



Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

“Working Together for a Healthier Community”

health.clintoncountyny.gov



Public Health
Prevent. Promote. Protect.

Administration Division

Phone: (518) 565-4840

Fax: (518) 565-4717

Media Release

Date: June 12, 2026
For Immediate Release
Contact: 518-565-4840

Protect from Mosquito-Borne Illness

Plattsburgh, June 12, 2026. The Clinton County Health Department (CCHD) is urging residents to take precautions to reduce mosquitoes and prevent the transmission of mosquito-borne illnesses. Though mosquitoes usually are considered a nuisance or a pest, they can transmit viruses to people and animals. In Clinton County, the mosquito-borne illnesses we can encounter are Eastern Equine Encephalitis (EEE, Triple E) and West Nile virus (WNV).

Both EEE and WNV are transmitted to humans by the bite of an infected mosquito. Most people infected with EEE or WNV develop mild symptoms or do not develop any signs or symptoms. If illness develops, symptoms usually occur 3-15 days after the bite from an infected mosquito. While EEE and WNV can cause similar symptoms, EEE is a much more serious illness and has a significantly higher risk of severe disease and death. People with mild cases of a mosquito-borne illness may develop fever, headache, body aches, occasionally a skin rash, or swollen glands (lymph nodes). People with severe cases of EEE or WNV usually have a sudden onset of headache, high fever, neck stiffness, muscle weakness, altered mental status, tremors, convulsions, paralysis, inflammation of the brain (encephalitis) or the membranes of the brain and spinal cord (meningitis) or coma.

“Your best defense against these illnesses is prevention,” urged Nichole Louis, RN, BSN, Director of Health Care Services at CCHD. “Taking precautions to avoid a mosquito bite in the first place is the best way to keep yourself and your family safe and healthy.”

“Protecting our community from mosquito-borne illnesses is something we all play a role in,” said Mark Henry. “Simple actions like removing standing water around your home, using insect repellent, and taking steps to prevent mosquito bites can help protect not only yourself and your family, but your neighbors and community as well.”

Take the following steps to protect yourself:

- **Cover your skin** as completely as possible when outside when mosquitoes are present and active. Wear long sleeves, pants and socks.
- **Use insect repellent** containing DEET, Picaridin, Oil of Lemon Eucalyptus, or IR3535 and follow label directions. Do not apply repellent directly on children; instead apply it to your own hands and then rub it onto your child. Avoid applying to the face, and wash skin and clothing thoroughly after coming indoors.
- **Make sure there are screens** in your home’s windows and doors. Make sure the screens are free of rips, tears and holes.
- **Eliminate standing water**, even small amounts, around your property as this is where mosquitoes breed.



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

Make sure your roof gutters drain correctly and clean clogged gutters in the spring and fall. Remove or turn over any items that may hold stagnant water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers to prevent mosquitoes from breeding. Clear vegetation and waste from the edge of ponds.

“Mosquitoes lay their eggs in water, where they mature before emerging as adults that fly and bite,” explained Ms. Louis. “Reducing standing water around your yard reduces the local mosquito population protecting both your family and your neighbors from bites and disease.”

Residents can learn more about mosquitoes and mosquito-borne illness in the North Country Health Effect, at https://health.clintoncountyny.gov/nc_healtheffect/Mosquitoes.pdf.

About the Clinton County Health Department:

The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department’s Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit our website at health.clintoncountyny.gov or connect with us on Facebook (@clintonhealth), X (Twitter [@ClintonCountyHD]), and Instagram (clintoncountyhealth).

###



“Working Together for a Healthier Community”

