



## TIOGA COUNTY BOARD OF HEALTH

*PLEASE RSVP TO 607-687-8630*

*IF YOU WILL NOT BE ABLE TO ATTEND THIS MEETING*

TO: Members of the Board of Health

FROM: L. McCafferty, Secretary

DATE: October 13, 2022

RE: Board of Health Meeting - Thursday, October 20, 2022,  
7:30 a.m., Multi-Purpose Conference Room, 2<sup>nd</sup> Floor of Health and Human  
Services Building at 1062 St. Rt. 38, Owego, NY 13827.

### AGENDA

#### Introduction of Guests

- None

#### Presentation

- None

#### Additional Items

#### Old Business

- Meeting Minutes
- Enforcements
- Board Composition
- Nominating Committee for BOH Officers (2023-24)
- Rabies Control Order

#### New Business

- None

#### Executive Session

#### Informational

- Agency Updates – September 2022
- Board of Health Calendar 2023

#### Next Meeting Information

- Next Meeting is on November 17, 2022



# TIOGA COUNTY BOARD OF HEALTH

## MEETING MINUTES September 15, 2022

### **BOARD MEMBERS PRESENT (All Attended In Person):**

J. Picco, DDS, President  
W. Standinger III, Legislator  
T. Nytch, DVM  
W. Simmons  
J. Raftis, DO, FACEP  
R. Kapur-Pado, DO

### **ABSENT:**

T. Hills, DVM, Vice President  
T. Leary, FNP

### **OTHER(S) PRESENT:**

L. McCafferty, Secretary to Board of Health  
P. DeWind, Esq., County Attorney  
A. Reigelman, Secretary to Public Health Director

### **GUESTS:**

LeeAnn Tinney, Director, Tioga County Economic Development & Planning

### **CALL TO ORDER:** 7:40 a.m. by Dr. Picco

### **INTRODUCTION OF GUESTS:**

Dr. Picco introduced Ms. Tinney, presenting on Tioga County Workforce.

### **PRESENTATION:**

- Ms. Tinney explained that their goal is to reverse the trend of the declining population in Tioga County and to figure out how to keep the younger population from moving away.
  - Workforce Development Pipeline Strategy was initiated in 2019, developed plan to work with school districts and local employers to help students be more productive and prepare them for employment coming out of High School.
  - Education Workforce Coordinator position created to act as liaison between school districts, universities, and workforce; funded through Floyd Hooker Foundation for 3 years.
    - Set priority areas to assist students in entering workforce as productive individuals: Workplace Learning Experience, Business Connections, Establish Career Pathways
- Open discussion between the Board and Ms. Tinney on the Workforce Development Pipeline Strategy.

### **ADDITIONAL ITEMS:**

- N/A

### **OLD BUSINESS:**

- Meeting Minutes: Motion to approve prior minutes made by Mr. Simmons; seconded by Legislator Standinger; no discussion, all were in favor, motion approved.
- Enforcements: no discussion.
- Stipulation Policy-Final: (Red-Lined copy of policy sent electronically and provided in hardcopy)

## TIOGA COUNTY BOARD OF HEALTH

- Questions from Board members were answered by Ms. McCafferty, regarding continual violations and price amounts for penalties.
- Board Membership: Attorney DeWind reiterated from previous meeting that Public Health Law states that Board of Health must have seven members, 3 of which must be physicians (Statute 343 was sent electronically and provided in hardcopy to members).
  - Dr. Picco stated that it has been at least 10 years since the Board has had 3 physicians; expressed that the Board should be active in becoming compliant with State Law (gaining a physician and narrowing the Board down to 7 members through attrition).
    - Suggested AdHoc situation, so that Board members are not pushed away
    - Dr. Nytch indicated that he thought AdHoc members should not be encouraged.
  - Dr. Nytch inquired if the Board could send a letter to the State to update this law.
    - Attorney DeWind stated that he would be reluctant to flag the Board's noncompliance.
  - Dr. Raftis stated that he knows other physicians, if he should present something to them, how should they apply for position, submit application Secretary.
  - Dr. Picco indicated that the Board should dedicate time at next meeting to resolve this topic along with designating the nominating committee for 2023-2024 officers.

