# WHAT THE HEALTH!?

## **Prescription Drug Safety**

Is your medicine cabinet full of expired drugs or medications you no longer use? Your medicine is for you. What's

safe for you might be harmful for someone else. You can dispose of your expired, unwanted, or unused medicines by using one of the medication drop boxes in Tioga County.



## Medication Drop Boxes in Tioga County:

Tioga County Sheriff

103 Corporate Drive, Owego, NY (607) 687- 1010

#### **Owego Police Department**

90 Temple Street, Owego, NY (607) 687- 2233

### **Waverly Police Department**

32 Ithaca Street, Waverly, NY (607) 565-2836

#### **Apalachin Pharmacy**

6845 State Route 434, Apalachin, NY (607) 625-2129

To see the full list of Medication
Drop Boxes, Sharp Drop Boxes, and
Agencies and Pharmacies that
Dispense Narcan, please go to the
Tioga County Public Health Website!

## **Winter & Holiday Fire Safety**



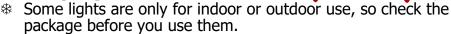
#### **Winter Fire Safety**

- Home fires occur more in the winter than any other season.
- Only plug in one heat-producing appliance into an electrical outlet at a time.
- \* Install and test carbon monoxide alarms every month.
- Don't forget to test your smoke alarms!

### **Holiday Fire Safety**

- \* Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- \* Keep decorations away from windows and doors.
- Make sure your Christmas tree is at least 3 feet away from any heat source like fireplaces, radiators, candles, heat vents, or lights.
- \* Never use lit candles to decorate your tree.

## **Holiday Lights**



- Replace any string of lights that are worn or have broken cords or loose bulbs.
- \* Read the manufacturer's instructions for maximum number of light strands you can connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- \* Turn off all light strings and decorations before leaving the home or going to bed.

## **Candle Safety**

- \* Keep children and pets away from lit candles.
- Keep lit candles away from decorations and other things that can burn.
- \* Keep matches and lighters up high and in locked cabinets.
- Blow out lit candles when you leave the room or go to bed.

## **Have a Happy & Healthy Holiday Season!**

December 2018



When You Get the
Flu Shot You Don't
Just Protect
Yourself.
YOU PROTECT
EVERYONE
AROUND YOU!

