

WHAT THE HEALTH!?

HAPPY NEW YEAR! START 2021 OFF WITH SELF-CARE

Physical

SLEEP
NUTRITION
EXERCISE
STRETCHING

Emotional

STRESS
MANAGEMENT
KINDNESS
COMPASSION
FORGIVENESS

Social

SUPPORT SYSTEM
BOUNDARIES
COMMUNICATION
QUALITY TIME
ASKING FOR HELP

Spiritual

ALONE TIME
MEDITATION
NATURE
JOURNALING
CONNECTION

Personal

HOBBIES
KNOWING
YOURSELF
CONFIDENCE

Financial

SAVING
BUDGETING
SPURGING
MONEY
MANAGEMENT

Work

TIME
MANAGEMENT
BREAKS
LEARNING
BOUNDARIES

Space

ORGANIZATION
SAFETY
SECURITY AND
STABILITY



Winter Driving

Slow down for wet, snowy, icy conditions

Avoid quick braking or acceleration

Find out about driving conditions before you go

Every time—Buckle Up

Turn signals, break lights & windows need to be clear

You should never use cruise control in wintery conditions



COVID-19 Vaccine

Phases of Vaccinating our Population



- **Phase 1:** Healthcare workers in patient care settings, long-term care facility workers, most at-risk long-term care facility patients, and congregate care settings
- **Phase 2:** First responders (fire, police, national guard), teachers/school staff, childcare providers, public health workers, essential frontline workers that regularly interact with public or maintain critical infrastructure, other long-term care facility patients, high-risk individuals in the general population (comorbidities and health conditions)
- **Phase 3:** Individuals over 65 and individuals under 65 with high-risk comorbidities and health conditions
- **Phase 4:** Essential workers
- **Phase 5:** Healthy adults and children



Please note that this phased approach is outlined by the Governor who decides when New York State moves into the next phase of vaccination. Right now we are in Phase 1. As our phone lines are very busy, we would appreciate limiting your calls on this until we receive more information. Our department will continue to put out updates as they become available.



Public Health
Prevent. Promote. Protect.

Tioga County