to prevent bites”.

It is estimated that 20% of the people who become infected with West Nile Virus will develop mild symptoms that may include fever, headache, and body aches, occasionally with a skin rash and swollen lymph glands. In many individuals, these symptoms are so mild that they go unnoticed or undetected. The symptoms of severe infection can include headache, high fever, neck stiffness, muscle weakness, disorientation, convulsions and coma.

Most persons infected with Eastern Equine Encephalitis Virus have no apparent illness. Severe cases of EEEV can cause inflammation of the brain starting with sudden onset headache, high fever-chills and vomiting. Anyone with symptoms should seek guidance from their health-care provider.

Through a contract with New York State and the SUNY Plattsburgh Environmental Science Department, the Health Department completes mosquito surveillance at seven (7) mosquito trapping locations in Clinton County. Mosquitos trapped at such locations are sorted at the SUNY Plattsburgh Environmental Science laboratory into mosquito “pools” (batches), which are then submitted to the New York State Department of Health Wadsworth Laboratory for specific mosquito borne virus testing, including WNV. John Kanoza, Director of Environmental Health, says that during 2016, none of the 52 mosquito pools tested positive for WNV. Although it is still early in the summer season, none of the 2017 mosquito pools submitted to date have tested positive for WNV or any other mosquito borne virus (i.e., EEEV).

The Health Department recommends ways to protect you and your family. These include:

- Covering exposed skin by wearing light colored- long sleeved shirts and pants.
- Use a mosquito repellent when it is necessary to be outdoors at times when mosquitoes are most active being sure to follow the instructions on the label.
• Use an EPA-registered insect repellent that contains at least 20% DEET. Consider using clothing and gear (such as boots, pants, socks, and tents) that are treated with permethrin (an insecticide). You can buy pre-treated clothes or treat your own clothes.

• Plan outdoor activities for earlier in the day since most mosquito species are more active at dusk and night.

• Reduce the mosquito populations around your home and property by reducing or eliminating standing water. Drain wading pools and wheelbarrows when not in use, remove leaf debris from gutters, used tires, birdbaths, flower pots or similar water-holding containers.

• Make sure all doors, windows, screens and other openings to your home are in good repair to prevent mosquitoes from getting indoors during the day and while you sleep. Use mosquito netting over children’s strollers and infant carriers.

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###
News Release

Rabies Update

Bat in Cumberland Head Home Found to Have Rabies.

A bat captured inside a Town of Plattsburgh residence on August 2, 2017 has been tested for rabies and is positive for the disease. One person who was sleeping in the room where the bat was found is receiving rabies post-exposure treatment.

Rabies is a fatal viral infection, usually transmitted by an infected animal’s bite. Humans 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 these types 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 has come in contact with the bat, capture the bat without damaging the head and contact your health department. In Clinton County call 565-4870. For a quick video on how to properly capture a bat go to: www.clintonhealth.org/batproofing or https://www.youtube.com/watch?v=0mKdp8pV_Zs

To keep bats out of your home, look for holes that might allow bats to enter and seal any openings larger than a quarter-inch by a half-inch. 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 and keeping the adults out will trap the young who will die or try to make their way into other rooms in your home. 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 next rabies clinic is scheduled for August 17, from 6pm-8:30pm at the Black Brook Highway Garage. More clinics will be scheduled around the county in September. Vaccination of pets is one of the best ways to protect your family from rabies.

-more-

"Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations"
Clinton County Health Department
Rabies Update
August 9, 2017

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###
News Release

Date: 8/14/17
For Immediate Release
Contact: 518-565-4840

PERTUSSIS

Local cases of pertussis are a cause for concern.

Plattsburgh, August 14, 2017: 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.

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 Darwyna Facteau Director of the Health Care Services Division of 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*
Clinton County Health Department
Pertussis
8/11/17

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. Facteau. “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 day care. The incubation period, or the time from being exposed to the illness and when you develop symptoms is long, up to 22 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 (Tdap) vaccine. Babies can get their first shot at 2 months of age but parents and caregivers can help protect their infant by getting the Tdap 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/pertussis or call the Clinton County Health Department at 565-4848 if you have questions or concerns.

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###
News Release

Date: 8/18/17
For Immediate Release
Contact: 518-565-4840

Clinton County WIC Receives Gold Award From USDA For Excellence In Breastfeeding Support

PLATTSBURGH, NY August 18, 2017 Clinton County Health Department’s WIC (Women, Infants, and Children) program has won the Gold WIC Loving Support Award of Excellence from the USDA Food and Nutrition Service. This award, one of eight given to WIC local agencies in New York State, recognizes exemplary breastfeeding support and practices. Gold Loving Support awardees provide an effective model of strong breastfeeding promotion and support activities, leading to the successful increase of breastfeeding initiation and duration rates among WIC participants.

