



# Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

“Working Together for a Healthier Community”

[www.clintonhealth.org](http://www.clintonhealth.org)



**Public Health**  
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**Administration Division**

**Phone: (518) 565-4840**

**Fax: (518) 565-4717**

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## News Release

Date: January 11, 2021  
For Immediate Release  
Contact: 518-565-4840

### Clinton County COVID-19 Vaccination Update

**Plattsburgh, January 11, 2021.** The New York State Department of Health (NYSDOH) has indicated that, as of January 11, 2021, New Yorkers in Phase 1a and segments of Phase 1b are eligible for vaccination. “Though groups may be eligible, we are currently restricted on who we are permitted to vaccinate and how many doses of vaccine we have available,” stated John Kanoza, Director of Public Health in Clinton County.

The Clinton County Health Department (CCHD) is working with local providers to develop a list of locations that eligible community members can go to register for their vaccination. “Please be patient with this process, we will communicate how to register for your vaccination as soon as we are able to do so,” said Mr. Kanoza.

NYSDOH has also indicated Clinton County may be slated for a state operated, drive-thru vaccination site. “Though we have been given preliminary information regarding this possibility, the details of a state site in our area are still being ironed out,” said Mr. Kanoza. “CCHD’s vaccination team is ready to begin our distribution plans for future tiers and phases as soon as more vaccine becomes available.”

Residents can also seek information on their vaccination eligibility by visiting <https://covid19vaccine.health.ny.gov/>.

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## News Release

Date: January 13, 2021  
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Contact: 518-565-4840

### Clinton County COVID-19 Drive-Through Vaccination Facility

**Plattsburgh, January 13, 2021.** In an effort to distribute COVID-19 vaccine as quickly as possible to our community, Clinton County Health Department (CCHD) has been coordinating with New York State Department of Health (NYSDOH) to expedite the opening of a drive-through facility in our area. This site will be run by NYSDOH. Preliminary plans indicate the site would be open to all Phase 1a and 1b eligible candidates with a goal to distribute at least 1000 doses/day. All vaccinations will be available by appointment only, registration links and phone numbers will be provided when available. Residents are asked to continue to be patient. There is not a list to place yourself or your loved ones on at this time.

“We are told this site could be up and running as early as next week,” said John Kanoza, Director of Public Health in Clinton County. “We have been assured by NYSDOH this site will not affect the allocation of vaccines to other providers within the county.” Providers currently include Hudson Headwaters, CVPH, CCHD, and several pharmacies.

Currently, eligibility and distribution of the vaccine is done at the directive of NYSDOH. “For example, pharmacies are only permitted to vaccinate people 65 and older. CCHD had been directed to distribute its allotment of vaccine to specifically designated sub groups within Phases 1a and 1b,” stated Mr. Kanoza. “The addition of a NYSDOH site is great news for our residents who have been deemed eligible, but do not fall into one of those sub groups.”

CCHD will continue to update the public via traditional media, social media, and their website, [www.clintonhealth.org](http://www.clintonhealth.org). Residents can also visit <https://am-i-eligible.covid19vaccine.health.ny.gov/> or call 1-833-NYS-4VAX (1-833-697-4829) to determine eligibility status and current availability for vaccination.

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## News Release

Date: January 18, 2021  
For Immediate Release  
Contact: 518-565-4840

### Potential COVID-19 Exposure

**Plattsburgh, January 18, 2021.** Residents who visited the Country Corner Diner in West Chazy between 10:00 and 11:00 am on January 10<sup>th</sup> may have been exposed to COVID-19. If you were present and seated in the front bar area, the Clinton County Health Department recommends that you self-monitor for symptoms of COVID-19 over the 14-day period from the date of the potential exposure. Symptoms include, but are not limited to fever, cough, chills and loss of sense of taste and smell. If experiencing these or other symptoms of illness, seek immediate testing by contacting your medical provider or an urgent care center.

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## News Release

Date: January 18, 2021  
For Immediate Release  
Contact: 518-565-4840

### COVID-19 Drive-Through Vaccination Facility Opens Today

**Plattsburgh, January 18, 2021.** The New York State Department of Health (NYSDOH) will begin vaccinating residents today. The drive-through facility, located on the former Plattsburgh Air Force Base, is open to all Phase 1a and 1b eligible candidates. “We are grateful to have a state vaccination site here in the North Country,” expressed Legislative Chairman Mark Henry. “Clinton County is happy to be able to provide facilities at the Plattsburgh International Airport, as well as assistance from members of many different county departments to aid in the process.”

Vaccination at the site is by appointment only. Those who do not have proof of appointment will be turned away. To make an appointment visit <https://am-i-eligible.covid19vaccine.health.ny.gov/> or call 1-833-NYS-4VAX (1-833-697-4829).

Those with appointments will be required to show printed or electronic confirmation of their appointment in order to gain access to the POD (Point of Distribution) site. All 1a or 1b eligible individuals must also show identification issued by their workplace. It must clearly state their name and that they are an eligible 1B worker. Those 65 years and older must have a valid ID to confirm their age.

Those with appointments should plan to arrive at the intersection of Arizona Avenue and Connecticut Road on the former Plattsburgh Air Force Base. Proof of appointment and eligibility will be required at that check-point. Additional direction will be given at that time. Attendees are asked to wear clothing that allows for easy access to the vaccination site, i.e., short sleeves or sleeves that can be easily rolled or removed. Unless directed, you will not be required to exit your vehicle.

If you have an appointment, but are sick or not feeling well please do not come to the POD site. Your appointment can be rescheduled. To learn more about the COVID-19 vaccination screening process visit <https://on.ny.gov/3ipNxDN>.

Residents are asked for continued patience during the vaccine distribution process. As more vaccine becomes available, eligibility will be expanded by the NYSDOH.

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## News Release

Date: January 19, 2021  
For Immediate Release  
Contact: 518-565-4840

### Potential COVID-19 Exposure

**Plattsburgh, January 19, 2021.** Residents who were present at the American Legion 912 in Rouses Point on January 14<sup>th</sup> may have been exposed to COVID-19. The Clinton County Health Department recommends that residents self-monitor for symptoms of COVID-19 over the 14-day period from the date of the potential exposure. Symptoms include, but are not limited to, fever, cough, chills and loss of sense of taste and smell. If experiencing these or other symptoms of illness, seek immediate testing by contacting your medical provider or an urgent care center.

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## News Release

Date: January 24, 2021  
For Immediate Release  
Contact: 518-565-4840

### Potential COVID-19 Exposure

**Plattsburgh, January 24, 2021.** Residents who have visited Pleasant Corner Restaurant in Keeseville between January 12<sup>th</sup> and January 24<sup>th</sup> may have been exposed to COVID-19. The Clinton County Health Department recommends that residents self-monitor for symptoms of COVID-19 over the 14-day period from the date of the potential exposure. Symptoms include, but are not limited to, fever, cough, chills and loss of sense of taste and smell. If experiencing these or other symptoms of illness, seek immediate testing by contacting your medical provider or an urgent care center.

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## News Release

Date: January 29, 2021  
For Immediate Release  
Contact: 518-565-4840

### Supplemental Guidance for High Risk School Sports

**Plattsburgh, January 29, 2021.** On Friday, January 22, 2021, New York Governor Andrew Cuomo announced he would allow high-risk sports to resume in New York effective February 1, 2021, subject to local health department approval. The Clinton County Health Department (CCHD) is approving high-risk sports to restart with additional requirements and precautions due to COVID-19.

“The most important step forward for our students right now is returning to in-person instruction,” stated John Kanoza, Director of Public Health in Clinton County. As such, school districts will be required to be offering in-person instruction for two weeks before a final decision on high risk sports will be made. During these two weeks, CCHD and school district leadership will be closely monitoring infection rates, case patterns and evidence of new virus variants in Clinton County. “We need to get our kids back in school without any major disruptions to learning due to COVID-19 cases before we add high risk sports into the mix.”

To facilitate decision making, districts/schools must meet sport-specific minimum requirements and communities must meet COVID-19 metrics to move forward. Section VII officials or individual school districts can choose to enact stricter requirements.

Minimum requirements for higher-risk K-12 school sports include:

- The requirements listed in the [Interim Guidance For Sports And Recreation During The Covid-19 Public Health Emergency](#) must be followed.
- Each school district’s Board of Education or non-public school’s Board of Directors (or other appropriate person/entity) must approve the district/school’s participation in each specific higher-risk sport.
- Each school superintendent/school leader must oversee the creation of a sport-specific Preparedness Plan, to be approved by the district/school’s medical director, circulated to important school staff/leaders, and posted to their school specific website.
- Each parent/guardian must sign an informed consent.
- Each student-athlete must have medical clearance from their healthcare provider.
- Each parent/guardian, student-athlete, and school official must agree to fully cooperate with case investigations and contact elicitation and to adhere to isolation and quarantine orders.
- Each district/school must establish a confidential phone number and email address to allow student-athletes, parents, or others to report concerns and complaints.

- More -



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- Cloth face coverings/masks that conform to recommendations from the [Centers for Disease Control and Prevention](#) (CDC) must be worn at all times by all student-athletes, coaches, managers, referees/officials, individuals dropping off or picking up student-athletes, etc.
- Districts/schools will not allow spectators at high-risk school sports events, games, or matches so as to minimize the risk of transmission.
- Multi-Team events or tournaments involving high-risk sports are not permitted.
- Travel for sporting events, games, and matches outside of North Country counties including Clinton, Essex and Franklin counties is prohibited.

Community COVID-19 Metrics include:

- The 7-day rolling average percent positivity in Clinton County, as defined and calculated by the NYSDOH, must be at or lower than the previous 7-day rolling average percent positivity.
- The region’s hospital capacity (percent of hospital beds available) must be above 15%, as calculated by NYSDOH.
- The region’s rate of hospital admissions must not be unacceptably high or require additional interventions to control the rate of growth, as determined by NYSDOH.
- The absence of other epidemiological data, information or factors as determined or identified by the Centers for Disease Control and Prevention (CDC), New York State Department of Health (NYSDOH) or the CCHD that impact COVID-19 control or mitigation.

“We have been working with school superintendents and other local health departments in our region to develop this framework we believe to be safe and fair,” added Mr. Kanoza. “If the addition of high-risk sports hinders a school’s ability to offer in-person instruction to their students, school-sponsored sports will be suspended.”

CCHD will be working with the schools to monitor compliance and COVID-19 positive students, teachers, staff, and coaches to evaluate the need for discontinuation or pause of these activities.

“We are hopeful for a successful return to in-person learning in the coming weeks and ask for patience and understanding as high-risk sports are folded in,” explained Mr. Kanoza. “The health, safety, and education of our students must remain the driving force behind any decisions made.”

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## News Release

Date: February 1, 2021  
For Immediate Release  
Contact: 518-565-4840

### Watching the Super Bowl Safely

**Plattsburgh, February 1, 2021.** Cases of COVID-19 increased significantly following the winter holiday season, leaving health officials concerned about this year’s Super Bowl and the celebrations that may accompany it.

“The Super Bowl is an event I look forward to each year,” stated John Kanoza, Director of Public Health in Clinton County. “This year we are going to have to keep it small, keep it local, and keep it smart.”

“The safest way to enjoy the game this year is to celebrate with people in your household. While this is our recommendation, we realize that some will choose to celebrate with people outside of their immediate household,” noted Mr. Kanoza. “For those choosing to spend time with people that they don’t live with, we urge you to take steps to decrease risk to yourself and your family.”

