

WHAT THE HEALTH!?

Stroke Awareness Month

Stroke is a leading cause of serious long-term disability and the fifth leading cause of death in the United States. It kills over 130,000 people nationwide and more than 20 citizens of Tioga County each year.

Signs of a Stroke: Remember the word **FAST**

Face: Does one side of their face droop?

→ Ask the person to smile to see if part of their face droops.

Arms: Is one arm weak or numb?

→ Ask the person to raise both arms in front of them. Does one arm drift down?

Speech: Is their speech slurred?

→ Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

Time: Note the time of when symptoms began – the effects of a stroke may be reversible up to 3 hours after stroke began!



May is

NATIONAL MENTAL HEALTH MONTH

- 1 in 5 adults in the US experiences mental illness in a given year
- Over 50% of adults who have a substance use disorder also have a co-occurring mental illness
- Only 41% of adults in the US with a mental health condition and 62% with a serious mental illness received mental health services in the past year
- Half of all chronic mental illness begins by age 14, and three-quarters by age 24
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions

To learn about mental health services in Tioga County, please contact Tioga County Mental Hygiene at 607-687-0200.

Don't forget to like Tioga County Department of Mental Health on Facebook!

PROTECT ALL THE SKIN YOU'RE IN



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Use a Layered Approach for Sun Protection.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

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KNOW MORE HEPATITIS

May is Hepatitis Awareness Month



Public Health
Prevent. Promote. Protect.

Tioga County



May 2018

Rabies Vaccination Clinic:
May 24th from 6-8pm at Newark Valley Fire Station