



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: 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.

About the Clinton County Health Department:

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



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Media Release

Date: January 8, 2026
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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 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 Schuylar 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.

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