Residents are encouraged to take steps to make their celebrations safer, including:

- Be outside as much as possible.
- If indoors, wear a mask at all times that it is possible to do so.
- Open windows to increase ventilation if you can.
- Keep 6 feet or more of distance from others.
- Wash your hands often.
- Clean and disinfect frequently touched surfaces and items between use.
- Limit the amount of time you spend at indoor gatherings.
- Hosts and guests should have conversations ahead of time to set expectations for celebrating together.
- If you are sick, stay home and away from others.
- Reminder, indoor and outdoor gatherings at private residences are limited to no more than 10 people per NYSDOH.

“We are just digging ourselves out from the high COVID-19 case numbers created with holiday gatherings, we do not want to experience any more setbacks,” added Mr. Kanoza

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## Media Alert

Date: February 9, 2021  
For Immediate Release  
Contact: 518-565-4840

### Facebook Live COVID-19 Media Conference

A Facebook live media event will take place at 11:00 a.m. on Thursday, February 11, 2021. Updates will be provided on the status of the COVID-19 virus’s impact on Clinton County.

Speakers will include:

- **John Kanoza, P.E., P.G., Clinton County Director of Public Health**
- **Mark C. Davey, Ed.D., District Superintendent/ Chief Executive Officer, Champlain Valley Educational Services**
- **Wouter Rietsema, MD, Vice President for Population Health and Information Services/ Infectious Disease Physician, University of Vermont Health Network- Champlain Valley Physicians Hospital (CVPH)**
- **Dr. Alexander Enyedi, President of the State University of New York – Plattsburgh**

Keeping in mind the health and safety of all community members, this will be a closed event. Questions can be submitted in advance to [health@clintoncountygov.com](mailto:health@clintoncountygov.com). Please note that responses to questions submitted ahead of time may be added into individual speaker remarks, or responded to separately in the Q&A section of the conference, along with questions from the public.

**A recording will be made available on YouTube after the event.**

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## News Release

Date: February 16, 2021  
For Immediate Release  
Contact: 518-565-4840

### Individuals with Comorbidities and Underlying Conditions Eligible for COVID-19 Vaccine

**Plattsburgh, February 16, 2021.** On February 5<sup>th</sup> Governor Cuomo announced a list of comorbidities and underlying conditions that New York State will use to determine eligibility for the COVID-19 vaccine. New Yorkers who have one of these conditions became eligible for the vaccine beginning February 15th. The Clinton County Health Department (CCHD) and area providers are preparing for this expansion in vaccine distribution.

Adults of any age with the following conditions due to increased risk of moderate or severe illness or death from the virus that causes COVID-19 are eligible for the vaccine:

- Cancer (current or in remission, including 9/11-related cancers);
- Chronic kidney disease;
- Pulmonary Disease, including but not limited to, COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), pulmonary fibrosis, cystic fibrosis, and 9/11 related pulmonary diseases;
- Intellectual and Developmental Disabilities including Down Syndrome;
- Heart conditions, including but not limited to heart failure, coronary artery disease, cardiomyopathies, or hypertension (high blood pressure);
- Immunocompromised state (weakened immune system) including but not limited to solid organ transplant or from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, use of other immune weakening medicines, or other causes;
- Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher) or Severe Obesity (BMI 40 kg/m<sup>2</sup>);
- Pregnancy;
- Sickle cell disease or Thalassemia;
- Type 1 or 2 diabetes mellitus;
- Cerebrovascular disease (conditions affecting blood vessels and blood supply to the brain);
- Neurologic conditions including but not limited to Alzheimer's Disease or dementia;
- Liver disease.

Individuals who have one of these conditions will need to verify their eligibility when registering for their vaccination. “CCHD has been collaborating with other local health departments in the North Country Region and speaking with representatives at the state-run vaccination site,” stated John Kanoza, Director of Public Health in Clinton County. “We want to make the process as easy as possible without creating barriers to receiving the vaccine.”

A *Certificate of Eligibility* is completed with each registration; as part of this, residents will certify their membership in a priority vaccine group. A doctor’s letter is not necessary. However, if individuals have



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questions about whether their medical condition qualifies as a co-morbid condition, they should contact their primary care provider to discuss this.

“At this time, CCHD has not received any additional vaccine allotment for this specific group from the State,” explained Mr. Kanoza. “We encourage all eligible residents to schedule vaccinations at the state site or through a local pharmacy. When CCHD receives an allotment for this category we will open registration to you, our Clinton County Residents. We do not know yet when that will be, so if you can get in at another site, please do so.”

To register for a vaccine, please visit <https://am-i-eligible.covid19vaccine.health.ny.gov/>, call 1-833-NYS-4-VAX, or contact your local pharmacy.

“I understand this process has been confusing and frustrating for many of us,” added Mr. Kanoza. “I ask you all to hang in there, we will receive more vaccine in the coming months, and we will be able to get that vaccine to you. CCHD will continue to communicate as we learn more.”

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## News Release

Date: February 18, 2021  
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Contact: 518-565-4840

### Updated Quarantine Guidelines for Vaccinated Individuals

**Plattsburgh, February 18, 2021.** Last week, the Centers for Disease Control and Prevention (CDC) announced updated guidance for vaccinated persons with an exposure to someone with suspected or confirmed COVID-19.

“We received word yesterday, from our partners at the state, that this guidance can be adopted by local health departments if they choose to do so,” stated John Kanoza, Director of Public Health in Clinton County. “The Clinton County Health Department (CCHD) is moving ahead with adopting this guidance.”

Effective February 18, 2021, and until formal New York State Department of Health (NYSDOH) guidance is issued, vaccinated Clinton County residents with an exposure to someone with suspected or confirmed COVID-19 will not be required to [quarantine](#) if they meet ALL of the following criteria:

- They are fully vaccinated at the time of their exposure (i.e.,  $\geq 2$  weeks following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine);
- They are within 3 months following receipt of the last dose in the series at the time of their exposure;
- They have remained asymptomatic since the current COVID-19 exposure and;
- Their vaccination status can be verified in the New York State Immunization Information System (NYSIIS), the state’s online portal that allows health care professional access to vaccination histories.

Determining eligibility adds another layer to the contact tracing investigation, which can take some time to verify. Residents will still be required to complete a contact interview to provide the necessary information to complete the verification process and, in some instances, residents may need to quarantine while this is occurring.

“We ask that residents be patient with us while we work to ensure the eligibility criteria are met. We are committed to offering this leniency but want to be sure we are still protecting our community and minimizing the spread of COVID-19,” stated Mandy Snay, Director of Health Planning and Promotion.

While the available COVID-19 vaccines have demonstrated high efficacy at preventing severe and symptomatic COVID-19, there is currently limited information on how much the vaccines might reduce transmission and how long protection lasts. In addition, the efficacy of the vaccines against emerging variants is not known. For these reasons, CCHD continues to recommend vaccinated persons continue to follow [current guidance](#) to protect themselves and others. “This includes wearing a mask, staying at least 6 feet away from others, avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes, and



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washing hands often,” added Mr. Kanoza. “CCHD will also continue to monitor new CDC and NYSDOH guidance and will adjust its local approaches as new information becomes available.”

At this time, NYSDOH has not issued new travel guidelines for vaccinated individuals. To learn more about the current NYSDOH Travel Advisory, visit <https://coronavirus.health.ny.gov/covid-19-travel-advisory>.

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## News Release

Date: February 26, 2021  
For Immediate Release  
Contact: 518-565-4840

### Potential COVID-19 Exposure

**Plattsburgh, February 26, 2021.** Residents who visited Retro Live in Plattsburgh on Saturday, February 20, 2021 between 6:00 pm and 10:00 pm may have been exposed to COVID-19. The Clinton County Health Department recommends that residents self-monitor for symptoms of COVID-19 over the 14-day period from the date of the potential exposure. Symptoms include, but are not limited to, fever, cough, congestion, chills and loss of sense of taste and smell. If experiencing these or other symptoms of illness, seek immediate testing by contacting your medical provider or an urgent care center.

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## News Release

Date: March 3, 2021  
For Immediate Release  
Contact: 518-565-4840

### Health Department has Vaccination Openings for Residents 65 and Older

**Plattsburgh, March 3, 2021.** The Clinton County Health Department (CCHD) has been allocated doses of COVID-19 vaccine specifically for the 65 and older population.

“This week’s allocation from the state included additional vaccine to be used, specifically, for residents age 65 or older,” stated John Kanoza, Director of Public Health in Clinton County. “We will be incorporating this allocation to our POD (point of distribution) sites already planned for **Thursday March 4**, and **Friday March 5**.” Both clinics will be held in the gymnasium at Clinton Community College.

To utilize this specific allotment, residents are required to:

- Be 65 years or older at the time of the clinic;
- Bring proof of age to the clinic;
- Bring proof of residency in Clinton County OR proof of employment in Clinton County to the clinic.

To register yourself, or a loved one, for this clinic visit [www.clintonhealth.org](http://www.clintonhealth.org) or <https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?OpID=BC95627F2BF5060CE0530A6C7C161F94>. Residents can also reach out to CCHD via phone at 518-565-4848.

“If you have a scheduled appointment at another facility for a future date, but attend this clinic instead, please cancel your other appointment **AFTER** you have attended this clinic,” added Mr. Kanoza. “If there are no appointments available, check back periodically to see if additional appointments have been added.”

CCHD is currently offering only the Moderna COVID-19 vaccine. Vaccination guidance requires participants to receive both their first and second doses from the same agency. A second dose is due at a minimum of 28 days after the first dose. Information on a second dose clinic will be sent to participants directly when the time comes to receive that dose.

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## News Release

Date: March 5, 2021  
For Immediate Release  
Contact: 518-565-4840

### Spectators at High Risk School Sports

**Plattsburgh, March 5, 2021.** On February 15, 2021 many area schools were eligible to hold their first high-risk sports practices of the season. Working with Clinton County School Superintendents and Section VII officials, sport-specific Preparedness Plans were created and approved by local school boards and district medical directors.

“We asked our districts to return to in-person instruction for at least two weeks before initiating high-risk sports seasons,” stated John Kanoza, Director of Public Health in Clinton County. Included in the guidance for a return to high-risk sports, was the need to monitor infection rates, hospitalization rates, case patterns and evidence of new virus variants in Clinton County. “We have been offering a phased approach to, first, get kids back in school and, second, let the kids play these sports.”

Presently, these plans do not include spectators at indoor sports contests. “Though we continue to see our community cases decline, the number of COVID positive patients at CVPH is higher than we would like it to be,” explained Mr. Kanoza. “Additionally, we continue to see a high number of K-12 school related cases each week. These numbers do not allow us to consider phasing-in spectators at high-risk sports at this time.”

Section VII athletics has also issued their *Guidelines for Indoor “High-Risk” Sports for the Winter and Fall Season II 2021*. Those guidelines also do not allow spectators at this time.

“Working with the local schools and Section VII officials we are all on the same page right now. Let the kids play, safely, and continue to monitor COVID-19 related factors moving forward,” added Mr. Kanoza. “I am hoping that general community cases will continue to decrease, including fewer school related cases and fewer COVID positive patients at CVPH, and that we can all return to some sort of normalcy in the upcoming months.”

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## News Release

Date: March 8, 2021  
For Immediate Release  
Contact: 518-565-4840

### Health Department has Vaccination Openings

**Plattsburgh, March 8, 2021.** The Clinton County Health Department (CCHD) has appointments available for eligible residents to receive their COVID-19 vaccination.

A vaccination POD (point of distribution) site is scheduled for **Thursday, March 11** in the gymnasium at Clinton Community College.

