

Emergency Preparedness for Tioga County



Tioga County Health Department Emergency Preparedness Team and many other employees from the various departments are working hard to prepare the people, environment and businesses in case there is an emergency. This emergency may be flu or nature related, accidental, or terroristic. We are working with federal, state and local agencies to educate, train and test our knowledge.

**Tioga County Public Health Information Hotline:
687-8694 or 1-888-369-0700**



Emergency supply kit for your home or business

1. Water – 1 gallon per person for 3 days
2. Food – dried and can food (for people and pets)
3. Clothing
4. Medications
5. Flashlight
6. Manual can opener
7. Radio that is battery operated (extra batteries)
8. Hygiene products
9. First Aid Kit



H1N1 Information

Symptoms of Novel Influenza A (H1N1):

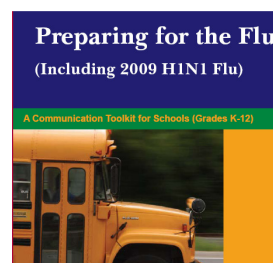
- **fever (over 100), cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.**
- **diarrhea and vomiting.**

If you are sick, stay home:

- **CDC recommends that people with influenza-like illness (ILI) remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.**

What you can do:

Practice proper hand washing, respiratory hygiene, and cough etiquette



Where do you live in Tioga County?

