

WHAT THE HEALTH!?

National Dental Hygiene Month!

- BRUSH YOUR TEETH THOROUGHLY AT LEAST TWICE A DAY
- FLOSS DAILY
- VISIT THE DENTIST EVERY 6 MONTHS
- DO NOT USE ANY TOBACCO PRODUCTS
- LIMIT SUGARY FOODS LIKE CANDY AND BAKED GOODS

Did You Know?

CHILDREN WITH POOR ORAL HEALTH STATUS ARE ABOUT 3 TIMES MORE LIKELY TO MISS SCHOOL DUE TO DENTAL PAIN?



SAFE TRICK OR TREAT

WALK, DON'T RUN, FROM HOUSE TO HOUSE.

TRICK OR TREAT IN GROUPS: MAKE SURE AN ADULT IS SUPERVISING.

LOOK BOTH WAYS BEFORE CROSSING THE STREET. USE CROSSWALKS IF THEY ARE AVAILABLE.

CARRY GLOWSTICKS OR FLASHLIGHTS.

INSPECT CANDY. DISCARD ANYTHING HOMEMADE OR THAT HAS ALREADY BEEN OPENED.

IS BREAST CANCER KNOCKING AT YOUR DOOR?

1 IN 6 BREAST CANCERS OCCUR IN WOMEN AGES 40-49.

Know the signs:

- Red, swollen or tender breast
- Lump or change in the breast
- Dimple or puckering in the skin of the breast
- Fluid or discharge, other than breast milk, from the nipple
- A lump in the underarm area
- Nipple inversion (turning inward)

FOLLOW-UP WITH YOUR PRIMARY HEALTHCARE PROVIDER FOR ROUTINE SCREENINGS.

For more information visit cancer.gov



GET YOUR FLU SHOT AT ANY OF THESE LOCATIONS!

Your Primary Care Provider!

Owego Pharmacy

1135 NY-17C, Owego, NY (Grand Union Plaza)
(607) 687-8779

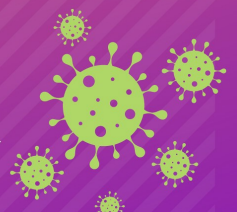
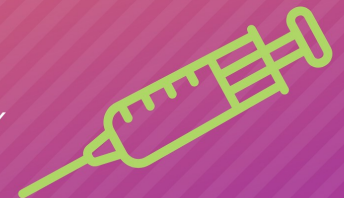
CVS Pharmacy

39 Park St., Owego, NY
(607) 687-5623

Walgreens Pharmacy

153 Main St., Owego, NY
(607) 687-0891

21 N Main St., Newark Valley, NY
(607) 642-3355



Tioga County Public Health
607-687-8600

October 2022

