



What the Health!?

October 2023

FALL IS THE START OF FLU SEASON!



GET VACCINATED AGAINST THE FLU NOW!

Influenza (flu) is a contagious respiratory illness that infects the nose, throat, and lungs. People over 65, young children, and people with certain health conditions are at higher risk of serious flu complications. An annual flu shot is recommended for almost everyone 6 months and older. It is one of the best ways to reduce flu illnesses, hospitalizations, and death.

This fall and winter, the flu and COVID-19 may both be spreading, and vaccination is the best defense against both viruses! Flu and COVID-19 vaccines are necessary to help people stay healthy and to avoid added stress to our healthcare system.

BAT IN YOUR BEDROOM?

YOU MAY BE AT RISK FOR

RABIES!

REPORT ONLINE TO
PH.TIOGACOUNTYNY.GOV

OR CALL TIOGA COUNTY PUBLIC HEALTH AT 607-687-8600



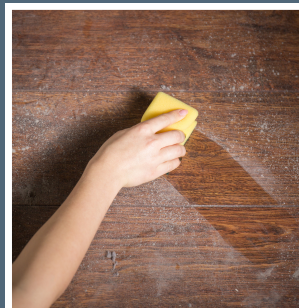
TIOGA SMILES DENTAL PROGRAM

CELEBRATING 20 YEARS OF ENDLESS SMILES AND THOUSANDS OF MILES!



LEAD IS SCARY!

BEWARE OF THESE COMMON SOURCES OF LEAD!

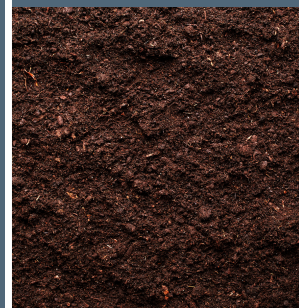


DUST FROM LEAD PAINT

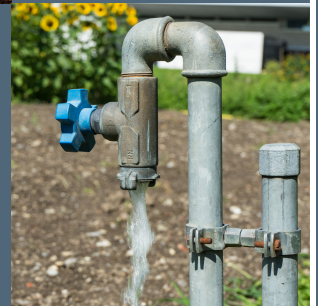
OLD PEELING LEAD PAINT



SOIL AROUND OLDER HOMES



WATER FROM LEAD PIPES



LEAD POISONING CAN CAUSE LIFELONG HEALTH PROBLEMS!

TEST CHILDREN FOR LEAD AT AGES 1 AND 2!