



# Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

“Working Together for a Healthier Community”

health.clintoncountyny.gov



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

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

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

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## Media Release

Date: January 5, 2026  
For Immediate Release  
Contact: 518-565-4840

### Slow Down to Prevent Winter Slips & Falls

**Plattsburgh, January 5, 2026.** The Clinton County Health Department (CCHD) reminds residents to take precautions to avoid a slip and fall injury this winter. Hazards like black ice and compacted snow, that are often hidden on sidewalks, parking lots, and stairs can increase your chance of a slip and fall. Inadequate snow removal or lighting and wet floors near building entrances can also increase the chance of a fall.

“Anyone can fall on a slippery surface, and winter in the North Country comes with plenty of hazards,” explains Mark Lafountain, Emergency Preparedness Coordinator for CCHD. “In the winter you want to slow down and take short steps, with your toes pointed outward like a penguin. Also keep your hands free and out of your pockets to help maintain your balance.”

Other tips to keep your balance and reduce your risk of a fall include:

- Planning your trips in advance.
- Wearing shoes with good traction or consider wearing ice cleats.
- Keeping your driveway and sidewalk clear.
- Staying on cleared sidewalks or paths.
- Paying attention to the surfaces around you.
- Maintaining two points of contact when getting out of your car.
- Dressing warm.

“Cold muscles are tight muscles, and this can affect your balance,” added Mr. Lafountain. “Dress for the weather by wearing layers, with your outmost layer protecting from wind, rain and snow.”

To learn more about staying safe when the temperatures drop, visit [https://health.clintoncountyny.gov/nc\\_healtheffect/ExtremeCold.pdf](https://health.clintoncountyny.gov/nc_healtheffect/ExtremeCold.pdf).

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## Media Release

Date: January 8, 2026  
For Immediate Release  
Contact: 518-565-4840

### Healthy Neighborhoods Program to Target Town of Plattsburgh Residents

**Town of Plattsburgh, January 8, 2026.** The Clinton County Health Department’s (CCHD) Healthy Neighborhoods Program (HNP) will be conducting door-to-door outreach in the Town of Plattsburgh. HNP staff will provide brief, in-home surveys to identify health and safety concerns and provide appropriate home safety education and products at no cost to the families that participate.

“I highly encourage everyone participate even if they have participated in the past. Everyone in Clinton County is eligible to participate in the program every six years,” explained Maryann Barto, Public Health Educator in the Environmental Health & Safety Division at CCHD. “Keep in mind detectors and extinguishers need to be updated every six to ten years, depending upon their warranty.”

During the home visit, HNP staff will discuss fire safety and determine the best way to reduce household accidents. Education also includes: indoor air quality, carbon monoxide poisoning, lead poisoning and other household health and safety topics. When appropriate, HNP will also cover asthma prevention tactics to reduce airway irritants in the home and infant safety concerns. Information about community resources and referrals to other programs will also be made available during these visits.

The Town of Plattsburgh will be the focus region for January-March; however, participation in the Healthy Neighborhoods Program is free and open to all Clinton County residents. Residents who are interested in participating in the program can contact HNP at (518) 565-4870 or [www.health.clintoncountyny.gov/healthyneighborhoods](http://www.health.clintoncountyny.gov/healthyneighborhoods) to schedule a visit.

“This grant program is an excellent opportunity for residents to participate in an established program that has been assisting the community for over 40 years,” added Ms. Barto. “We strive to help families have the safest home possible.”

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## Media Alert

Date: January 20, 2026  
For Immediate Release  
Contact: 518-565-4840

### Town of Peru to Kickstart Food Waste Reduction Program

**What:** The Town of Peru is excited to announce the grand opening of Clinton County’s third municipal-level food waste collection program. This program, established in collaboration with the Clinton County Health Department’s Eat Smart, Waste Less program and Casella Waste Systems, will provide residents with a community food scrap collection location. The Town of Peru and other nearby residents will be able to register for this program at the town office and have access to the community food scrap collection bin. This bin will be located at 10 Cross Street, at the Peru Water Department. The food scraps collected at the site will be processed at Casella’s organics recycling facility based in Schuyler Falls, NY. The three-month pilot program is being made available by Casella at no cost to the Town of Peru or residents.