### **NEW BUSINESS:**

- Recredentialing: Dr. Picco provided brief overview and explained that the two staff (Dentist and Medical Consultant) credentialing applications were approved.
- Rabies Control Order: (sent electronically and provided in hardcopy to members) Ms. McCafferty explained that order is from November 2014. Presented to Board for initial discussion at October meeting. Should it be reaffirmed, revised or removed; agenda item for next month.

### **INFORMATIONAL:**

- Board received the Agency Report electronically. Revised calendar and member list also sent electronically and provided in hardcopy. Ms. McCafferty noted that Board should advise about calendar topics for next year.
- Ms. McCafferty provided hardcopy of Tioga Public Health Polio guidance, and informed the Board that the focus is on making sure children are immunized. Explained background to reason why we are seeing this pop up now.
  - Dr. Raftis inquired if there is a hesitancy in our community on immunizing.
    - Ms. McCafferty suggested that someone from the Immunization Action Coalition come and speak on the topic.
- Dr. Picco suggested that the Board of Health does not need a speaker at every meeting, because it seems that the meetings have been rushed to get through business items, and meeting times have been extended.
  - Suggested that November meeting does not have a speaker, and to prioritize topics of discussion.
  - Also suggested that Mr. Williams speak in November instead of October so that the Board can discuss Board Membership topic at next meeting.

Meeting adjourned at 9:01 A.M.

Minutes respectfully submitted by Lisa McCafferty.

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Joseph Picco, DDS; President

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Lisa C. McCafferty, R.S., MPH; Secretary

Minutes approved October 20, 2022



**Public Health**  
Prevent. Promote. Protect.

**Tioga County**

October 2022 Enforcements

<u>Business</u>	<u>Type of Violation</u>	<u>Fine Paid/Date</u>	<u>Year to Date</u>
Kim Cerretani Las Chica's Taqueria LLC 208 Front St. Owego, NY	Food	\$290.00 10/3/2022	First



# Tioga County Public Health Department

Lisa C. McCafferty, R.S., MPH; Public Health Director



Public Health  
Prevent. Promote. Protect.

Tioga County

## NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- We welcomed Sarah Centerwall as our new Early Intervention Service Coordinator, and Shane Healy our intern, who will be with us through the spring of 2023.
- We celebrated Tioga County's Employee Recognition Week, recognizing Heather Vroman, Dr. John Sarnicola, Kylie Holochak and Mark Griep for their years of service. Kylie welcomed her new baby boy!
- We held a back to school immunization clinic for students. Thank you to our MRC volunteer nurse Nancy Kemp for being so willing to help!
- At various stages of addressing program and grant desk audits and onsite survey. A representative from the State Bureau of Water Supply and Protection, State Department of Health, and Dan completed a capacity development audit on the Village of Waverly water supply, part of a pilot program Waverly was chosen to participate in.
- We held our rabies clinic at Rawley Park in Richford and vaccinated almost 100 pets.
- Todd attended the County Environmental Health Director conference and Dan attended the Central New York Environmental Health Water Symposium.
- Dan assisted our County Safety Officer in testing drinking fountains at the County Office Building located at 56 Main Street and Health & Human Services, and did secondary testing in certain areas.
- We hosted a Child Safety Seat Check Event in our parking lot, here at Health and Human Services. Health Educators also assisted with Car Fit & Child Passenger Seat check event in Broome County
- Health Educators distributed/advertised several messages on the importance of immunizations. Laura and Angel distributed lead posters, ice packs and immunization information to clinics in the county.
- Assisted Personnel in setting up Flu vaccine clinic for Tioga County employees in conjunction with Walgreens, unfortunately event did not occur due to lack of attendees.
- Ongoing canvassing for Nurse and P/T Dentist.
- The Dental Van has returned to the Waverly School District to start the 22/23 school year. Numbers have doubled at the MS/HS since last year. Dentist appointments booked through December.
- Governor Hochul declared poliovirus emergency disaster in New York State. We created educational flyer and distributed through community.
- Ongoing support/partnership in: Team Tioga, Safe Harbor Committee, Allies in Substance Abuse Prevention (ASAP), Tioga County Immunization Coalition, Anti-Hunger Task Force, Tioga County Local Emergency Planning Committee (LEPC), Child Fatality Review Team, Care Compass Network PAC Executive Council, Tioga County Council of Governments, Board of Health, Rural Economic Partnership (REAP), and External Community Advisory Board MPH Program at Binghamton University, Immunization Action Plan Coalition, and Lead Poisoning Prevention Program (LPPP) Coalition.

