

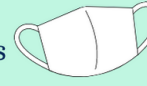




WHAT THE HEALTH!?

Where Can I Get My COVID-19 Vaccine?

Groups Eligible to Receive Their COVID-19 Vaccine	Designated Vaccination Location For Group	<p>Phases and vaccine locations are designated by the Governor. All vaccine sites follow directives from NYS regarding vaccine distribution. Vaccinating Groups 1A & 1B will take several weeks due to a limited supply. We encourage you to visit covid19.tiogacountyny.com and our Facebook Page as updates are released from New York State frequently.</p>  <p>For more information, visit https://covid19vaccine.health.ny.gov/</p>
People 65 and Older (Phase 1B) 	<ul style="list-style-type: none"> Pharmacies Health Care Providers State-Operated PODs (PODs - Point of Dispensing) 	
Essential Workers (Phase 1B) 	<ul style="list-style-type: none"> State-Operated PODs Local Health Department PODs Sites organized by public employee groups 	
Healthcare Workers & Congregate Care (Phase 1A)	<ul style="list-style-type: none"> Hospitals Federally Qualified Health Centers Urgent Care Centers State-Operated PODs 	
Immunocompromised: Waiting for further guidance from NYS		

To Schedule Your Appointment for a State-Operated POD, Please Visit:
<https://am-i-eligible.covid19vaccine.health.ny.gov/>

Please contact your pharmacy directly regarding vaccine availability.

Please limit calls to Tioga County Public Health regarding the vaccine at this time. We will release updates as we receive them.



Public Health
 Prevent. Promote. Protect.
 Tioga County

February is Heart Health Month

Every 40 seconds someone in the US has a heart attack

#1 health problem in the US is cardiovascular disease



2 out of 5 Americans die of a heart attack, stroke, high blood pressure, and other heart issues

Lower Your Risk!

- Ask your doctor if taking aspirin will lower your risk of having a heart attack. 
- Monitor your blood pressure and cholesterol and work with your doctor to make lifestyle changes.
- Maintain a healthy weight, eat a balanced diet, stay active, and control your blood sugar.
- Stop smoking - It's never too late to quit! 

February 2021