Eligible resident include:

- Those 65 years or older.
- Those 18 years or older with a NYS identified comorbidity.
- Those in Phase 1A or Phase 1B priority groups.

To register yourself, or a loved one, for this clinic visit [www.clintonhealth.org](http://www.clintonhealth.org) or <https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?DateID=BD0ACCD78ABE05F2E0530A6C7C16B873>. Residents can also reach out to CCHD via phone at 518-565-4848.

If residents are unsure if they qualify, they should visit <https://covid19vaccine.health.ny.gov/phased-distribution-vaccine>. To learn more about eligible comorbidities, residents should visit <https://www.ny.gov/sites/ny.gov/files/atoms/files/ComorbiditiesCOVID19.pdf>.

Participants will be required to show identification, proof of employment if their eligibility is employment-based, and proof of residency in Clinton County. CCHD is currently offering only the Moderna COVID-19 vaccine. Vaccination guidance requires participants to receive both their first and second doses from the same agency. A second dose is due at a minimum of 28 days after the first dose. Information on a second dose clinic will be sent to participants directly when the time comes to receive that dose.

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## News Release

Date: March 15, 2021  
For Immediate Release  
Contact: 518-565-4840

### CCHD Marks One Year since First COVID-19 Case

**Plattsburgh, March 15, 2021.** March 16, 2021 will mark one year since the first case of COVID-19 was identified in Clinton County. In the year since that first case, the Clinton County Health Department (CCHD) has reported more than 4,000 total cases of COVID-19 among residents. Clinton County has also recorded 29 COVID-19 related deaths.

“One loss is too many, and we share our deepest condolences with the friends and family members of those we lost due to COVID-19,” stated John Kanoza, Director of Public Health in Clinton County.

CCHD, along with other community agencies, began its COVID-19 response well before the first recorded case in Clinton County. That response team also includes: the Clinton County Office of Emergency Services, the Clinton County Sheriff Department, CVPH, Clinton County Mental Health and Addiction Services, local schools and universities, local government liaisons, and many more. Together, the response team has worked to keep the community safe, and informed, during the pandemic.

“A collaboration with other community stakeholders is important during any emergency, especially one of this size,” explained Mr. Kanoza. “Our response team has been diligent throughout the process and our community, for the most part, has been cooperative with our efforts.”

Clinton County saw a surge of cases following the holiday season and currently has 95 active cases. COVID-19 vaccinations are also in full swing. Since late December, CVPH, CCHD, local providers and pharmacies, and the NYSDOH have offered vaccine appointments. As of March 7, 2021, almost 40,000 total doses of COVID-19 vaccine has been given to Clinton County residents.

“Almost twenty-seven percent of our total Clinton County population has received their first dose of vaccine, and fifteen percent have received both doses,” added Mr. Kanoza. “Our goal is to reach the seventy-five to eighty percent mark for community vaccination.”

“Our community has been incredible throughout this entire process, and we thank them for that,” expressed Mr. Kanoza. “We are all tired, but we must remain vigilant until COVID-19 is no longer a threat in our community. Please continue to follow the safety measures that have gotten us to this point – handwashing, social distancing, staying home when you are sick, mask wearing, and please schedule your vaccine as soon as you are eligible.”

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## News Release

Date: March 16, 2021  
For Immediate Release  
Contact: 518-565-4840

### Health Department has Vaccination Openings

**Plattsburgh, March 16, 2021.** The Clinton County Health Department (CCHD) has appointments available for eligible residents to receive their COVID-19 vaccination.

A vaccination POD (point of distribution) site is scheduled for **Thursday, March 18** in the gymnasium at Clinton Community College.

Eligible resident include:

- Those 60 years or older.
- Those 18 years or older with a NYS identified comorbidity.
- Those in Phase 1A or Phase 1B priority groups.
  - This group now includes: public-facing government and public employees, not-for-profit workers who provide public-facing services to New Yorkers in need and, essential in-person public-facing building service workers.

To register yourself, or a loved one, for this clinic visit [www.clintonhealth.org](http://www.clintonhealth.org) or <https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?DateID=BD8B23D2D0360860E0530A6C7C1606C7>. Residents can also reach out to CCHD via phone at 518-565-4848.

If residents are unsure if they qualify, they should visit <https://covid19vaccine.health.ny.gov/phased-distribution-vaccine>. To learn more about eligible comorbidities, residents should visit <https://www.ny.gov/sites/ny.gov/files/atoms/files/ComorbiditiesCOVID19.pdf>.

Participants will be required to show identification, proof of employment if their eligibility is employment-based, and proof of residency in Clinton County. CCHD is currently offering only the Moderna COVID-19 vaccine. Vaccination guidance requires participants to receive both their first and second doses from the same agency. A second dose is due at a minimum of 28 days after the first dose. Information on a second dose clinic will be sent to participants directly when the time comes to receive that dose.

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## News Release

Date: March 17, 2021  
For Immediate Release  
Contact: 518-565-4840

### Health Department Addresses Questions Surrounding Johnson & Johnson Vaccine

**Plattsburgh, March 17, 2021.** The Clinton County Health Department (CCHD) has received numerous calls from community members looking for information regarding the availability of the Johnson & Johnson vaccine in Clinton County.

“We have not received any doses of the Johnson & Johnson vaccine,” stated John Kanoza, Director of Public Health in Clinton County. “We have also not received any indication from the state as to when it may become available to us. Other entities in our area may have limited supply of the Johnson & Johnson vaccine, but CCHD does not.”

CCHD has commented previously that we are prepared to distribute any vaccine allocated to us by the state, regardless of the type. “That remains true,” added Mr. Kanoza. “We will continue to vaccinate utilizing Moderna vaccine, which is what we have right now. We will communicate with the public if, at any time, we are given any other type of vaccine and how we will be distributing it.”

Eligible residents can register for appointments through CCHD, local healthcare providers, local pharmacies, and the NYS vaccination site. Those sites currently utilize the Pfizer or Moderna Vaccines.

“We urge the public not to wait for a specific vaccine. If you are eligible get vaccinated,” advised Mr. Kanoza. “We do not have a schedule for when Johnson & Johnson will be available, it could be quite some time before we see it. We just don’t know. Get vaccinated at one of the clinics open right now with what is available.”

To learn more about vaccination in Clinton County, visit [www.clintonhealth.org/covid19vaccine](http://www.clintonhealth.org/covid19vaccine).

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## News Release

Date: March 23, 2021  
For Immediate Release  
Contact: 518-565-4840

### Health Department has Vaccination Openings

**Plattsburgh, March 23, 2021.** The Clinton County Health Department (CCHD) has appointments available for eligible residents to receive their COVID-19 vaccination.

A vaccination POD (point of distribution) site is scheduled for **Thursday, March 25** in the gymnasium at Clinton Community College.

Eligible resident include:

- Those 50 years or older.
- Those 18 years or older with a NYS identified comorbidity.
- Those in Phase 1A or Phase 1B priority groups.
  - This group now includes: public-facing government and public employees, not-for-profit workers who provide public-facing services to New Yorkers in need and, essential in-person public-facing building service workers.

To register yourself, or a loved one, for this clinic visit [www.clintonhealth.org](http://www.clintonhealth.org) or <https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?OpID=BE22AA9E8DFC0D00E0530A6C7C16B3EE>. Residents can also reach out to CCHD via phone at 518-565-4848.

If residents are unsure if they qualify, they should visit <https://covid19vaccine.health.ny.gov/phased-distribution-vaccine>. To learn more about eligible comorbidities, residents should visit <https://www.ny.gov/sites/ny.gov/files/atoms/files/ComorbiditiesCOVID19.pdf>.

Clinton Community College can be accessed by using Clinton County Public Transit (CCPT). Visit <http://www.clintoncountypublictransit.com/> for route information.

Participants will be required to show identification, proof of employment if their eligibility is employment-based, and proof of residency in Clinton County. CCHD is currently offering only the Moderna COVID-19 vaccine. Vaccination guidance requires participants to receive both their first and second doses from the same agency. A second dose is due at a minimum of 28 days after the first dose. Information on a second dose clinic will be sent to participants directly when the time comes to receive that dose.

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## News Release

Date: March 29, 2021  
For Immediate Release  
Contact: 518-565-4840

### COVID-19 Vaccination Opened to Residents 30 and Older

**Plattsburgh, March 29, 2021.** New York State has opened the eligibility criteria for COVID-19 vaccination to include those 30 years of age and older. The Clinton County Health Department (CCHD) has appointments available for residents ages 30 and older to receive their COVID-19 vaccination. Additionally, Clinton County residents ages 18-29 with a NYS identified comorbidity, or who fall into a Phase 1A or Phase 1B priority group are eligible to register.

A vaccination POD (point of distribution) site is scheduled for **Thursday, April 1** in the gymnasium at Clinton Community College.

“CCHD is very pleased eligibility has been expanded to include more of our residents,” stated John Kanoza, Director of Public Health in Clinton County. “We hope that with this expansion comes more allocated vaccine to local health departments. The more vaccine received, the more doses we can get to our residents.”

To date, CCHD has administered more than 5,000 doses of the Moderna vaccine. “We have a scalable approach that allows us to staff our POD sites based on the number of vaccinations available each week,” added Mr. Kanoza. “We will continue to advertise these PODs using social and traditional media.”

While more residents are now eligible to receive a COVID-19 vaccine, we understand there may still be some hesitancy among community members to get the vaccine. “The efficacy of the Pfizer, Moderna, and Johnson and Johnson vaccines has been well proven at this point,” stated Margaret Searing, Quality Coordinator at the Clinton County Health Department. “A person who receives a COVID-19 vaccination can be 95% certain that they will be protected from active disease. Even if someone happens to be within the 5% who become sick, they are protected from the more severe forms of the illness that result in hospitalization and death.”

CCHD recommends all eligible residents register for a COVID-19 vaccination. “So far there is no evidence of waning of immunity from vaccination six or more months into our experience with it. However, there is a risk of getting re-infected with COVID-19 for people who have had an active case, but did not get vaccinated,” added Ms. Searing.

To register yourself, or a loved one, for this clinic visit [www.clintonhealth.org](http://www.clintonhealth.org) or <https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?OpID=BEB25C2E61DC06EEE0530A6C7C16C332>. Residents can also reach out to CCHD via phone at 518-565-4848.

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Participants will be required to show identification, proof of employment if their eligibility is employment-based, and proof of residency in Clinton County. CCHD is currently offering only the Moderna COVID-19 vaccine. Vaccination guidance requires participants to receive both their first and second doses from the same agency. A second dose is due at a minimum of 28 days after the first dose. Information on a second dose clinic will be sent to participants directly when the time comes to receive that dose.

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## News Release

Date: April 9, 2021  
For Immediate Release  
Contact: 518-565-4840

### COVID-19 Updates

**Plattsburgh, April 9, 2021.** The number of Clinton County residents who have received the COVID-19 vaccine continues to steadily increase. As of April 4, 2021, 51% of eligible residents had received at least one dose of COVID-19 vaccine, and 37% of eligible residents had received two doses of vaccine, according to the North Country Hub. However, health officials are concerned that many residents are becoming lax in their efforts to stop the spread of COVID-19 in our community.

“We have said this many times before, but we cannot emphasize it enough. As much as we want to be done with this virus and pandemic, we are not there yet. Residents must continue to be vigilant,” urged John Kanoza, Director of Public Health in Clinton County. “Our contact tracing and case investigation team continue to consistently see at least 20 to 30 new COVID-19 positive cases per day. Cases are not limited to one specific geographic area or population—they continue to be spread throughout the County, affecting residents of all ages,” noted Mr. Kanoza.