## Continuing with COVID-19

- As of September 21, 2022; since March 14, 2020 onset:

<b>New York State</b>	<b>National</b>
Total Known Cases: 6,245, 449	Total Known Cases: 95,832, 283
Total Known Deaths: 71, 943	Total Known Deaths: 1,054,647
Total Known Recoveries: 6,122,032	Total Known Recoveries: 94,152, 770
  
- Current Numbers To Date; since March 14, 2020 onset:
  - **922** Days Since Public Health EOC activated (3/14/2020)
  - **13,356** Confirmed Cases (Data from NYS CommCare system)
  - **20,869** Quarantine/ Isolation Orders Issued (Data from NYS CommCare system)
  - **4,324** Household Trips/Deliveries
  - **186** Complaints
  - **4,078** Facebook Likes
  - **1,116** Facebook Posts
  - **56** Media Interviews
  - **143** Press Releases

**\*Go to New York State Dashboard for current COVID-19 data at:**  
<https://coronavirus.health.ny.gov/covid-19-data-new-york>

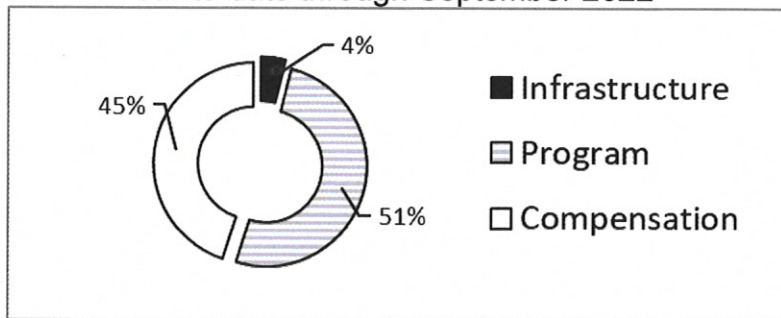
### Attachments:

1. Financial Snapshot September 2022.
2. Data Report September 2022.
3. Article: "Guest Column: Back to School Safety," Tioga County Courier, September 14, 2022.
4. Article: "September is National Preparedness Month," Candor Chronicle, September 21, 2022.
5. Article: "Guest Column: Age is only a number," Tioga County Courier, September 7, 2022.
6. Notice: VEOLIA Public Notice, Owego Pennysaver, September 11, 2022.
7. Flyer: "Polio: Now vs Then," September 2022.
8. Flyer: "Back to School Vaccine Clinic," September 2022.
9. Flyer: "Back to School," September 2022.
10. Flyer: "10 Essential Items," September 2022.
11. Flyer: "September is Baby Safety Month," September 2022.
12. Flyer: "Tioga County Rabies Vaccination Clinic," September 2022.
13. Flyer: "Tioga County Safety Seat Check Event," September 2022.
14. Flyer: "What the Health!?", September 2022.
15. Bulletin Board: "Don't Drive High," 56 Main St., Owego, September 2022.
16. WOW Board: "'Healthy Habits aren't Autumn-atic," 56 Main St., Owego, September 2022.
17. Bulletin Board: "Healthy Aging Bingo," HHS Building, September 2022.
18. Billboards: Test for Lead, Soil/Lead, Driving High, September 2022.

Financial Snapshot  
Year-to-date through September 2022

	2018 Actual	2019 Actual	2020 Actual*2	2021 Actual	2022 Budget	Actual*1,3 YTD 2022	Percentage of 2022 Budget
<b>Revenues</b>							
Fees	1,100,359	1,112,262	739,661	625,355	980,235	569,593	58 %
State/Federal	2,680,110	2,704,275	2,047,032	2,315,802	3,072,051	1,419,790	46 %
Local	2,147,623	2,103,208	1,924,103	1,906,875	2,874,312	1,156,903	40 %
<b>TOTAL</b>	<b>5,928,092</b>	<b>5,919,745</b>	<b>4,710,796</b>	<b>4,848,032</b>	<b>6,926,598</b>	<b>3,146,286</b>	<b>45 %</b>
<b>Expenses</b>							
Compensation	1,734,508	1,728,302	1,889,627	2,136,196	2,542,190	1,404,883	55 %
Program Expense	3,671,760	3,661,604	2,518,252	3,928,472	4,004,330	1,622,727	41 %
Core Infrastructure	521,824	529,838	302,917	347,691	368,078	118,676	32 %
<b>TOTAL</b>	<b>5,928,092</b>	<b>5,919,745</b>	<b>4,710,796</b>	<b>6,412,359</b>	<b>6,926,598</b>	<b>3,146,286</b>	<b>45 %</b>
<b>FTE:</b> 2022 Approved Headcount of 37 FTE: 31 FT & 6 PT Plus 3 Temps	23.8	26.3	23.7	29.2	30.8	-----	-----

