WHAT THE HEALTH!?

MAY 28th is DON'T FRY DAY!

Follow these SUN SAFETY tips to protect against skin cancer!

Cover all exposed areas of skin with sunscreen with at least SPF 15!

Seek shade under umbrellas, trees, tents, etc.

Wear long-sleeved clothing when possible.

Wear sunglasses with UVA & UVB protection.

Wear wide-brimmed hats to cover your head and neck!

Limit time outside during the hours of 10am -4pm when the sun's rays are strongest.

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Tioga County Rabies Vaccination Clinic

Thursday, May 13
Hickories Park in Owego
5:45pm-8:00pm

Pre-registration is Required

www.health.ny.gov/go2clinic/54

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Spot a stroke—B.E. F.A.S.T.

B — **BALANCE** SUDDEN DIZZINESS, LOSS OF BALANCE OR COORDINATION

E — **EYES** SUDDEN TROUBLE SEEING OUT OF ONE OR BOTH EYES

F — **FACE** FACIAL WEAKNESS, UNEVEN SMILE

A — **ARM** WEAKNESS, UNABLE TO RAISE BOTH ARMS EVENLY

S — **SPEECH** IMPAIRED, SLURRED, DIFFICULTY REPEATING SIMPLE PHRASES

T — **TIME** CALL 911 IMMEDIATELY

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Follow us on Facebook at Tioga County Public Health or visit ph.tiogacountyny.gov for updates on COVID-19 and department programs!

MAY IS NATIONAL TEEN PREGNANCY PREVENTION MONTH
#NTPPM

May 2021