“We are excited to accept this award,” says WIC Program Coordinator Mary Lee Ireland, “and are proud of the work done by our knowledgeable and dedicated staff to reach this level of achievement.” Laurie Taylor, RN IBCLC and WIC Breastfeeding Coordinator, adds “Our whole team is involved in providing WIC participants with information and resources to meet breastfeeding goals. Pregnant and breastfeeding women can get peer counseling and professional lactation help when needed, and access to breastfeeding supplies and other support.”

Clinton County WIC participants can meet with an IBCLC (International Board Certified Lactation Consultant) or CLC (Certified Lactation Counselor) on staff in the WIC clinic. Breastfeeding peer counselors are also offered through the Child Care Coordinating Council of the North Country (CCCCNC). “It’s a great partnership,” says Jamie Basiliere, Executive Director of CCCCCNC. “Our agencies, both members of the Clinton County Breastfeeding Coalition, work together to provide this service to WIC participants. We look forward to continuing to expand the support our community offers to families to help them be successful with breastfeeding.”

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“Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations”
Complete Streets becoming common practice in the North Country

The Clinton County Health Department’s Creating Healthy Schools and Communities (CHSC) grant, in collaboration with Essex County Health Department, is working with targeted towns and villages to implement Complete Streets policies, plans and practices. As a result of the CHSC grant, seven towns and villages in the North Country have adopted Complete Streets resolutions since 2016. Complete Streets make it safer and easier for residents to walk, bike, roll, drive and play which ultimately encourages increased physical activity.

The Towns of Altona, Burke, Clinton, Dannemora, Mooers, Ticonderoga and Village of Chateaugay have all passed Complete Streets resolutions. These towns are integrating Complete Streets elements into their communities that make it easier for residents to be active with improvements such as crosswalks, signage, bike racks and other built environment improvements to enhance opportunities for safe physical activity.

Funding from the New York State Department of Health has allowed the CHSC grant to support Complete Streets projects by awarding six communities with mini-grants this year. The recipients of the mini-grants are the Towns of Altona, Dannemora, Mooers, Moriah, Ticonderoga and the Village of Chateaugay. Funding will support the purchase of materials such as surfacing material, traffic calming materials, updated recreational equipment and benches to increase opportunities for physical activity.

“In such rural communities, a Complete Street looks different than it would in urban areas. There are often large distances between services such as grocery stores and recreation facilities making it difficult for people without access to transportation. Our goal is to raise awareness and help our communities make it safe for residents to get out and be physically active,” says Karissa Kilmer, Public Health Educator at the Clinton County Health Department.

Today, there are over 90 villages, towns and/or cities and 10 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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###

"Working Together for a Healthier Community"
News Release

Date: August 24, 2017
For Immediate Release
Contact: 518-565-4840

Local Trapping and Testing Uncovers West Nile Virus in Mosquitoes

Plattsburgh, August 24, 2017  The NYS Department of Health Wadsworth Laboratory recently reported that mosquitoes collected in Clinton County have tested positive for West Nile Virus (WNV). West Nile Virus is an illness spread by the bite of an infected mosquito. No human cases of West Nile Virus have been identified in Clinton County this year.

Mosquito trapping and testing has been conducted over the summer months through a contract between Clinton County Health Department (CCHD), New York State and the SUNY Plattsburgh Environmental Science Department. This surveillance takes place at seven Clinton County locations. Mosquitoes are trapped, identified and tested for specific viruses that can be transmitted by mosquitoes.

Although the presence of mosquito borne viruses was not identified in any of the mosquito samples collected from traps during June and July, the NYSDOH Wadsworth Laboratory recently reported that testing of mosquito pools and specimens collected in Clinton County during the first two (2) weeks of August were identified as positive for West Nile Virus, at three (3) of seven (7) mosquito trapping locations. The three traps are located adjacent to the Plattsburgh Chamber of Commerce Building, along River Road in the hamlet of Morrisonville and along Recore Road in the Town of Chazy. During previous mosquito surveillance testing seasons in 2001 through 2011 and in 2016, only one (1) mosquito pool (collected during the 2003 season) had tested positive for West Nile Virus in Clinton County.

West Nile Virus is spread from birds to mosquitoes. Humans become infected when bitten by a mosquito carrying WNV. It is estimated that 20% of the people who become infected with West Nile Virus will develop mild symptoms than may include fever, headache, and body aches, occasionally with a skin rash and swollen lymph glands. In many individuals, these symptoms are so mild that they go unnoticed or undetected. The symptoms of severe infection can include headache, high fever, neck stiffness, muscle weakness, disorientation, convulsions and coma. Approximately one in every 150 people infected with WNV will develop severe illness. If you develop any of these severe symptoms, seek medical attention immediately.