Allocation of Expenses  
Year-to-date through September 2022\*1,3



- \*Notes:
1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (9/26/2022), and are not the FINAL September 2022 figures.
  2. During 2020, the Legislature required a 10% cut in expenses from all County departments. This was removed from the Expense side of the ledger, but not the offsetting revenue portion, thus inflating the reported "Local Share" of Public Health by nearly \$375K.
  3. COVID Specific funds have been removed from these tables, as they skew the numbers due to their large amounts. Currently over \$2.6 million has been appropriated of Covid funding within Public Health.

2022 Data Report

<b>PUBLIC HEALTH ACTIVITIES</b>	<b>Y-E 2020</b>	<b>Y-E 2021</b>	<b>Sep-22</b>	<b>Y-T-D</b>
<b>Community Health</b>				
Healthy Neighborhoods Program Visits	94	112	26	188
- HNP revisits	40	14	0	7
Communicable Disease	618	0	33	586
- Respiratory (Legionellosis, Strep)	143	4	0	7
- Influenza	571	49	2	210
- Tick caused	19	105	13	172
- Hepatitis	20	53	4	69
- Gastrointestinal Disease	16	40	6	31
- PPD Test Administered	5	0	0	0
Child Passenger Safety Seats Inspected	6	20	4	25
- Child Seats FAILED Inspection	5	10	1	20
PH Interns	1	2	1	2
Immunizations total child and adult	35	0	15	15
People Trained w/ Narcan	9	2	0	1
Narcan Distributed (added 8/18)	41	160	2	64
<b>Dental</b>				
New Clients	124	154	23	221
Dental Screenings	631	782	120	784
- Clients with no tooth decay	237	328	28	226
- Clients WITH tooth decay	116	310	39	352
- Clients with EXTENSIVE tooth decay	251	128	53	197
Extractions	91	179	7	79
<b>Children Services</b>				
Early Intervention Referrals	132	138	9	111
- Early Intervention CURRENT Caseload Monthly total	531	638	41	N/A
<b>Environmental Health</b>				
Animal bite investigations	119	150	6	136
Rabies Clinics	2	6	1	6
- Number of Animals	391	1098	98	948
Food Establishment Inspections	81	182	6	116
- Establishments with Violation	10	26	2	16
Temporary Food Inspections	2	8	0	57
- Clean Indoor Air Act Violations (Smoking)	0	0	0	0
Mobile Home Park Inspections	3	37	0	5
Swimming Pool Inspections	9	14	0	18
Children's Camps	5	4	0	8
Agriculture Fairgrounds	0	2	0	2
Nuisance Complaints	58	17	1	14
Enforcement Actions	11	31	2	26
<b>Weights &amp; Measures</b>				
Inspection Sites	69	129	12	87
- Devices Inspected	277	499	63	206
Petroleum Quality Samples Taken	0	0	0	12
<b>COVID-19</b>				
* Days Public Health EOC activated from year start	285	364	N/A	273
Total COVID Cases for period	<del>5849</del>	5628	392	6194
Individuals Tracked	5849	13224	392	6481
Calls Taken	15257	7824	12	474
Quarantine/Isolation Orders Issued	4323	13586	0	2886
Household Trips/deliveries	2518	1772	0	34
COVID-19 Related Complaints	144	41	0	1
Vaccination Clinics	<del>144</del>	36	0	2

\* EOC originally activated starting 3/14/20



## Guest Column: Back to school safety

Submitted by Tioga County Public Health

September is here, and soon students will be making their way back to classrooms. Tioga County Public Health

recommends the following safety tips so everyone can have a safe and healthy school year:

### Walking to School Safely

- Be visible at all times – wear bright colored clothing or reflective materials

- Use sidewalks if available; if not available, walk facing traffic and as far from traffic as possible.

- Children under 10 years old should be accompanied by someone who will make sure they are safe.

- Whenever possible, cross streets at crosswalks or intersections.

