



**Public Health**  
Prevent. Promote. Protect.  
Tioga County

# What the Health!?

March 2023

## MEDICATION DROP BOX LOCATIONS

**SAFELY DISPOSE OF YOUR UNUSED OR EXPIRED PRESCRIPTION & OVER-THE-COUNTER MEDICATIONS!  
(NO LIQUIDS OR SHARPS!)**

**TIOGA COUNTY SHERIFF'S OFFICE**

**WAVERLY POLICE DEPARTMENT**

**OWEGO POLICE DEPARTMENT**

103 CORPORATE DR.  
OWEGO, NY

32 ITHACA STREET  
WAVERLY, NY

90 TEMPLE STREET  
OWEGO, NY

MONDAY-FRIDAY  
8:00AM TO 4:00PM

MONDAY - FRIDAY  
8:30AM TO 4:00PM

MONDAY - FRIDAY  
8:00AM TO 4:00PM

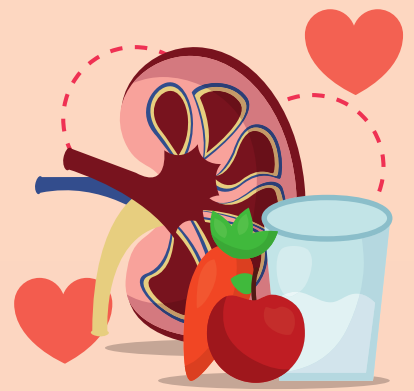


## BE *kind* TO YOUR KIDNEYS!

Limit salt & added sugars

Daily physical activity

Limit alcohol intake



# NARCAN

A LIFE-SAVING MEDICATION THAT CAN REVERSE AN OVERDOSE FROM OPIOIDS INCLUDING HEROIN, FENTANYL, & PRESCRIPTION OPIOID MEDICATIONS.



**NARCAN IS SIMPLE TO USE, SMALL TO CARRY, AND EASY TO ACCESS!**

**FREE NARCAN KITS ARE AVAILABLE AT:**

TIOGA COUNTY PUBLIC HEALTH  
1062 STATE ROUTE 38, OWEGO NY 13827  
607-687-8612

TIOGA COUNTY MENTAL HYGIENE  
1062 STATE ROUTE 38, OWEGO NY 13827  
607-687-0200

CASA-TRINITY  
72 NORTH AVE, OWEGO NY 13827  
607-223-4066

NARCAN MAY ALSO BE AVAILABLE THROUGH YOUR LOCAL PHARMACY

# DETERRA DRUG DEACTIVATION SYSTEM

THESE ARE A GREAT ALTERNATIVE TO DISPOSE OF UNUSED MEDICATIONS, INCLUDING LIQUIDS!

THEY CAN SAFELY DEACTIVATE UP TO:

- UP TO 90 PILLS
- 12OZ OF LIQUID
- 12 PATCHES



**FREE DETERRA BAGS ARE AVAILABLE AT:**

TIOGA COUNTY PUBLIC HEALTH  
1062 STATE ROUTE 38, OWEGO NY 13827  
607-687-8600

CASA-TRINITY  
72 NORTH AVE, OWEGO NY 13827  
607-223-4066



CASA  
TRINITY  
Hope begins, here.