“Based on the very wet spring and summer months this year, it was anticipated that increased numbers of mosquitoes would be evident throughout the County,” says Jerie Reid the Director of Public Health. “Since mosquitoes can carry disease such as West Nile Virus (WNV) and Eastern Equine Encephalitis Virus (EEEV), we want to continually remind the public to take steps to prevent bites.”

- More -
The Health Department strongly recommends the following ways to protect you and your family. These include:

- Covering exposed skin by wearing light colored- long sleeved shirts and pants.
- Use a mosquito repellent when it is necessary to be outdoors at times when mosquitoes are most active being sure to follow the instructions on the label.
- Use an EPA-registered insect repellent that contains at least 20% DEET. Consider using clothing and gear (such as boots, pants, socks, and tents) that are treated with permethrin (an insecticide). You can buy pre-treated clothes or treat your own clothes.
- Plan outdoor activities for earlier in the day since most mosquito species are more active at dusk and night.
- Reduce the mosquito populations around your home and property by reducing or eliminating standing water. Drain wading pools and wheelbarrows when not in use, remove leaf debris from gutters, used tires, flower pots or similar water-holding containers.
- Make sure all doors, windows, screens and other openings to your home are in good repair to prevent mosquitoes from getting indoors during the day and while you sleep.
- Use mosquito netting over children’s strollers and infant carriers.

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###
News Release

Date: September 19, 2017  
For Immediate Release  
Contact: 565-4840

"Healthy Neighborhoods May Be Coming To Your Neighborhood"  
(October, 2017)

Plattsburgh, September 18, 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 Plattsburgh 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 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"
October 16, 2017

Clinton County Health Department Announces New Public Health Director
Plattsburgh, effective October 2, 2017.

The Clinton County Board of Health is pleased to announce the appointment of John Kanoza as Director of Public Health in Clinton County. Mr. Kanoza has served for the past fifteen years as the Department’s Director/Engineer of Environmental Health & Safety. Mr. Kanoza succeeds Jerie Reid who led the Department from January 2012 through September 2017. “I am excited to take on this new challenge,” stated Mr. Kanoza. “Clinton County Health Department has distinguished itself, through national accreditation, as an organization that values excellence, innovation, integrity and service. I am pleased to have been selected to continue the hard work of my predecessors, and look forward to leading the talented and dedicated team of employees who work daily to improve and protect the health of Clinton County residents.”

Board of Health President, Erin Spees, M. D., stated that “Clinton County has been lucky to find yet another highly qualified director from within the Department’s leadership team.” In addition to providing oversight of the Department’s Environmental Health and Safety Division, Mr. Kanoza has also filled the role of Engineer for CCHD. He holds two Bachelor of Science degrees in Geology and Geochemistry and a Masters’ Degree in Environmental Engineering. He brings this talent, along with a comprehensive knowledge of the County and State sanitary codes, a broad understanding of population health priorities and exceptional leadership skills to his new role.

The Clinton County Health Department was established in 1955. The Department currently employs a staff of approximately seventy-five individuals whose work focuses on promoting and encouraging healthy behaviors, preventing epidemics and the spread of disease, protecting against environmental hazards, preventing injuries, responding to disasters, and assuring the quality and accessibility of health services.

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

Confirmed Cases of Flu in Clinton County

Plattsburgh, November 2, 2017. Health officials have reported the first cases of seasonal influenza in Clinton County. “This is quite early in the season to see the flu in Clinton County. Confirmed cases are usually not seen until January or February. This is concerning because many people have not received their flu vaccine yet,” states Darwyna Facteau, Director of Health Care Services at the Clinton County Health Department.

Influenza can have serious health effects. Last year in New York State, nearly 4,000 children (ages 0 to 17) and over 7,000 seniors (65+) were hospitalized with laboratory confirmed flu.

The best way to protect yourself is to receive a flu vaccine. With this early start to the flu season, Ms. Facteau encourages everyone to get their flu shot as soon as possible. The vaccine can take up to two weeks to be fully effective.

The Clinton County Health Department advises all people 6 months and older to get a flu vaccination each year. In addition, certain people are at “high risk” of serious complications from seasonal influenza. These include people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions.

Children, aged 6 months through 8 years who have not previously been fully vaccinated, may need two doses of vaccine and should receive their first vaccination early in the season for best protection. The second dose is given four weeks after the first dose.

People who have the flu may have some or all of these signs and symptoms:

- Fever or feeling feverish/chills (not everyone with flu will have a fever),
- Cough,
- Sore throat,
- Runny or stuffy nose,
- Muscle or body aches,
- Headaches,
- Fatigue (very tired),
- Vomiting and diarrhea. (this is more common in children than adults).

