

WHAT THE HEALTH!?

Go Kit for Your Car

- ✓ First Aid Kit & Medications
- ✓ Blankets and Extra Clothes
- ✓ Small Shovel & Ice Scraper
- ✓ Jumper Cables & Basic Tools
- ✓ Rock Salt, Sand, or Kitty Litter
- ✓ Nonperishable foods
- ✓ Bottled Water
- ✓ Flashlight
- ✓ At least 1/2 a tank of gas
- ✓ Reflectors or Flares



Driving Safely in the Winter

- Avoid unnecessary travel during storms
- Clean all snow off the car (don't forget the roof)
- Make sure your tires have plenty of tread and are properly inflated
- Give yourself extra stopping space between you and the vehicle in front of you
- Drive in the lane that has most recently been plowed and avoid changing lanes unless necessary
- Be mindful of black ice
- Slow down - drive slower than usual
- Do not use cruise control when it's icy or snowing



Public Health
Prevent. Promote. Protect.
Tioga County



is the leading cause of cervical cancer

Get screened. Get vaccinated.

Starting at age 21, women should start getting regular pap smears. Because there may not be any symptoms early on, pap tests can help detect pre-cancerous cells before they lead to cervical cancer.

Women might be at an increased risk for developing cervical cancer if they smoke, have taken birth control for 5+ years, gave birth to 3 or more children, or if they have had multiple sexual partners in their life.

Did You Know?

Cervical cancer use to be more common. Thanks to the HPV vaccine and pap smears, cervical cancer numbers have decreased!

January 2020

2020

HAPPY NEW YEAR

Haven't Picked a New Years Resolution Yet?

Instead of one resolution, try to set 12 small goals that you can work on one month at a time. Set realistic and obtainable goals and track your progress each month!

Rabies Vaccination Clinic

Candor Fire Station

Wednesday, January 29th from 6-8pm

Preregister @ www.health.ny.gov/go2clinic/54