“If you aren’t feeling well, isolate yourself from others, get tested, and remain at home while you wait for your results. We are seeing many instances where people are having symptoms, but continue to go to work, school, gatherings, and travel, often not getting tested or isolating until their symptoms worsen or others around them become sick as well. In the meantime, they’re exposing a large number of people unnecessarily,” stated Mr. Kanoza. “This isn’t over, covid is still here, and your individual actions matter,” pleaded Mr. Kanoza.

Residents are encouraged to:

- Stay home if you are sick.
- Wear a mask that goes over your nose AND mouth.
- Keep at least 6 feet of distance between yourself and others who do not live in your household.
- Wash your hands often with soap and water. Use hand sanitizer with 60% alcohol if soap and water are not available.
- Avoid crowds and gatherings.
- Get your COVID-19 vaccine as soon as you are eligible.

Currently, all New York State residents aged 16 years and older are eligible to receive COVID-19 vaccine. Moderna and Johnson & Johnson (Janssen) vaccines are approved for use in individuals aged 18 years and older, and Pfizer vaccine is approved for use in people aged 16 years and older.

- more -



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“We are hopeful that as more eligible residents are fully vaccinated we will see cases of COVID-19 decrease, but I can’t stress enough, we are not there yet,” stated Mr. Kanoza. Individuals are considered fully vaccinated two weeks after their second dose of vaccine if they’ve received Moderna or Pfizer vaccine. Johnson & Johnson vaccine is only one dose; individuals are considered fully vaccinated two weeks after vaccination.

As vaccine becomes more widely available, residents now have many options on where to get their vaccine. In addition to vaccination clinics operated by the Clinton County Health Department (CCHD), a State Vaccination Site is available in Clinton County, and many local pharmacies and some provider offices are now offering COVID-19 vaccines. Residents may visit <https://am-i-eligible.covid19vaccine.health.ny.gov/> or <https://vaccinefinder.org/search/> to find a vaccination site near them.

CCHD’s next vaccination clinic is scheduled for **Wednesday, April 14, 2021** at St. Edmund’s Church on Route 11 in **Ellenburg Center**. The clinic is open to all Clinton County Residents aged 18 years and older. Moderna vaccine will be provided. To register yourself or a loved one, residents may visit [www.clintonhealth.org/covid19](http://www.clintonhealth.org/covid19) or <https://on.ny.gov/2PNFTZJ>. For assistance registering, residents may call CCHD at 518-565-4840.

Participants will be required to show identification and proof of residency or employment in Clinton County. Vaccination guidance requires participants to receive both their first and second doses from the same agency. A second dose is due at a minimum of 28 days after the first dose. Information on a second dose clinic will be sent to participants directly when the time comes to receive that dose.

“We are working hard to ensure all eligible residents are able to access vaccine,” stated Mr. Kanoza. “In the upcoming weeks, residents will continue to see additional clinics offered in other areas of the county, outside of Plattsburgh. We will continue to update our website and advertise through local media, as soon as dates and locations of clinics are finalized,” noted Mr. Kanoza. CCHD’s website may be accessed at [www.clintonhealth.org](http://www.clintonhealth.org).

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## News Release

Date: April 14, 2021  
For Immediate Release  
Contact: 518-565-4840

### Daily tick checks

**Plattsburgh, April 14, 2021.** With increasingly longer days and recent warmer weather, residents are spending more time outdoors. Many residents have reported tick encounters over the past few weeks, and the Clinton County Health Department (CCHD) is reminding residents to be on the lookout for ticks.

“Lab-confirmed cases of Lyme disease in Clinton County increased significantly over the last year, from 63 in 2019 to 163 in 2020,” stated John Kanoza, Director of Public Health in Clinton County. Lyme disease, an illness caused by a bacteria carried by the deer (blacklegged) tick, is the most common disease spread by ticks in our region. Early signs and symptoms of Lyme disease include: fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. Approximately 70 to 80 percent of infected persons develop an erythema migrans rash, often with a “bull’s eye” appearance. Left untreated, a range of additional symptoms may develop. For some, symptoms of pain, fatigue, or difficulty thinking persist for more than six months after they finish treatment, known as Post-Treatment Lyme Disease Syndrome (PTLDS).

“Your risk of Lyme disease decreases if the tick is removed within 24 to 36 hours of when it attaches, which is why daily tick checks are so important,” noted Mr. Kanoza. CCHD encourages residents to make tick checks part of your daily routine--for everyone in your family, including pets. Mr. Kanoza cautioned, “Pets that spend time outdoors can bring ticks indoors, putting you at risk, even if you haven’t spent time outdoors yourself.” Adult female deer ticks are red and black, while males are just black. Adult deer ticks are about the size of a sesame seed (3 to 4 millimeters [mm]). Young, immature ticks, called nymphs, are tiny—less than 2 mm. They are often no bigger than a pinhead and can be very difficult to see.

Daily tick checks should include key areas ticks like to hide, such as under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and on the hairline and scalp. Taking a shower as soon as possible after spending time outdoors can also help to wash away unattached ticks.

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Other prevention measures include:

- Use an EPA (Environmental Protection Agency)-registered insect repellent that contains DEET, picaridin, IR3535, oil of lemon eucalyptus or 2-undecanone. Always follow product instructions.
- Cover your skin as much as possible. Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Wear light-colored clothing with a tight weave to spot ticks easily.
- Treat clothing and gear (such as boots, pants, socks, and tents) with products containing 0.5% permethrin. Never apply permethrin directly to skin. Re-treat clothing annually according to label instructions.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, dry them completely and then dry for 10 minutes on high heat.

“Knowing where to expect ticks is key to avoiding contact with them,” said Mr. Kanoza. “Ticks live in grassy, brushy, or wooded areas, or even on animals. Stay toward the center of the path when hiking, and avoid dense woods and brushy areas with high grass and leaf litter when possible. But most importantly—make tick checks part of your daily routine,” Mr. Kanoza emphasized.

For additional information, including tick removal, visit <https://www.cdc.gov/lyme>.

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## News Release

Date: April 14, 2021  
For Immediate Release  
Contact: 518-565-4840

### CCHD Announces Dates for Mobile COVID-19 Vaccine Clinics

**Plattsburgh, April 14, 2021.** The Clinton County Health Department (CCHD) will be utilizing a mobile POD (point of distribution) approach in their COVID-19 vaccination clinics over the next several weeks.

“While we plan to continue to have a central clinic site at Clinton Community College, it is important that residents who live outside of that central area have access to vaccine,” stated John Kanoza, Director of Public Health in Clinton County. “By bringing the vaccine to these communities we ensure all of our residents have the same opportunity to receive vaccine.”

Vaccination clinics currently scheduled are:

- **April 21, 2021 at the Saranac Fire Department.** This clinic will be located at 3277 Route 3 in Saranac and will run from 11:00 am to 2:00 pm.
- **April 28, 2021 at the Keeseville Fire Department.** This clinic will be located at 8 Pleasant Street in Keeseville and will run from 11:00 am to 2:00 pm.
- **May 5, 2021 at Holy Angels Church in Altona.** The clinic will be located at 522 Devils Den Road in Altona and will run from 11:00 am to 2:00 pm.

The clinics are open to all Clinton County Residents aged 18 years and older. To register yourself or a loved one for any of the clinics, visit [www.clintonhealth.org/covid19vaccine](http://www.clintonhealth.org/covid19vaccine). For assistance registering, residents may call CCHD at 518-565-4840.

Participants will be required to show identification and proof of residency or employment in Clinton County. Moderna vaccine will be provided. Vaccination guidance requires participants to receive both their first and second doses from the same agency. A second dose is due at a minimum of 28 days after the first dose. Information on a second dose clinic will be sent to participants directly when the time comes to receive that dose.

“We will continue to work hard to bring access to the vaccine to all Clinton County residents,” stated Mr. Kanoza. “What we need now, from the public, is for everyone who is eligible to get vaccinated. To help return to a sense of normalcy, we need to see about 80% of our population get vaccinated.”

As additional vaccine clinics are added, CCHD will continue to post them to their website, social media pages, and share will local media outlets.



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## News Release

Date: May 13, 2021  
For Immediate Release  
Contact: 518-565-4840

### **NYS Approves Pfizer Vaccination Eligibility Expansion to Include 12-15 Age Group**

**Plattsburgh, May 13, 2021.** On May 12, Governor Cuomo accepted Dr. Zucker and the New York State Clinical Advisory Task Force’s recommendation to authorize all providers enrolled in the NYS COVID-19 vaccination program to expand eligibility for the Pfizer COVID-19 vaccine to people in the 12-15 age group.

The Clinton County Health Department (CCHD) plans to begin offering vaccination clinics in local schools later this month. “We will be working with local schools to set up clinics for their students that are as convenient as possible for the kids and their parents,” stated John Kanoza, Director of Public Health in Clinton County. “Parents or guardians should plan to be present when their child receives their vaccine.”

CCHD began working with local school districts over the past several weeks to begin gauging the level of interest in each district. Districts were asked to share a vaccination survey with their school community to get a preliminary number of interested students. The survey can be accessed by visiting [www.surveymonkey.com/r/ClintonCOVID-19VaxSurvey](http://www.surveymonkey.com/r/ClintonCOVID-19VaxSurvey). Please only complete the survey if you are interested in having your child vaccinated at a school clinic.

In anticipation of this age expansion, the North Country already has hundreds of doses ready to be distributed to this population. “Because Pfizer vaccine comes in large quantities, we will be sharing an order with our neighboring counties,” added Mr. Kanoza. “CVPH has been a huge help in the receipt and storage of these doses.”

By swiftly vaccinating this age group, CCHD hopes to reduce the number of cases and exposures in K-12 schools. This will allow for minimal disruptions in learning moving into the upcoming school year. “We are currently seeing that more than half of the COVID-19 cases in Clinton County are in the younger age groups – ages 25 and younger,” explained Mr. Kanoza. “With this age expansion, we hope we will see COVID cases trend downward in that population, much like it has in the rest of our vaccinated population.”

Other local providers who offer Pfizer vaccine can begin vaccinating this population as early as today. To find a provider nearest to you, visit [www.vaccinefinder.org/search](http://www.vaccinefinder.org/search).

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## News Release

Date: May 18, 2021  
For Immediate Release  
Contact: 518-565-4840

### **NYS to Adopt New CDC Guidance on Mask Use and Social Distancing for Fully Vaccinated Individuals**

**Plattsburgh, May 18, 2021.** Yesterday, Governor Cuomo announced that beginning May 19, New York State will adopt the CDC's "[Interim Public Health Recommendations for Fully Vaccinated People](#)" for most business and public settings. Consistent with the CDC guidance, Pre-K to 12 schools, public transit, homeless shelters, correctional facilities, nursing homes, and healthcare settings will continue to follow the State's existing COVID-19 health guidelines until more New Yorkers are fully vaccinated.

“Taking off the masks is a well-deserved relief for the almost 50% of Clinton County residents who are fully vaccinated,” stated John Kanoza, Director of Public Health in Clinton County. “The Clinton County Health Department (CCHD) continues to recommend wearing masks in indoors settings or crowded outdoor settings where the vaccination status of individuals is unknown, especially until more detailed guidance is provided by the state.”

Unvaccinated individuals will still be required to wear masks in public settings and maintain 6-foot physical distance, specifically when in close proximity to people, both indoors and outdoors. Businesses may also continue to require masks for all patrons if they choose to do so or they do not have the capacity to verify vaccination status of their customers. All residents should continue to be prepared to wear a mask when in public.