-End-
“Call your health care provider if you experience any of these symptoms,” advises Ms. Facteau. “Antiviral medications may be used in some cases to treat flu. Stay home from work and school when you are sick. This will help prevent spreading your illness to others. A good rule is to be fever free (without using fever reducing medications) for 24 hours before returning to school or work.”

Good health practices to stop the spread of flu germs include:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often to help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

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###
News Release

Date: November 14, 2017
For Immediate Release
Contact: 518-565-4840

Tobacco 21

Clinton County Task Force Engaged in Larger Regional Effort to Raise Tobacco Age of Purchase

Plattsburgh, November 14, 2017. Clinton County health advocates are engaged in a regional effort to educate the community about the benefits of raising the minimum age of sale for tobacco products to 21. The local task force is comprised of Tobacco Free CFE (Clinton, Franklin, Essex), Clinton County Health Department, North Country Healthy Heart Network, and Champlain Valley Health Network. The Regional effort is being led by the Adirondack Health Institute (AHI) which serves Clinton, Essex, Franklin, Hamilton, Warren and Washington counties.

"Almost all people who smoke, start before the age of 21 (96%) with approximately 90% starting before the age of 18," stated Karen Derusha, Supervising Public Health Educator for the Clinton County Health Department. Her concerns are echoed by Dana Isabella of Tobacco Free CFE, who shared that "Youth who start smoking often go through a period of experimentation with tobacco products. Research shows that they frequently transition from experimentation to addiction between the ages of 18 and 21, which coincides with the legal age to purchase their own tobacco products. Almost no one begins smoking after age 21."

Tobacco 21 is an effort, to raise the legal minimum age of sale for tobacco products from 18 to 21 years of age. To date, more than 200 municipalities (counties, cities, towns) in 14 states in the nation have passed local laws increasing the legal minimum sale age to 21 years. In New York State, New York City, Suffolk, Orange, Cortland, Cattaraugus, Chautauqua, Albany, Schenectady, Sullivan and Tompkins counties and the Town of North Hempstead have enacted Tobacco 21 legislation.

Dr. David Beguin, a local pediatrician, has regularly seen how addictive nicotine is, and notes that "adolescents are more susceptible to all sorts of toxins and traumas than they will be when they reach their adult brains at 22, 23 or 24. Almost no one starts smoking after 24 so the cigarette companies have to convince adolescents to start before then if they are going to make money. Cigarette companies have been masters of marketing for a long time. But they have not been masters of health." Health advocates agree that raising the purchasing age to 21 will help to keep tobacco companies from targeting young people directly at a time when many move from experimenting with tobacco to regular smoking.

- More -
In Clinton County more than 1 out of 5 adults smoke cigarettes. “Restricting young people’s legal access to tobacco products, including e-cigarettes, by increasing the legal minimum sales age is one way to address the high prevalence of smoking in the North Country,” states Tom Tallon, Population Health Improvement Program Manager at AHI. “A recent report from the Institute of Medicine found that raising the minimum legal age of sale for tobacco products to 21 would decrease overall tobacco use by 12% and decrease by 25% the number of 15 to 17 years old who initiate tobacco use. These reductions in tobacco use would result in approximately 223,000 fewer premature tobacco-related deaths nationwide.”

According to health experts:

- Smoking leads to disease and disability and harms nearly every organ of the body.
- Smoking is the leading cause of preventable death.
- Tobacco use increases the risk for many types of cancer, such as lung cancer.
- Studies show a direct link between cigarette smoking and coronary heart disease.
- Smoking, including during the teenage years, increases the risk of dying from COPD.

Disease burden associated with cigarette smoking in Clinton County is high. The incidence rates for all cancers and for lung and bronchus cancer in Clinton County exceed the rates for New York State and the North Country region; the mortality rate for chronic lower respiratory disease in Clinton County also exceeds the NYS rate and the rate for the North Country region.

According to the New York State Department of Health, which routinely conducts a survey to assess tobacco use and opinions about tobacco related issues, there is strong support among New Yorkers for prohibiting the sale of tobacco products to people under the age of 21. Sixty-eight percent of adults who were surveyed support raising the minimum legal sale age.

Adirondack Health Institute and the local task groups are collecting signatures in support of the effort. The petition can be found at www.healthyadk.org. A Statement of Support template is also available on the website for organizations that would like to get behind the effort.

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###
News Release

Date: December 20, 2017
For Immediate Release
Contact: 518-565-4840

Clinton County Health Department
Press Release
"Healthy Neighborhoods May Be Coming To Your Neighborhood"
(December, 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 Beekmantown 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 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.

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 www.ClintonHealth.org for more information.

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