- o If not available, locate a well-lit area with the best view of traffic, and wait for a gap in traffic that allows enough time to cross safely. Continue watching for traffic while crossing.

- Never assume a driver is paying attention – make eye contact with drivers as they approach.

- Watch for cars entering or exiting driveways, backing up in parking lots, and turning.

### Biking to School Safely

- Always wear a helmet that fits properly. Securely fasten the chin strap.

- Ride in the same direction as traffic. Follow traffic signs and signals.

- Stay in the bike lane whenever possible. Use the sidewalk appropriately and keep an eye out

for others.

- Choose the safest bike route from home to school.

- Don't use electronics while riding – it's important to keep eyes and ears on the road.

### School Bus Safety

- Students are 70 times more likely to get to school safely when taking a school bus instead of traveling by car.

- Wait for the bus to come to a complete stop, for the door to open, and for the driver to say it's okay before approaching the bus door.

- Never walk behind a school bus. If necessary, cross the street, walk on a sidewalk or along the side of the street to a place at least 5 giant steps (10 feet) in front of the bus before crossing.

### Immunizations

- Make sure children are up-to-date on their vaccinations before they go back to school.

- Immunizations are a safe and effective way to protect everyone from communicable diseases.

### Rethinking "Stranger Danger"

- "Stranger danger" ignores that fact that most children are abducted by someone they know.

- When talking about abduction

prevention, don't focus on warning about certain types of people; instead, teach identifying and responding to threatening situations.

- o For example, instead of saying, "Stay away from people you don't know," say "It's important for you to

get my permission before going anywhere with anyone."

After a disaster, many others in your community need help as well. For this reason, local first responders and other assistance may not be able to reach you right away. The Federal Emergency Management Agency (FEMA) Ready campaign recommends these steps to prepare for emergencies.

### Step 1: Know Your Risks

Being prepared requires knowing what to prepare for. Make note of disasters, emergencies, or hazards that have affected you or your property the most, and take the appropriate steps to prepare yourself, your home, and your household. You can find hazard specific information sheets at <https://www.ready.gov/be-informed>.

### Step 2: Make a Plan

Now that you have identified risks, it is time to start planning. You should take a few important steps. First, create a Family Emergency Communication Plan and Evacuation/Shelter Plan. To help you get started, visit <https://www.ready.gov/plan>. You should also prepare critical documents, like household identification, financial and legal documents, and medical information and proof of insurance. One

of the most important parts of being prepared is to have emergency supply kits available at home, at your workplace, and in your vehicle. A full list of supplies can be found at <https://www.ready.gov/kit>, and include things like water, food, cash, a flashlight and extra batteries, and a first aid kit.

### Step 3: Take Action

There are several actions that you can take now to prepare yourself, your property, and your household for a disaster. Make sure you practice your disaster plan with your family or household, review and make changes (if necessary) to your insurance coverage, and stay informed with emergency warnings and alerts.

It doesn't take much to be prepared for a disaster or emergency, and it can make all the difference. Start preparing now by checking out the information below!

- <https://www.tiogacountyny.gov/departments/public-health/>

- Facebook: @Tioga County Public Health

- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>

- <https://www.ready.gov/>

Candor Chronicle 9/20/22

## September is National Preparedness Month

National Preparedness Month is observed each September to highlight the importance of preparing for disasters and emergencies that could happen at any time. Disasters disrupt thousands of lives every year, leaving behind lasting effects on people and property.

## Guest Column: Age is only a number

*Submitted by the Tioga County Health Department*

You may not act your age, but you should celebrate your age.

It's true, age is only a number but, as you age you need to be mindful about things you do so you can continue living a happy, healthy life.

Several things affect the way we age, including family history, medical status, and diet.

By the year 2030 1 in 5 adults are projected to be 65 years or older.

According to the 2020 census data, older adults account for 21.5% of Tioga County's population.

With an aging population there is an increased need for healthcare, long-term care, social services, and other resources that support adults as they age.

Current resources for older adults in Tioga County include, but are not limited to, programs offered through Tioga Opportunities, Tioga County Department of Social Services, and Tioga County Public Health.

Examples of available services include congregate dining and home delivered meals, programs and activities for older adults, protective services, long term care services, and free home safety checks.

Follow these tips to help promote healthy aging:

• Exercise. Exercise can be as simple as walking just ten or fifteen minutes, three to four times a week and increasing as you go. Speak to your doctor if you're new to exercise. If

*Tioga County Courier 9/7/22, Chronicle*

you're more active, you might find joy in joining a club, gym, or team.