“As we await more detailed guidance from NYS, we urge residents to be patient with our local businesses,” advised Mr. Kanoza. “Continue to wear your mask out of courtesy until you have established your vaccination status with the business and what their policies are.”

Though it is unclear at this time how vaccination status will be verified, CCHD recommends residents download New York State’s Excelsior Pass. The Excelsior pass will be the easiest and most accurate way to verify your vaccination status. Visit <https://covid19vaccine.health.ny.gov/excelsior-pass> to learn more.

“As Clinton County’s COVID-19 vaccination rate has increased, we have seen our active cases decrease – which is great news, added Mr. Kanoza. “If our residents continue to use common sense, avoid crowds, wash their hands frequently, and continue to wear a mask when the vaccination status of the people around them is unknown, our hope is that we can continue on to the goal of eliminating COVID-19 as a threat in our community.”

Residents who have not yet been vaccinated should visit [www.clintonhealth.org/covid19vaccine](http://www.clintonhealth.org/covid19vaccine) or [www.vaccinefinder.gov/search](http://www.vaccinefinder.gov/search) to learn more about vaccine locations and appointments in our area.



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## News Release

Date: May 20, 2021  
For Immediate Release  
Contact: 518-565-4840

### Health Department Sets Dates for COVID-19 Vaccination Clinics in Local Schools

**Plattsburgh, May 20, 2021.** Over the next two weeks, the Clinton County Health Department (CCHD) will travel to area schools to offer COVID-19 vaccination clinics to area students, staff, and community members.

“We have worked with our local schools to jump on this opportunity quickly,” stated John Kanoza, Director of Public Health in Clinton County. “This will allow us to return for the second dose clinics before the end of the school year.”

Working with the districts, CCHD began surveying parents to gauge the level of interest in each district over the past two weeks. By getting the survey out early and having a great response rate from parents, CCHD was able to promptly plan clinics in areas that expressed an interest. Districts with vaccination clinics currently scheduled include: Chazy, Northern Adirondack, Saranac, Peru, AuSable Valley, and Northeastern Clinton. Each participating district will be communicating with their school community directly on the dates and times of their clinics, as well as how parents can register their students. A parent or guardian must be present when their child receives their vaccine.

“Many of our districts will be opening their clinics to community members as another opportunity for vaccination close to home,” explained Mr. Kanoza. “CCHD will work with each district directly on their plans. The schools and CCHD will continue to share information through all platforms as we move through the process.”

“We want to get this population vaccinated as soon as possible,” added Mr. Kanoza. “Over the past few months we have seen more and more of our COVID-19 cases impacting our local schools. Looking to the summer months and into next school year, getting these students vaccinated is going to be a big step towards moving back to some sense of normalcy.”

Other local providers who offer Pfizer vaccine, including the NYS Site, have already begun vaccinating residents ages 12 to 15. To find a provider nearest to you, visit [www.vaccinefinder.org/search](http://www.vaccinefinder.org/search).

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## News Release

Date: June 8, 2021  
For Immediate Release  
Contact: 518-565-4840

### **The Clinton County Breastfeeding Coalition is Normalizing Breastfeeding**

**Clinton County, NY June 8, 2021.** A group of lactation professionals and advocates are taking to social media to promote and advance breastfeeding in Clinton County. The Clinton County Breastfeeding Coalition, comprised of over 10 community organizations and local moms, developed a campaign highlighting the ‘realness’ of breastfeeding and the fact that it may not always be easy, but it is always worth it. Social media followers can expect to see one post per month from June through November and will be able to interact by posting pictures of their nurslings with #ThisIsHowWeNurse.

Because of the well-documented health benefits of breastfeeding for infants, children and mothers, the six month social media campaign is focused on encouraging and supporting women to breastfeed their babies by normalizing this behavior in our community. KayLeigh Raville, Supervising Public Health Educator at the Clinton County Health Department and Chair of the Clinton County Breastfeeding Coalition, explains “Chances are, at some point each of us will know a mom who wants to breastfeed – support and encourage her to reach her goals. A little bit of encouragement from each of us can go a long way.” Raville continues, “Sharing this campaign on your social media is one small way you can contribute to a cultural shift in which we all view breastfeeding as normal, accepted and welcomed.”

The Clinton County Health Department (CCHD) began facilitating breastfeeding policy work and baseline breastfeeding data collection in 2013. This ground work has helped guide efforts to advance and normalize breastfeeding in our community over the past 7 years. With support from the New York State Department of Health’s regional *Creating Breastfeeding Friendly Communities* grant, over 100 worksites, 14 health care practices and 60 child care providers have adopted breastfeeding friendly policies and practices; 3 new baby cafés ® have been established and 2 new breastfeeding coalitions have been formed.

The number of resources in Clinton County also continues to grow thanks to the work of community partners and grant funding. Although some of these services may have switched to virtual platforms, women can seek help from International Board Certified Lactation Consultants (IBCLC’s) at the UVHN-CVPH Lactation Clinic and WIC office. WIC also has Certified Lactation Counselors (CLC’s) and breastfeeding peer counselors available. Healthy Families of the North Country has CLC’s available for home visits, phone or virtual consults. Pediatric offices are a great resource for families and most have CLC’s on staff. Families can also virtually attend Le Leche League and Nature’s Way Baby Café ® meetings weekly. Both of these models offer professional help at no cost as well as peer to peer support. Contact information for all of these services are located on the *Clinton County Breastfeeding Resources* document which can be found at [www.clintonhealth.org/cbfc](http://www.clintonhealth.org/cbfc).

-more-



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The increased support available to families is evident. Raville reports, “Between 2013 - 2017 CCHD saw an average 6.5% increase in Clinton County infants receiving breastmilk during their first year of life and a 35% increase in infants exclusively breastfeeding through 1 year of life.” She adds, “Although Clinton County has made great strides we are still well below NYS and Healthy People 2030 targets. The Clinton County Breastfeeding Coalition and its partners will continue to promote and advance breastfeeding in our community so our littlest residents can grow into healthy adults.”

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## News Release

Date: June 22, 2021  
For Immediate Release  
Contact: 518-565-4840

### Summer Food Services

**Plattsburgh, June 22, 2021.** With summer barbeques, fundraisers, and events arriving in the North Country, the Clinton County Health Department (CCHD) reminds residents to plan in advance for temporary food service operations.

“Anyone that is serving food to the public must have a permit issued by the Health Department,” stated Karen Noonan, Senior Public Health Sanitarian at CCHD. “This includes events connected to fundraisers and events where the food is served at no cost.”

A permit ensures that the kitchen where the food is prepared is safe and that the workers or volunteers are following food safety rules. The source of water used in preparing the food and cleaning equipment and utensils is equally important. All water used in a food operation must be from an approved and tested source. Events held at a facility not connected to an already permitted public water system (i.e., if the building is served by a private well) will require water sampling.

“Any group planning an event where food will be served to the public should contact the Health Department at least 21 days in advance so our staff can assist with food service event planning to help make the event successful,” explained Ms. Noonan. “That would extend to 45 days if water sampling is required.”

For additional information, including permit information, contact CCHD’s Environmental Health and Safety Division at 518-565-4870 or visit [www.clintonhealth.org](http://www.clintonhealth.org).

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## News Release

Date: July 1, 2021  
For Immediate Release  
Contact: 518-565-4840

### Summer Food Safety

**Plattsburgh, July 1, 2021.** While this holiday weekend is an ideal time for outdoor picnics and barbecues, summer is also a time when foodborne illnesses spike. The Clinton County Health Department (CCHD) reminds residents to follow safety steps when preparing food at home all summer long.

“Whether you are just serving your family dinner or having friends over for a barbecue, you should be sure to clean, chill, separate, and cook your food properly,” stated Karen Noonan, Senior Public Health Sanitarian at CCHD.

With higher temperatures in the summer, more attention should be paid to perishable food items during the cooking, serving, and storing process. “Bacteria can multiply quickly if left at room temperature or between 45°F and 140°F – what we call the danger zone,” explained Ms. Noonan. “Never leave perishable foods out for more than 2 hours, 1 hour if the temperature is higher than 90°F.”

To help keep your family and friends safe from food borne illness this summer, follow these safety steps.

- **Clean**
  - Clean surfaces and utensils with soap and water.
  - Wash hands for at least 20 seconds with soap and water before, during, and after preparing food and before eating.
  - Wash all fruits and vegetables under plain running water before eating, cutting or cooking, even if you plan to peel them.
- **Chill**
  - Chill raw and prepared foods as soon as possible if you’re not eating them right away. Cold food should be held at or below 45°F.
  - Foods that need to be kept cold include: raw meat, poultry, and seafood; luncheon and deli meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
  - Refrigerate leftovers promptly. Never leave food out for more than one hour when the temperature is above 90°F.
  - Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, bacteria multiply quickly in the parts of the food that reach room temperature.



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- A full cooler will maintain its cold temperature longer than a partially filled one. Keep your food colder longer by placing coolers out of the direct sun and limit how often you're opening them. Drain off water as ice melts and replace ice frequently.
- **Separate**
  - Use separate cutting boards and utensils for raw meat and poultry, cooked meat and poultry, and ready-to-eat items like vegetables or bread.
  - Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it's cooked.
- **Cook**
  - Keep hot food hot. Hot food should be kept at or above 140°F. If bringing hot food to an outdoor party, eat it within two hours. When re-heating any pre-cooked food be sure it reaches 165°F.
  - Use a food thermometer to see if your food is the right temperature. Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.
  - Whole cuts of beef, pork, veal, and lamb should be cooked to at least 145°F. Ground beef should be cooked to 160°F. Poultry should be cooked to at least 165°F.

“Following these food safety tips at home to prepare food properly can help to keep your family safe from food borne illnesses,” added Ms. Noonan

For more summer safety tips, visit [www.clintonhealth.org/news\\_letters/SummerSafetyGuide2021.pdf](http://www.clintonhealth.org/news_letters/SummerSafetyGuide2021.pdf).

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## News Release

Date: July 12, 2021  
For Immediate Release  
Contact: 518-565-4840

### Harmful Algal Blooms Found at Local Beach

**Plattsburgh, July 12, 2021.** The Clinton County Health Department (CCHD) is advising residents to be on the look-out for Harmful Algal Blooms (HABs) at local swimming areas.

Point au Roche State Park announced on Monday that their swimming area would be closed until further notice due to HABs. “This particular park’s water is regulated by New York State, not CCHD,” stated Ryan Davies, Director/Engineer of CCHD’s Environmental Health and Safety Division. “But HABs can happen at any of our waterfront areas.”

HABs are the rapid growth of cyanobacteria, or algae, that can cause harm to people and animals. They can look like foam, scum, paint, or mats on the surface of the water. These blooms produce toxins that can make people or pets sick. HABs are most likely triggered by a combination of conditions that include: excess nutrients (phosphorus and nitrogen), lots of sunlight, low-water or low-flow conditions, calm water, and/or warm temperatures. Depending on the weather and the characteristics of the lake, HABs may be short-lived (appearing and disappearing in hours) or long-lived (persisting for several weeks or more).

“With recent warm temperatures and low water levels in Lake Champlain, HAB’s were able to grow a little earlier in the season than we are used to seeing,” added Mr. Davies. “The best thing residents can do to protect themselves, their families, and their pets from these blooms is to know what to look for, avoid contact with it, and report any HAB sightings to the DEC (Department of Environmental Conservation).”

