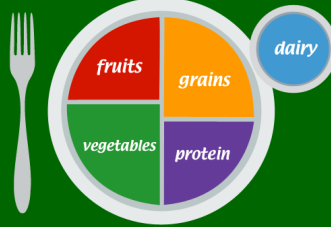


# WHAT THE HEALTH!?

MARCH IS  
**NUTRITION**  
MONTH

## Build A Healthy Meal

1. Make half your plate fruits and veggies
2. Include whole grains
3. Don't forget the dairy
4. Add lean protein
5. Avoid extra fat
6. Get creative in the kitchen
7. Take control of your food
8. Try new food
9. Satisfy your sweet tooth in a healthy way
10. Everything you eat and drink matters



## Prevent Brain Injuries!

- Buckle up every time you're in a motor vehicle, and make sure your child is in the correct car seat for their weight and height.
- Wear a helmet during wheeled activities, contact sports, while riding a horse, or when skiing or snowboarding.
- Prevent older adult falls by removing tripping hazards in the home, talking to a doctor about medications that can make you dizzy, and have your eyes checked yearly.
- Make living and play areas safer for children.

## March COLON CANCER AWARENESS MONTH



✓Preventable ✓Treatable ✓Beatable

Colorectal cancer is the 2nd leading cause of cancer deaths in the United States. Every year 140,000 Americans are diagnosed with colorectal cancer and 50,000 die from it.

### Screenings Save Lives!

- Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- Screenings can find colorectal cancer early, when treatment works best.

### What Can You Do?

- ✓ Begin getting screened at 50 years old
- ✓ Be physically active
- ✓ Maintain a healthy weight
- ✓ Limit your alcohol consumption
- ✓ Do not smoke

## Rabies: It's Preventable!

**R**eport stray or dead animals  
**A**void contact with wild animals  
**B**eaware of bats  
**I**t's important to vaccinate your pets  
**E**xclude wildlife access to your home  
**S**ecure garbage can lids



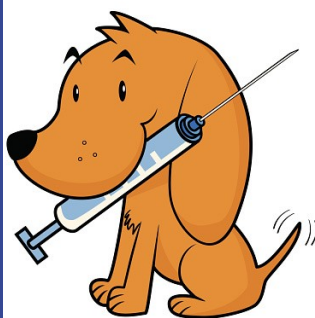
### Rabies Vaccination Clinic

Waverly Village Barn

Thursday, March 26th  
from 6-8pm

Preregister @ [www.health.ny.gov/go2clinic/54](http://www.health.ny.gov/go2clinic/54)

March 2020



**Public Health**

Prevent. Promote. Protect.

Tioga County