• Maintain a healthy diet. Following recommended portion sizes can help reduce obesity rates. Obesity is a leading indicator to bigger health concerns such as diabetes and heart disease.

• Socialize. A sedentary lifestyle lacking interaction with friends and family can cause health issues, and isolation can turn into depression. Maintaining current relationships, making new friends, or volunteering can help your mind and mental health perform well.

• Schedule regular check-ups. Don't ignore symptoms.

While you may not need to go to the doctor for every little thing, be aware of your body and make mention of new or worsening symptoms.

Many diseases can be prevented, or treated, when caught early if you remain diligent about your health.

Take medications and vitamins/supplements as prescribed in order to ensure you are feeling your best.

It's never too late to start something new.

You may surprise yourself with the ability to adapt to new changes.

Remaining active and engaged is the best gift you can give yourself.

Staying physically and mentally active, and nurturing social connections with friends and family, are all part of the bigger picture in helping to keep your mind and body well.

*(9/11/22)  
Also noted  
in Courier  
Chronicle*



### Public Notice

***Veolia Customers in Owego and Nichol***

***Veolia recently updated its Emergency Response Plan in coordination with the Tioga County Department of Health.***

***Members of the public who would like to review and/or comment on the proposed plan may do so Monday through Friday (excluding holidays) between 8 a.m. and 4 p.m. at the Veolia office located at 128 North Street in Owego.***

***For more information, please contact Veolia at (800) 694-7512 or the Tioga County Department of Health at (607) 687-8600.***

*Owego Kennysaver 9/11/22*

# POLIO: Now vs Then



## What is Polio?

A virus that affects the nervous system causing muscle weakness and in severe cases, paralysis or death. Polio is a serious, life-threatening disease with no cure, but it can be prevented through vaccination.

## Polio Vaccination

### Then (prior to 2000)

Oral Polio Vaccine

Contains live, weakened strains of poliovirus

### Now (after 2000)

Injected Polio Vaccine

Contains inactivated poliovirus

- Unlike polio outbreaks in the 1950s, today's outbreaks are primarily from **Vaccine-Derived Poliovirus (VDPV)**.
- VDPV is a strain related to the live, weakened virus found in the oral polio vaccine. When VDPV is able to circulate in under or unimmunized populations, the weakened virus can return to a form that causes illness and paralysis.
- While the live vaccine was safe, the inactivated poliovirus vaccine has been used exclusively since 2000 to protect against paralytic disease from any type of poliovirus, including VDPV.

## Why are we seeing cases of polio in 2022 and who is most at risk?

Polio outbreaks are most commonly a result of areas with low vaccination rates. However, because live vaccines have not been used since 2000 and the majority of Americans are vaccinated, it is unlikely that any outbreak would become widespread in the United States.

Populations most at-risk for polio infection include those who have not been vaccinated against polio, or are under vaccinated. This primarily affects children under the age of 5.