- Avoid contact with any floating mats, scums, or discolored water. Colors can include shades of green, blue-green, yellow, brown or red.
- Never drink, prepare food, cook, or make ice with untreated surface water, whether or not algae blooms are present.
- Don’t drink surface water during an algal bloom, even if it is treated, because in-home treatments such as boiling, disinfecting water with chlorine or ultraviolet (UV), and water filtration units do not protect people from HAB toxins.
- If contact does occur, rinse thoroughly with clean water to remove algae. Stop using water and seek medical attention immediately if symptoms such as vomiting, nausea, diarrhea, skin, eye or throat irritation, allergic reactions, or breathing difficulties occur after drinking or having contact with blooms or untreated surface water.



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To report a suspected HAB, or learn more about blooms, visit <https://www.dec.ny.gov/chemical/77118.html>. The DEC also maintains a HAB's 'Notifications Page' residents can use to check waterbody's before heading out on the water.

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## News Release

Date: July 16, 2021  
For Immediate Release  
Contact: 518-565-4840

### Clinton County Health Department Awarded Creating Healthy Schools and Communities Grant

**Clinton County, NY, July 16, 2021.** The New York State Department of Health (NYSDOH), Division of Chronic Disease Prevention and Division of Nutrition have awarded the Clinton County Health Department (CCHD) another five-year grant to prevent obesity in New York State. The Creating Healthy Schools and Communities (CHSC) grant will implement strategies in Clinton County to combat obesity and other chronic diseases in high needs school districts and their surrounding communities. CCHD will work directly with school districts, worksites, early childcare centers and communities to improve access to nutritious affordable foods as well as increase opportunities for daily physical activity.

CHSC builds on the previous NYSDOH grant held by the county. Efforts will focus on sustainable policy, system and environmental changes in selected school districts and the communities where students and their families live.

‘CCHD is beyond excited to receive the next round of CHSC funding’, says Lisa Turner, Supervising Public Health Educator. ‘The grant’s multi-pronged approach will create even healthier places for residents to live, work, learn and play.’

CHSC staff will collaborate with area schools and communities to:

1. Establish food service guidelines in worksites and community settings to increase the availability of healthy foods.
2. Improve policies, practices and environments for physical activity and nutrition standards in Early Care and Education settings.
3. Implement community planning and active transportation interventions in municipalities to increase safe and accessible physical activity.
4. Incorporate nutrition and physical activity strategies in schools to support the CDC’s Whole School, Whole Community, Whole Child (WSCC) model.

The award represents the most comprehensive funding the county has received to date to complete the above activities. Turner adds, ‘This grant has been and will continue to be a substantial benefit to the health of North County residents. We look forward to the next five years.’

For additional information, contact CCHD’s Health Planning and Promotion Division at 518-565-4993 or visit [www.clintonhealth.org](http://www.clintonhealth.org).



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## News Release

Date: July 21, 2021  
For Immediate Release  
Contact: 518-565-4840

### Health Department to Take on COVID-19 Testing & Vaccination

**Plattsburgh, July 21, 2021.** As New York State reduces its large-scale COVID-19 testing and vaccination operations in the North Country, the Clinton County Health Department (CCHD) and University of Vermont Health Network-Champlain Valley Physicians Hospital (CVPH) will work together to continue those services for Clinton County residents.

“The large-scale COVID-19 testing and vaccination operations offered by the state during the COVID-19 pandemic have been an incredible asset to our community,” stated John Kanoza, Director of Public Health in Clinton County. “With the state starting to scale back these services, we will step in to ensure they remain accessible to our community members.”

Individuals may still get tested at the CVPH COVID-19 Testing Center located at 295 New York Road from 9 a.m. to 2 p.m., seven days a week. Patients must have an order for the test from their health care provider, and their health insurance carrier will be billed. Hospital officials note that as they continue to refine the testing process to help meet the needs of the community, changes may occur. Beginning July 28<sup>th</sup>, free COVID-19 testing will be offered at CCHD approximately three days per week.

“The intention of testing at CCHD is to be a gap service,” explained Mr. Kanoza. “We have a number of providers in our area who are already offering testing. Our testing is intended for asymptomatic individuals (individuals who are not experiencing any symptoms), those without primary care physicians, and those without insurance.”

Clinton County residents requiring a COVID-19 test should first contact their primary care physician for testing, especially if they are experiencing symptoms. If their primary care office is not offering testing, or they do not have a primary care physician, there are other options noted below:

### COVID-19 Testing Locations in Clinton County

#### Costs May Apply

CVPH COVID-19 Testing Center  
295 New York Road, Plattsburgh

Condo Pharmacy  
28 Montcalm Avenue, Plattsburgh



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WellNow Urgent Care  
474 NY-3, Plattsburgh

Keeseville Pharmacy  
1730 Front Street, Keeseville

Plattsburgh Family Health (HHHN)  
87 Plaza Boulevard, Plattsburgh

Champlain Family Health (HHHN)  
828 State Route 11, Champlain

Maggy's Pharmacy  
1165 Rt. 374, Dannemora, NY

Cornerstone Drug & Gift, Inc.  
72 Champlain Street, Rouses Point

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**Free**

Walgreens  
301 Cornelia Street, Plattsburgh

Kinney Drugs  
288 Cornelia Street, Plattsburgh

Kinney Drugs  
112 New York Road, Plattsburgh

Clinton County Health Department  
133 Margaret Street, Plattsburgh

After those options have been exhausted, requesting testing at CCHD is appropriate. Testing will be offered Mondays, Wednesdays, and Fridays from 10:00 am to 2:00 pm outside the Health Department offices, located at 133 Margaret Street in Plattsburgh. The exact testing location will be at the Court Street entrance with the ramp. While the weather allows, residents will remain in their vehicles while testing is conducted. Appointments will be required, however day-of appointments will be available.

“Testing is a critical public health tool in limiting the spread of the virus in our communities,” CVPH Vice President of Medical Affairs and Chief Medical Officer Lisa Mark, M.D. explained. “While much progress has been made, the virus has not been eliminated. If you are experiencing COVID-19 symptoms, it is still vital for you to get tested and follow the advice of your health care provider.”

“In addition to our new testing procedures, we will continue to offer COVID-19 vaccinations every Thursday from 10:00 am to 12:00 noon,” added Mr. Kanoza. “At this time we are equipped to offer both the Moderna and Pfizer vaccines at these clinics.”

More information on these services can be found by visiting:

- Clinton County Health Department: [www.clintonhealth.org/covid19](http://www.clintonhealth.org/covid19).
- New York State: <https://coronavirus.health.ny.gov>
- U.S. Department of Health & Human Services:  
<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>



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To register for testing or vaccinations at Clinton County Health Department, please call 518-565-4848.

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**About Champlain Valley Physicians Hospital:**

The University of Vermont Health Network - Champlain Valley Physicians Hospital (CVPH) is a private, not-for-profit hospital in Plattsburgh, NY. Established in 1967 with the merger of Champlain Valley and Physicians Hospitals, CVPH joined Fletcher Allen Partners in 2012, which in 2014 became The University of Vermont Health Network. Together with its partner hospitals, the UVM Medical Group and a home health agency, CVPH provides high quality, cost effective care, close to home. Services include an award winning cardiac services program, accredited cancer center, freestanding ambulatory surgery center, comprehensive rehabilitation services and a 24 hour physician-staffed Emergency Department. Governed by a 15-member Board of Directors, CVPH is accredited by the Joint Commission and licensed by New York State and Medicare/Medicaid Approved. Learn more at [UVMHealth.org/CVPH](http://UVMHealth.org/CVPH) or follow us on Facebook, Twitter, LinkedIn and YouTube.

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## News Release

Date: July 23, 2021  
For Immediate Release  
Contact: 518-565-4993

### UVHN CVPH OB/GYN Becomes ‘Breastfeeding Friendly’

**Plattsburgh, NY July 23, 2021** The University of Vermont Health Network – Champlain Valley Physicians Hospital (CVPH) OB/GYN was officially designated as a *New York State Breastfeeding Friendly Practice* on May 25<sup>th</sup>, 2021, making them the seventh designated health care practice in Clinton County. CVPH OB/GYN was supported in this effort by the *Creating Breastfeeding Friendly Communities* grant at the Clinton County Health Department.

According to provider champion, Dr. Kayla Rumack, “I am happy to work in an office environment that is supportive of parents and babies in their breastfeeding journeys.” She adds, “Every breastfeeding journey looks different and CVPH OB/GYN is happy and enthusiastic to help families optimize their experiences by planning prenatally and being supportive post-partum.”

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 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.
4. Create a breastfeeding friendly office environment.
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 basic of breastfeeding management with women and their families during the postpartum period.
7. Encourage breastfeeding mothers to feed newborns only breast milk.
8. Teach mother 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-



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*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: August 9, 2021  
For Immediate Release  
Contact: 518-565-4840

### Recommended Precautions for Extreme Heat

**Plattsburgh, August 9, 2021.** The Clinton County Health Department (CCHD) is urging residents to prepare for the extreme heat forecasted by staying cool, hydrated and informed. High temperatures and heat indexes can pose serious health risks, especially for certain populations. Take precautions and learn the signs and symptoms of heat related illnesses.

“The extreme temperatures anticipated in the upcoming days are concerning because they can lead to very high body temperatures, resulting in heat-related illnesses and even death,” stated Mark Lafountain, Public Health Emergency Preparedness Coordinator at CCHD. “Fortunately, heat-related illnesses and deaths are preventable. If you keep yourself informed and follow a few simple steps to stay cool and hydrated, you and your family can stay healthy this summer.”

CCHD recommends following these tips to protect yourself and your family when temperatures soar:

- Never leave children or pets inside a parked car, even briefly. In direct sunlight, car interiors can reach temperatures as high as 120 to 140 degrees (even on a mild 70-degree day) and can rise at a rate of greater than one degree/minute. LOOK before you LOCK.
- Stay in air-conditioned areas as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Drink plenty of fluids before you are thirsty, regardless of how active you are. Avoid alcohol, caffeine and sugary drinks as they will cause you to lose more body fluid. As you sweat you will need to replenish the fluids your body has lost.
- Stay out of the sun as much as possible. People and pets should limit outdoor activities to the times of the day that are typically cooler (i.e. early morning or evening). Rest often in shady areas.
- Choose lightweight, light-colored and loose-fitting clothing to help keep cool.
- Apply a broad spectrum sunscreen with SPF 15 or higher before heading outside. Sunburns can affect the body’s ability to cool itself down.
- Check on your neighbors, friends and family members, especially the elderly and those without air conditioning.

“Heat safety is important for everyone, but certain groups should be extra cautious,” added Mr. Lafountain. “Older adults (65+), infants and children, those with chronic medical conditions, those in low income areas, athletes, and those who work outdoors tend to be at an increased risk for developing heat illnesses.”



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Heat illnesses include: heat rash, sunburn, heat cramps, heat exhaustion, and heat stroke. The most serious heat illness is heat stroke.

Signs and symptoms of heat stroke include:

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

“Heat stroke is a medical emergency,” explained Mr. Lafountain. “If you feel someone may be suffering from heat stroke, get the person into shade or an air conditioned area and call 911 right away.”

For more information about the signs and symptoms of heat-related illnesses and keeping cool in the summer heat, visit [www.cdc.gov/extremeheat](http://www.cdc.gov/extremeheat). Updates on weather conditions are available from the National Weather Service at [www.weather.gov/safety/heat](http://www.weather.gov/safety/heat).

