



Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

"Working Together for a Healthier Community"

www.clintoncountyny.gov/health



Public Health
Prevent. Promote. Protect.

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Media Release

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Prepare for Emergencies

Plattsburgh, September 9, 2026. It's National Preparedness Month and the Clinton County Health Department is reminding residents to plan ahead for different types of emergencies.

"Emergency preparedness is really just planning ahead to have the necessary tools available before you need them," explained Mark Lafountain, Emergency Preparedness Coordinator at CCHD. "Think about what you might need to survive or just get by during various emergencies and make a plan to acquire those things. Being prepared before an emergency happens can make all the difference for our families and our communities."

"I encourage everyone across the North Country to take National Preparedness Month as an opportunity to make sure they are ready," said Mark Henry, Chairman of the Clinton County Legislature. "Whether it's a severe winter storm, flooding, a power outage, or another unexpected emergency, taking the time now to make a plan and gather basic supplies can help protect our loved ones and give us greater peace of mind."

Emergencies can come in all forms. Weather events (snow, ice, rain, wind, flooding, extreme heat, extreme cold, etc.), fires (home or forest), natural disasters, financial hardships, cyberattacks, loss of communication, and power outages are all scenarios residents should prepare for.

"Think about what could affect you and your loved ones," advised Mr. Lafountain. "In some instances, you may need to relocate to a safer spot (evacuate) and in other instances, you may be advised to shelter-in-place (stay where you are)."

To start planning for emergencies, discuss the following questions with your family, friends, or household and tailor your plans and supplies to the specific daily needs of your household.

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?
4. What is my family/household communication plan?
5. Do I need to update my emergency preparedness kit?

"Once you have created and practiced your plans with your family, it's time to build your emergency kit," added Mr. Lafountain. "An emergency kit should have basic items that you need in your everyday life. Try to aim for at least 3 days and up to 7 days of self-sufficiency."

Include items like:

- **Water:** At least 60oz per person per day (3-20oz water bottles per person per day).



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

- **Food:** Ready-to-eat foods and snacks.
- **Masks:** Dust masks, N-95s, etc. to help keep the air as clean as possible.
- **Light:** Flashlights, head lamps, pen lights, or other hand-held lights.
- **Emergency Radio:** Make sure it can receive AM/FM frequencies, as well as the Weather Broadcasting Channel.
- **Clothing:** You want to stay warm and dry.
- **First Aid:** Include basic first aid items as well as over-the-counter medications and personal prescription medications.
- **Communications:** Phone networks (landlines and cell phones) may get overwhelmed and become unusable for you. Think about other things to use like walkie-talkies or satellite phones.
- **Miscellaneous:** Emergency phone charger, spare batteries, solar charger, multi-tool, waterproof tape/matches, whistle, flashing beacon, pencil, notepaper, garbage bags.
- **Documents:** Copies of important documents, IDs, local maps, prescriptions, contact info, etc. Save electronic copies as well (PDFs or pictures) in case you need to access them from your phone or from your email on a computer at a shelter.

“Store all of these things in a medium-sized backpack or waterproof tote,” instructed Mr. Lafountain. “Store your emergency kit in a relatively temperature controlled and easily accessible place so you can grab it quickly in an emergency.”

To learn more about emergency preparedness, visit the North Country Health Effect at <https://www.clintoncountyny.gov/sites/default/files/health/public-promotion/pdf/north-county-health-effect/emergency-preparedness.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).

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