## Prevention

Stay up-to-date on vaccinations

Don't delay routine well-child visits

Adults - routinely visit your primary care provider

# STAY UP-TO-DATE ON VACCINATIONS!

## CHILDHOOD IMMUNIZATIONS ARE GIVEN AT...

### 1ST YEAR

**BIRTH**

**1 MONTH**

**2 MONTHS**

**4 MONTHS**

**6 MONTHS**

### 2ND YEAR

**12 MONTHS**

**15 MONTHS**

**18-23 MONTHS**



### SCHOOL AGE

**4-6 YEARS**

**11-12 YEARS**

**16 YEARS**



## POLIO VACCINE

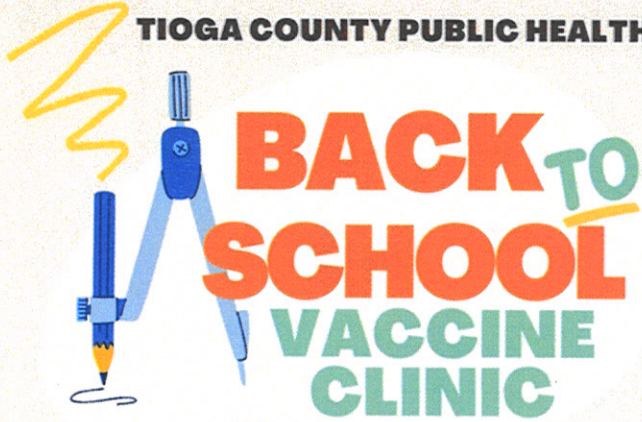
**DOSE ONE:** 6 WEEKS - 2 MONTHS

**DOSE TWO:** 4 MONTHS

**DOSE THREE:** 6 MONTHS - 18 MONTHS

**DOSE FOUR:** 4 - 6 YEARS

TIOGA COUNTY PUBLIC HEALTH



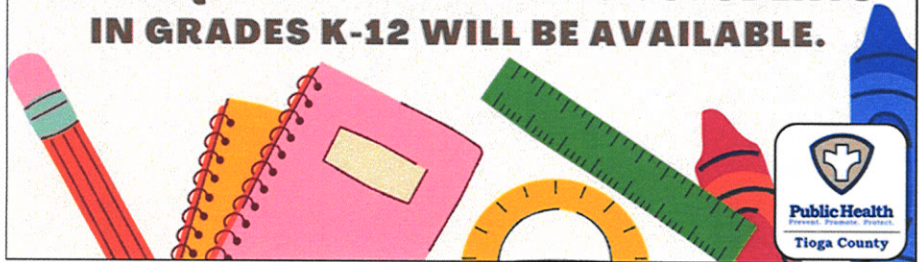
FRIDAY,  
SEPTEMBER 23

TIOGA COUNTY PUBLIC HEALTH | 1062 STATE ROUTE 38 OWEGO, NY

BY APPOINTMENT ONLY

CALL 607-687-8637

ALL REQUIRED VACCINES FOR STUDENTS  
IN GRADES K-12 WILL BE AVAILABLE.



**BACK TO School**

**Is your child ready for school?**

**FIRST DAY!**

Candor.....	September 8
Newark Valley.....	September 8
North Spencer Christian .....	September 7
Owego-Apalachin.....	September 7
Spencer Van-Etten.....	September 7
Tioga.....	September 7
Waverly.....	September 8

**Make sure they are up-to-date on their vaccinations!**

# 10 ESSENTIAL ITEMS

Building an Emergency Preparedness Kit

## 1 WATER

Have one gallon per person, per day to use for drinking, hygiene and cleaning as needed.



## 2 FOOD

Have a two week supply of food per person that requires no refrigeration, preparation, or cooking.



## 3 CAN OPENER

Make sure you have a manual can opener. (You can also purchase items that have a pull-top opening).



## 4 MEDICATIONS

Collect one month's worth of any prescription medicines you are taking. Include non-prescription fever/pain reliever, antacids, anti-diarrheal items, etc., in your stockpile.



## 5 PERSONAL CARE ITEMS

Collect the basics like soap, toilet paper, toothbrush, hand sanitizer, cleaning supplies, bleach, garbage bags, and feminine products.



## 6 FLASHLIGHT

Keep a bright flashlight in case there is no electrical power. Consider getting a lantern-style light for hands-free use.



## RADIO 7

Have a battery-powered radio for listening to news and weather. Consider buying a crank-operated or solar-powered radio.



## CLOTHES 8

Collect extra per person and consider packing blankets, rain gear and outdoor gear.



## FIRST AID 9

Include basics such as antiseptic, gloves, a variety of bandage sizes, thermometer, and protective masks.

## IMPORTANT DOCUMENTS 10

Collect copies of driver licenses, social security cards, birth certificates, mortgage papers, insurance policies, etc.; keep electronic copies on a flashdrive.



Once you've collected these items, consider the unique needs of your family/household, such as pets, seniors, or members that have medical needs.

Learn more at [ready.gov/kit](http://ready.gov/kit)



# SEPTEMBER IS BABY SAFETY MONTH



## SAFE SLEEP.

A firm mattress and fitted sheet are all you need for your baby's crib. Remove blankets and toys from the crib and use a sleep sack on colder nights.

## CAR SEAT.

Arrange safe transport for baby by making sure they are in the correct car seat. Schedule a **FREE** car seat check appointment with Tioga County Public Health 607-687-8612.

## FURNITURE PLACEMENT.

Place your baby's crib and other furniture away from windows to avoid falls or strangulation. Your baby is safer without any strings or cords within reach.