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## News Release

Date: August 13, 2021  
For Immediate Release  
Contact: 518-565-4840

### Importance of Capturing Bats Found in Homes

**Plattsburgh, August 13, 2021.** The Clinton County Health Department (CCHD) is advising residents to capture any bats that come in contact with humans or pets. In most cases, bats need to be captured and tested for rabies. Rabies is a fatal viral infection transmitted through an infected animal’s saliva. It is spread to people and pets when they are bitten by an infected animal.

“If you see a bat enter your home, you can open windows so the bat can escape,” explained Amanda Finckel, Senior Public Health Sanitarian at CCHD. “However, if you didn’t see the bat enter, it can be difficult to know if the bat came in contact with a person or pet.”

A person can be bitten by a bat or exposed to its saliva and not know it. Bats have small sharp teeth, which may not leave a visible bite mark, and a bite from a bat during the night may not awaken a sleeping person. You cannot tell if a bat has rabies by looking at it or by the way it acts. The only way to know if an animal has rabies is to send it for testing.

“Most bats do not have rabies, but if a bat is released and not available for testing, it has to be assumed that it may have been rabid,” explained Ms. Finckel. “This means any person or pet who may have been exposed will have to undergo post-exposure treatment. This consists of a series of shots across a 2 week period.”

If you find a bat in your home or camp, and are unsure about whether anyone has come in contact with it, capture the bat without damaging the head and contact your health department. In Clinton County, call 518-565-4870. For a quick video on how to properly capture a bat visit: [www.clintonhealth.org/batproofing](http://www.clintonhealth.org/batproofing).

Use caution when capturing a bat.

- Close doors, windows and closet doors to keep the bat in the room.
- Turn on the lights if the room is dark.
- Wear gloves (heavy, preferably pliable thick leather) and wait for the bat to land.
- Cover the bat with a coffee can or similar container with a lid.
- Slide a piece of cardboard under the can, trapping the bat.
- While firmly holding the cardboard in place against the top of the can, turn the can right side up.
- Replace the cardboard with the lid (if no lid, tape the cardboard tightly to the can).
- Call your local health department. In Clinton County, call 518-565-4870.



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In addition to rooms with a person who is sleeping, bats found in a room with an unattended child, someone who is under the influence of drugs or alcohol, or someone with a mental disability should also be captured. “For post-exposure treatment to be effective, it must be started before a person experiences symptoms of rabies,” added Ms. Finckel. “We cannot stress enough the importance of capturing the bat.”

Residents are encouraged to be proactive and take steps to keep bats out of their homes. Most bats leave in the fall or winter to hibernate, so these are the best times to bat-proof 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 your rooms.

In addition to bat-proofing, it is important to remember that pets, including indoor cats, must be vaccinated against rabies. New York State Public Health Law requires all dogs, cats and ferrets over four months old to be vaccinated. “Vaccinating your pets is one of the best ways to protect your family from rabies,” urged Ms. Finckel. “CCHD offers free vaccine clinics several times each year. To see upcoming clinics visit [www.clintonhealth.org/rabiesclinics](http://www.clintonhealth.org/rabiesclinics).”

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## Media Alert

Date: August 16, 2021  
For Immediate Release  
Contact: 518-565-4840

### Facebook Live COVID-19 Media Conference

A Facebook live media event will take place at 11:00 a.m. on Thursday, August 19, 2021. Updates will be provided on the status of the COVID-19 virus’s impact on Clinton County.

Speakers will include:

- **John Kanoza, P.E., P.G., Clinton County Director of Public Health**
- **Mark C. Davey, Ed.D., District Superintendent/ Chief Executive Officer, Champlain Valley Educational Services**
- **Dr. Alexander Enyedi, President of the State University of New York – Plattsburgh**
- **A representative from the University of Vermont Health Network—CVPH**

Keeping in mind the health and safety of all community members, this will be a closed event. Questions can be submitted in advance to [health@clintoncountygov.com](mailto:health@clintoncountygov.com). Please note that responses to questions submitted ahead of time may be added into individual speaker remarks, or responded to separately in the Q&A section of the conference, along with questions from the public.

**A recording will be made available on YouTube after the event.**

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## News Release

Date: August 18, 2021  
For Immediate Release  
Contact: 518-565-4504

### Local Businesses and Community Organizations Take Public Health into Their Own Hands

**Clinton County, NY** – In September 2020, the Clinton County Health Department (CCHD) was awarded a grant called Operation: Light, Quick, Cheap (LQC) through the New York State Health Foundation (NYSHF). The grant allowed CCHD to work with locally-owned businesses and community-based organizations to think outside the box and create safe, fun, eye-catching, healthy spaces for the community. The LQC approach includes placemaking.

“The concept of placemaking allows businesses to make cost effective improvements to their space that promotes physical activity and/or healthy eating,” explained Amanda Prenoveau, Public Health Educator in the Division of Health Planning & Promotion at CCHD.

Eighteen applicants were awarded funding up to \$8,000 per project. LQC awardees and project titles are listed below. To learn more about their projects, visit <https://cchdblogs.blogspot.com/>.

1. Beekmantown Volunteer Fire Department - BVFD Memorial & Community Space
2. Black Brook General Store – Bike & Visitor Friendly Space
3. The Cat’s Meow Thrift Shoppe, Accepted by Outside Art: Plattsburgh Public Art Project – Community Garden Mural
4. Central Nutrition Smoothie & Juice Bar – Gathering Space
5. City of Plattsburgh Fire Department - Firehouse Splash Mural
6. City Well - Community Well-ness Project
7. Clinton County Child Advocacy Center – Welcoming, Friendly Fencing
8. Clinton County Historical Association - *Tsi ietsenhtha* (Jee Yeh Jen Ta)/Plattsburgh Art Project
9. Clinton County Mental Health & Addiction Services - We are Here!
10. Cornerstone Pharmacy – Pharmacy 2.0
11. Cumberland Bay Market - From Rays & Seeds to Rows & Harvest
12. D & D Meats – Corner Oasis
13. Lakeside Coffee – Project Sunburst
14. M’Akin Things Homemade – Welcoming Outdoor Space
15. Maui North - Artistic Bike Racks Project
16. Rouses Point Library - Hop, Skip, Read!
17. Strand Center for the Arts - Melody Park
18. West Chazy Recreation Park – Merry-Go-Cycle



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“We encourage residents to get out and explore some of Clinton County’s newest attractions this summer,” added Ms. Prenoveau.

For additional information, contact CCHD’s Health Planning and Promotion Division at 518-565-4993 or visit [www.clintonhealth.org](http://www.clintonhealth.org).

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## News Release

Date: September 1, 2021  
For Immediate Release  
Contact: 518-565-4840

### Clinton County Designated as an Area of High Transmission

**Plattsburgh, September 1, 2021.** The Clinton County Health Department (CCHD) is urging area residents to resume universal masking precautions in indoor public settings on the heels of an *area of high transmission* designation from the Centers for Disease Control and Prevention (CDC).

“Throughout this pandemic CCHD has always aligned our guidance with that of New York State and the CDC,” stated John Kanoza, Director of Public Health in Clinton County. “With a HIGH level of transmission in our county, we strongly recommend that everyone, regardless of vaccination status, follow the CDC Guidance and return to mask wearing in indoor public places. We recommend our residents mask up in crowded outdoor settings as well.”

Clinton County saw more than 200 new cases of COVID-19 in August. “Less than half (45%) of those cases were breakthrough cases (cases among those fully vaccinated),” noted Mr. Kanoza. “With our breakthrough cases, we have proof the vaccine is working. Only 5% of those breakthrough cases in August required hospitalization and there were no deaths among the breakthrough cases.”

Along with resuming masking precautions, CCHD is also strongly recommending residents avoid large gatherings. “A large number of our current cases can be connected through gatherings,” explained Mr. Kanoza. “For example, there were more than 20 cases among attendees of a wedding, and another cluster of almost 10 cases from a large extended family gathering.”

If residents have attended a large gathering they should monitor for symptoms and mask up for 14 days after the event to protect those around them. If they hear of any positive (or rumored positive) cases that attended the same event they should seek testing, regardless of symptoms or vaccination status. “We are asking our residents to be courteous and use common sense,” added Mr. Kanoza. “If you are engaging in these risky behaviors, take precautions so you are not bringing the virus back to your family, friends, and coworkers.”

In addition to wearing masks and avoiding gatherings, residents can protect themselves by washing their hands frequently, staying home and seeking medical care when sick, and getting vaccinated.

CCHD offers free vaccinations clinics every Thursday from 10:00 am to 12:00 noon at their office in Plattsburgh. Residents can schedule an appointment for their first, second, or third (if immunocompromised) dose of the Pfizer-BioNTech or Moderna vaccine by calling 518-565-4848.

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## News Release

Date: September 28, 2021  
For Immediate Release  
Contact: 518-565-4840

### CCHD to Offer COVID-19 Booster Shots

**Plattsburgh, September 28, 2021.** The Centers for Disease Control and Prevention (CDC) has approved booster shots for eligible individuals who have received the Pfizer-BioNTech COVID-19 vaccine. The Clinton County Health Department (CCHD) will begin offering COVID-19 boosters for eligible individuals Thursday, September 30, 2021. Residents who are eligible can register for a CCHD clinic regardless of where their first two doses were administered.

“CCHD is pleased and prepared to begin this phase of the vaccination process,” stated Debra Tackett, Director of Health Care Services at CCHD. “Beginning Thursday, we will offer boosters to those eligible at our weekly clinics.”

Individuals are eligible for a Pfizer booster vaccine dose if they received a 2-dose series of the Pfizer-BioNTech COVID-19 vaccine, the second dose was at least six months ago, AND they meet one or more of the following criteria:

- Age 65 years or older  
OR
- A resident of a long-term care facility age 18 years or older  
OR
- Ages 50 through 64 years with one or more of the underlying medical conditions:
  - Cancer (current or in remission, including 9/11-related cancers)
  - Chronic kidney disease
  - Pulmonary disease, including but not limited to, COPD (chronic obstructive pulmonary disease), asthma (moderate to severe), pulmonary fibrosis, cystic fibrosis, and 9/11 related pulmonary diseases
  - Intellectual and developmental disabilities including Down syndrome
  - Heart conditions, including but not limited to heart failure, coronary artery disease, cardiomyopathies, or hypertension (high blood pressure)
  - Immunocompromised state (weakened immune system) including but not limited to solid organ transplant or from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, use of other immune weakening medicines, or other causes
  - Severe obesity (BMI 40 kg/m<sup>2</sup>), obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
  - Pregnancy
  - Sickle cell disease or thalassemia
  - Type 1 or 2 diabetes mellitus
  - Cerebrovascular disease (affects blood vessels and blood supply to the brain)
  - Neurologic conditions including but not limited to Alzheimer's disease or dementia



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- Liver disease
- OR
- Individuals 18-49 years of age with one or more of the underlying medical conditions listed above, based on individual benefits and risks
- OR
- Ages 18-64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting based on individual benefits and risks.

To register for a booster, please visit [www.clintonhealth.org/covid19vaccine](http://www.clintonhealth.org/covid19vaccine).

CCHD continues to offer COVID-19 vaccine clinics each week for residents needing dose 1, dose 2, or dose 3 appointments. The CDC recommends that people with moderately to severely compromised immune systems receive an additional dose of mRNA COVID-19 vaccine at least 28 days after a second dose of Pfizer-BioNTech COVID-19 vaccine or Moderna COVID-19 vaccine. To schedule a dose 1, dose 2, or dose 3 appointment call 518-565-4848.