**Who:** Craig Randall, Town Supervisor, Town of Peru  
Shawn McLean, Division Manager, Casella Waste Systems  
Kristy Cymbrak, Territory Sales Representative, Casella Waste Systems  
Abigail Bruzas, Sustainability Analyst, Casella Waste Systems  
Cody Douglas, Senior Public Health Educator, Clinton County Health Department

**Why:** This event is free to attend. We invite families, community members, and local organizations to join us in celebrating this landmark program in the Town of Peru to repurpose food waste in Clinton County. Attendees will have an opportunity to view the first smart-access food scrap collection bin in Clinton County. Food scrap recycling resources will also be available. A door prize raffle will be available with additional food waste reduction resources.

**When:** Tuesday, February 3, 2026, at 11:00 am.

**Where:** 10 Cross Street, Peru, NY 12972 – Peru Water Department.

**Media Contact:** Molly Flynn, Principal Public Health Educator, [Molly.Flynn@clintoncountyny.gov](mailto:Molly.Flynn@clintoncountyny.gov).

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## Media Release

Date: February 2, 2026  
For Immediate Release  
Contact: 518-565-4840

### Protect Your Health Through Preventive Care

**Plattsburgh, February 2, 2026.** The Clinton County Health Department (CCHD) is reminding residents that staying up-to-date with routine health care appointments, recommended health screenings, and routine vaccinations is the most effective way to protect long-term health. Many chronic diseases, such as heart disease and diabetes, as well as several types of cancer may develop over time and symptoms do not always appear early. Screenings help find issues early, giving people more time, more choices, and better outcomes.

“It feels as though we are busier than ever, and routine visits with our health care provider may take a back seat,” explains Mandy Snay, MPH, RD, CDN, Director of the Health Planning and Promotion Division at CCHD, “but it’s important to stay current with screenings to maintain your health.”

Recommended screenings vary by age, sex, family history, health, and lifestyle. Residents are encouraged to talk with their health care provider about which of the following screenings are right for them:

- **Blood pressure (BP):** Adults aged 18-39 with normal BP and no risk factors should be checked every 2-5 years. Adults 40 years and older or those who are at higher risk should be checked annually.
- **Cholesterol:** Adults aged 20-39 should be screened every 4–6 years. Adults 40 years and older should be screened every 1-2 years or more often if they have risk factors such as diabetes, high blood pressure, or a family history of heart disease.
- **Diabetes:** Screening should begin at age 35 and should be repeated every 3 years, or earlier for anyone who is overweight or has additional risk factors.
- **Colorectal cancer:** Screening should begin at age 45 for most adults. Those with a family history or higher risk may begin screenings earlier. Screenings are done every 1-10 years depending on the type of test used.
- **Breast cancer:** Women should get mammograms every 1–2 years beginning at age 40, based on their personal risk.
- **Cervical cancer:** Screening for women should begin at age 21, with Pap tests or HPV-based testing every 3-5 years as recommended by their provider.
- **Prostate cancer:** Men should begin talking with their health care provider around age 50 (earlier for higher-risk individuals) to decide if screening is right for them. Screenings may be repeated every 1-2 years depending on the results.
- **Lung cancer:** Adults ages 50–80 who currently smoke or who have quit within the past 15 years should be screened annually.
- **Immunization:** Adults should review their vaccination needs with a healthcare provider and stay up-to-date on recommended vaccines.



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Staying current on health screenings is important because many chronic diseases and cancers can be detected early. Prompt intervention and lifestyle changes can often slow or prevent disease progression. “Screenings are most effective when supported by other preventive efforts like moving more, eating healthy foods, not smoking, limiting alcohol consumption, and staying current with recommended vaccinations,” added Ms. Snay.

For those already living with chronic disease, preventive care does not stop at screening. Regular visits with a health care provider are especially important for managing long-term conditions. Busy schedules, medication changes, and stress can make conditions harder to manage.

Additional resources are available to support Clinton County residents. For those who are uninsured or underinsured, the Cancer Services Program of Northeastern NY offers free breast, cervical, and colon cancer screenings to eligible adults. To learn more, contact them at (518) 324-7671. Residents seeking extra support for chronic disease prevention or management are also encouraged to explore the Get Healthy North Country program and register for workshops at [www.gethealthynoco.org](http://www.gethealthynoco.org) or by calling (518) 891-5855.