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## News Release

Date: October 1, 2021  
For Immediate Release  
Contact: 518-565-4840

### Potential COVID-19 Exposure

**Peru, October 1, 2021.** Residents who attended ‘*Kitty Fest 2021*’ for Animal Rescue Welfare Services on September 25, 2021 may have been exposed to COVID-19. The Clinton County Health Department recommends that residents self-monitor for symptoms of COVID-19 over the 14-day period from the date of the potential exposure. Symptoms include, but are not limited to, fever, cough, chills and loss of sense of taste and smell. If experiencing these or other symptoms of illness, seek immediate testing by contacting your medical provider or an urgent care center.

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## News Release

Date: October 6, 2021  
For Immediate Release  
Contact: 518-565-4840

### **Clinton County Health Department Maintains National Accreditation Status through the Public Health Accreditation Board**

*Maintaining Accreditation through PHAB Ensures the Clinton County Health Department's Capacity to Continue to Evolve, Improve and Advance*

**Plattsburgh, October 6, 2021.** The Clinton County Health Department today announced it has successfully completed a review process to maintain national accreditation status through the Public Health Accreditation Board (PHAB). The nonprofit PHAB works to advance and transform public health practice by championing performance improvement, strong infrastructure, and innovation. In maintaining its accreditation status for another five years, the Clinton County Health Department has demonstrated that it meets PHAB's quality standards and measures and has the capacity to continue to evolve, improve and advance, thereby becoming increasingly effective at improving the health of the residents of Clinton County.

PHAB's accreditation program, which receives support from the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation, sets standards against which the nation's governmental public health departments can continuously improve the quality of their services and performance.

“We are so pleased to again be recognized by PHAB for achieving national standards that foster effectiveness and promote continuous quality improvement,” said Mr. John Kanoza, Director of Public Health in Clinton County. “We hope this announcement, coming as it does in the midst of our ongoing public health response to the COVID-19 pandemic, will reassure our community, our partner organizations, our funders, and our elected officials that the services we provide are as responsive as possible to the needs of our community. By continuing to improve our services and performance, we can be sure we are meeting the public health needs of those we serve as effectively as possible.”

The Clinton County Health Department achieved initial national accreditation status through PHAB on March 4, 2015, after undergoing a rigorous, multi-faceted, peer-reviewed assessment process to ensure it met a set of quality standards and measures. Today's announcement goes a step further by demonstrating that the Clinton County Health Department has the capacity to become increasingly effective at improving the health of Clinton County.

The Clinton County Health Department is a full service local health department and has been serving the residents of Clinton County since 1955. The Health Department's mission is to improve and



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protect the health, well-being and environment of the people of Clinton County. The Department provides a range of services aimed at promoting healthy behaviors; preventing disease and injury; ensuring access to safe food, water, clean air, and life-saving immunizations; and preparing for and responding to public health emergencies.

“We are extremely pleased to be at the point in the accreditation program where the Clinton County Health Department, along with many others, are successfully maintaining their five-year accreditation status through PHAB,” said PHAB President and CEO Paul Kuehnert, DNP, RN, FAAN. “In so doing, these health departments are assuring their communities that the value of accreditation is long-term—not a one-time recognition—and that continual improvement is the hallmark of a 21<sup>st</sup> century organization.”

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#### **About the Public Health Accreditation Board:**

**The Public Health Accreditation Board (PHAB) was created to serve as the national public health accrediting body and is jointly funded by the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation. The development of national public health department accreditation has involved, and is supported by, public health leaders and practitioners from the national, state, local, Tribal, and territorial levels. For more information, contact PHAB Communications Manager Janalle Goosby at [jgoosby@phaboard.org](mailto:jgoosby@phaboard.org). Learn more about PHAB and accreditation at [www.phaboard.org](http://www.phaboard.org), and by [signing up](#) for the PHAB e-newsletter**

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## News Release

Date: October 8, 2021  
For Immediate Release  
Contact: 518-565-4840

### Potential COVID-19 Exposure

**Keeseville, October 8, 2021.** Residents who attended a reception at Gigi’s in Keeseville, NY on Friday, October 1, 2021 may have been exposed to COVID-19. The Clinton County Health Department recommends that residents self-monitor for symptoms of COVID-19 over the 14-day period from the date of the potential exposure. Symptoms include, but are not limited to, fever, cough, chills, congestion and loss of sense of taste and smell. If experiencing these or other symptoms of illness, seek immediate testing by contacting your medical provider or an urgent care center.

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## News Release

Date: October 22, 2021  
For Immediate Release  
Contact: 518-565-4840

### Potential COVID-19 Exposure

**West Plattsburgh, October 22, 2021.** Residents who attended a gathering at the American Legion Post 1619 in West Plattsburgh on Saturday, October 16, 2021 from 4:00pm to midnight may have been exposed to COVID-19. The Clinton County Health Department recommends that residents self-monitor for symptoms of COVID-19 over the 14-day period from the date of the potential exposure. Symptoms include, but are not limited to, fever, cough, chills, congestion, headache and loss of sense of taste and smell. If experiencing these or other symptoms of illness, seek immediate testing by contacting your medical provider or an urgent care center.

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## News Release

Date: October 26, 2021  
For Immediate Release  
Contact: 518-565-4840

### CCHD to Offer COVID-19 Booster Shots for Pfizer and Moderna

**Plattsburgh, October 26, 2021.** The Centers for Disease Control and Prevention (CDC) has updated their recommendations regarding COVID-19 booster shots. The CDC now recommends that certain, eligible, people receive a COVID-19 booster shot, including those who received Pfizer, Moderna and Johnson & Johnson/Janssen COVID-19 vaccines. The Clinton County Health Department (CCHD) will begin offering COVID-19 boosters for eligible individuals who received Moderna on Thursday, October 28, 2021. CCHD will continue to administer COVID-19 boosters for eligible individuals who received Pfizer at these clinics. Residents who are eligible can register for a CCHD clinic regardless of where their first two doses were administered.

“We are very happy to begin administering Moderna boosters at our POD this week,” stated John Kanoza, Director of Public Health at CCHD. “We are now able to administer first, second, and third doses of Moderna and Pfizer as well as these boosters.”

For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings

For residents who received the Johnson & Johnson COVID-19 vaccine, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago. “At this time, we (CCHD) are not able to offer booster shots for the Johnson & Johnson vaccine,” explained Mr. Kanoza. “We would encourage those who received this vaccine to contact the provider who administered their first dose for information on those booster shots.”

To learn more about who is eligible or to register for a booster, please visit [www.clintonhealth.org/covid19vaccine](http://www.clintonhealth.org/covid19vaccine).

CCHD continues to offer COVID-19 vaccine clinics each week for residents needing dose 1, dose 2, or dose 3 appointments. The CDC recommends that people with moderately to severely compromised immune systems receive an additional dose of mRNA COVID-19 vaccine at least 28 days after a second dose of Pfizer-BioNTech COVID-19 vaccine or Moderna COVID-19 vaccine. To schedule a dose 1, dose 2, or dose 3 appointment call 518-565-4848.



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## News Release

Date: November 4, 2021  
For Immediate Release  
Contact: 518-565-4840

### Potential COVID-19 Exposure

**Mooers Forks, November 4, 2021.** Residents who attended a funeral service and subsequent reception at St. Ann Catholic Church in Mooers Forks on Monday, November 1, 2021 may have been exposed to COVID-19. The Clinton County Health Department recommends that residents self-monitor for symptoms of COVID-19 over the 14-day period from the date of the potential exposure. Symptoms include, but are not limited to, fever, cough, chills, congestion, headache and loss of sense of taste and smell. If experiencing these or other symptoms of illness, seek immediate testing by contacting your medical provider or an urgent care center.

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## News Release

Date: November 30, 2021  
For Immediate Release  
Contact: 518-565-4840

### **CCHD to Work with Local Schools on COVID-19 Vaccination Clinics for Students 5-11**

**Plattsburgh, November 30, 2021.** Over the next few months, the Clinton County Health Department (CCHD) will travel to area schools to offer COVID-19 vaccination clinics to area students ages 5-11.

“We have been working with our local districts since we learned of the approval for this age group,” stated John Kanoza, Director of Public Health in Clinton County. “We have been able to secure supplies and finalize schedules with our local districts.”

Districts with vaccination clinics currently scheduled include: Chazy, Northern Adirondack, Saranac, and Peru. Other districts will be added as schedules are finalized. Each participating district will be communicating with their school community directly on the dates and times of their clinics, as well as how parents can register their students. A parent or guardian must be present when their child receives their vaccine.

“Our school partners have been very eager to get these clinics scheduled to serve their families,” explained Mr. Kanoza. “CCHD will work with each district and their medical officers directly on their plans.”

“This school year alone, we have seen upwards of 500 COVID-19 cases among K-12 students, faculty and staff. Getting these kids vaccinated will help to protect them, the community, and reduce the disruptions in learning due to exposures within the schools,” added Mr. Kanoza.

Other local providers have already begun vaccinating residents ages 5 to 11. Parents can reach out to their pediatric provider or local pharmacy for information on other vaccination opportunities.

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## Media Alert

Date: December 7, 2021  
For Immediate Release  
Contact: 518-565-4840

### COVID-19 Media Conference

**Plattsburgh, December 7, 2021, Clinton County Legislative Offices, 137 Margaret Street.** A media conference is scheduled to take place in the legislative chambers Wednesday, December 8, 2021 at 2:00 PM. Updates will be provided on the status of COVID-19 in Clinton County. Media outlets are invited to attend. The event will also be live streamed via the Clinton County Health Department’s Facebook page.

Speakers will include:

- Mark Henry, Chairman, Clinton County Legislature
- John Kanoza, P.E., P.G., Clinton County Director of Public Health
- Dr. Keith Collins, Infectious Disease Specialist, University of Vermont Health Network – Champlain Valley Physicians Hospital (CVPH)

When you arrive, please keep social distancing in mind and allow 6 feet of separation between individuals. Masks are required in all Clinton County Buildings regardless of vaccination status. Questions can also be submitted in advance to [health@clintoncountygov.com](mailto:health@clintoncountygov.com).

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## News Release

Date: December 15, 2021  
For Immediate Release  
Contact: 518-565-4840

### CCHD COVID-19 Vaccination Clinic to Offer Additional Appointments 12/16/2021

**Plattsburgh, December 15, 2021.** The Clinton County Health Department (CCHD) will be able to expand the COVID-19 Vaccination Clinic scheduled for **Thursday, December 16, 2021** with additional staffing provided by the New York State Department of Health (NYSDOH).

“CCHD has been communicating with the state to secure additional vaccinators, clerical, and other staff members to assist with our vaccination clinics,” explained Debra Tackett, Director of Health Care Services at CCHD. “We learned this afternoon they will be able to assist as early as tomorrow.”

The clinic will be held from 10:00 am to 5:00 pm in the Clinton Community College Gymnasium in Plattsburgh and is open to all residents ages 12 and older. Residents can take advantage of these additional appointments by visiting [www.clintonhealth.org/covid19vaccine](http://www.clintonhealth.org/covid19vaccine) and registering for an available time slot. Participants will be able to register for a dose 1, dose 2, dose 3, or booster dose of the Pfizer-BioNTech or Moderna vaccines.

“We anticipate continued staffing and support from the state for future clinics,” added Ms. Tackett. “As more clinics are planned in the coming weeks more appointments and details will be added to our website and shared with the community.”

All currently approved or authorized COVID-19 vaccines are safe and effective and reduce your risk of severe illness. Booster shots are now recommended for everyone ages 16 and older who completed their primary vaccination series at least 6 months prior. To learn more about COVID-19 vaccination, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines>.

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