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## Media Release

Date: March 2, 2026  
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### Prevent Accidental Poisoning at Home

**Plattsburgh, March 2, 2026.** The Clinton County Health Department (CCHD) is reminding residents to follow simple steps to prevent a poisoning from happening at home. Poisoning is the leading cause of injury-related death in the U.S. – with more people dying each year than from guns or car-related injuries. Each year, poison centers handle one case every 15 seconds.

“Some of the most common cases of accidental poisoning involve medicines, carbon monoxide (CO), household products, chemicals, art supplies, food, and outdoor hazards like animals, insects, plants, mushrooms, or berries,” explained Nichole Louis, Director of Health Care Services at CCHD. “Teach everyone in your family to never touch or put anything in their mouth unless they know what it is and that it is safe.”

Accidental poisoning doesn’t only happen in young children. In fact, less than 40% of poison center cases are related to kids aged five years and younger. For adults, the most frequent sources of poisonings are analgesics (acetaminophen, ibuprofen, etc.), household cleaning products, cosmetics/personal care products, antidepressants, and cardiovascular drugs. For young children, the most common sources are cosmetics/personal care products, household cleaning products, analgesics, foreign bodies, and dietary supplements.

Keep poisonous items safe and reduce the chance of accidental poisoning in your home by:

- Keeping all medicines in the original containers, in locked cabinets out of reach of children.
- Having and maintaining working CO detectors in your home.
- Keeping household cleaners, chemicals and other potentially poisonous substances in their original containers, in locked cabinets, up high and out-of-reach of children.
- Keeping art supplies/products in their original containers and using them as directed.
- Never using commercial cleaning products on food or food packaging.
- Checking the label on insect repellents and only use as directed.
- Teaching everyone in your family to avoid potentially poisonous mushrooms and plants.

“One of the best things you can do today is to save the toll-free Poison Help Line phone number in your phone,” urged Ms. Louis. “If you suspect someone has been poisoned, call 1-800-222-1222 to be connected with a local poison center.”

To learn more about poison risks in the home, or the Upstate New York Poison Center, visit <https://www.upstate.edu/poison/>.



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## Media Release

Date: April 6, 2026  
For Immediate Release  
Contact: 518-565-4840

### It's Tick Season!

**Plattsburgh, April 6, 2026.** The Clinton County Health Department (CCHD) is reminding residents that ticks become active for the season as soon as temperatures start reaching 40°F and remain active until temperatures consistently drop below that number. Ticks can spread diseases that make people and pets very sick. Diseases or illnesses spread by ticks are called “tick-borne.” Lyme disease, carried by the deer (black-legged) tick, is the most common tick-borne illness in Clinton County, followed by Anaplasmosis, and Babesiosis. Other diseases spread by ticks include Rocky Mountain Spotted Fever and Powassan virus.

“The first step in preventing tick-related illness is to avoid ticks and the places we know they like to be,” explained Nichole Louis, Director of Health Care Services at the CCHD. “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.”

The sooner a tick is removed, the lower your risk of developing tick-borne illness. 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. If spending time outdoors, check for ticks frequently so you can remove them before they have a chance to bite you or your family members. Pets that spend time outdoors can bring ticks indoors, putting you at risk, even if you haven't spent time outdoors yourself – so include them in daily tick checks.

Other prevention measures include:

- Use an EPA (Environmental Protection Agency) approved insect repellent that contains DEET, picaridin, IR3535, oil of lemon, eucalyptus or 2-undecanone.
- 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.
- Cover baby carriers and strollers with mosquito netting.
- Stay away from animal nests and teach children to do the same.
- 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, let them dry completely and then tumble dry for 10 minutes on high heat.



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“If you have been bitten by a tick, be sure to tell your doctor and be on the lookout for symptoms over the next few weeks,” explained Ms. Louis. “The most common symptoms of tick-related illnesses include: fever, chills, rash, aches and pains.”

Residents can learn more about ticks and tick-borne illness in the North Country Health Effect, at [https://health.clintoncountyny.gov/nc\\_healtheffect/Ticks.pdf](https://health.clintoncountyny.gov/nc_healtheffect/Ticks.pdf).

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