## ALARMS.

Install working smoke alarm AND a carbon monoxide alarm on every level of your home, and in all sleeping areas. This is an important tip for not just baby safety, but family safety as well. Please test the alarms regularly to make sure they work.

For more safety tips and information visit [www.safekids.org](http://www.safekids.org)



**TIOGA COUNTY  
RABIES VACCINATION CLINIC**

**SEPTEMBER 8, 2022**  
5:30pm - 7:30pm  
**RAWLEY PARK**  
13334 Rt. 38, Richford, NY 13835

**PRE-REGISTRATION IS REQUIRED!**  
**\$10 Suggested Donation**

Dogs, cats, and ferrets are welcome. All animals must be at least 3 months old. Vaccination is no charge, donations are greatly appreciated. Dogs must be on a leash. If your dog is aggressive, please bring a muzzle. Cats and ferrets must be in a carrier. One per carrier, please. Bring proof of prior rabies shots, if available. No residency restrictions. If you have multiple animals, please bring a friend or a family member to help.



Scan the QR Code or visit our website [ph.tioga-county-ny.gov](http://ph.tioga-county-ny.gov) to register!



**TIOGA COUNTY  
CHILD SAFETY SEAT  
CHECK EVENT!**

**Thursday, September 22, 2022**  
2:30pm - 5:30pm

**Health & Human Services Building**  
1062 State Route 38, Owego, NY 13827

Have your child's seat checked for correct installation and fit for your child by a CPS Technician. Replacement seats available for qualifying individuals!



Questions? Please Call Laura at 607-687-8619



Program funded by grants from The Community Foundation of South Central NY and Visions Federal Credit Union.



# WHAT THE HEALTH!?

## Child Passenger Safety Week is September 18 - 24

In 2019, more than 85% of the car seats checked in Tioga County were installed incorrectly, used incorrectly, or they were not the appropriate seat for the child!

**Tioga County Public Health will be holding a Car Seat Check Event during Child Passenger Safety Week!**

**This is a FREE event.**  
Car seats can be checked for anybody, and free replacement seats are available for qualifying individuals!

**September 22<sup>nd</sup>**  
2:30 - 5:30pm  
Health & Human Services Building  
1062 State Route 38, Owego NY 13827



The Tioga County Department of Mental Hygiene provides 24-hour a day crisis coverage for those who are experiencing a crisis situation. This service is primarily a phone service, but same-day appointments may be available in an emergency situation.

**Day Time  
Phone  
Number:**

607-687-4000

**After Hours  
Phone  
Number:**

607-687-1010



**PREPARED,  
NOT SCARED**  
NATIONAL  
PREPAREDNESS  
MONTH  
2022

READY.GOV/PLAN

## TIOGA COUNTY RABIES VACCINATION CLINIC

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# DON'T DRIVE HIGH

**Driving under the influence of cannabis is ILLEGAL!**  
**Marijuana SLOWS** motor coordination & other skills needed to safely drive.

**If you feel different, you drive different**  
 Don't take the chance of harming yourself or others. If you are high or impaired, or if you are unsure - STAY PUT!

**Important Considerations: Alcohol vs Marijuana**

Unlike alcohol, there is no acceptable limit of THC found in the blood.

If any THC is found in your blood while you were driving, you can be penalized.

You cannot determine when cannabis no longer affects your ability to drive. The duration of impairing affects can vary on a number of factors, making planning on when it is "safe to drive" dangerous.

**Marijuana is legal in NYS, however drivers CAN NOT:**

- Consume cannabis while operating a motor vehicle.
- Burn cannabis in the car - this applies to anyone in the car, not just the driver.
- Cross state borders with cannabis in your possession.

Multiple studies have shown that cannabis impairs critical abilities needed to drive safely, resulting in:

- Slowed reaction time.
- Impaired cognitive performance.
- Relaxed inhibitions.
- Altered perception of time & distance.
- Decreased & divided attention.
- Impaired cognitive skills: route planning, decision making, risk taking.

**Safety Tips**

- Always get a ride when using cannabis.
- Remember - getting high impairs your decision making.
- If driving with cannabis in your vehicle, keep it in a closed container locked in your glove box or trunk.

Bulletin Board, 56 Main St., September 2022

## Healthy Habits aren't Autumn-atic

### SO LET'S MAKE THEM A PRIORITY!

Take a break from social media

DRINK WATER

Exercise Regularly

TIDY UP YOUR HOME A LITTLE EACH DAY

SPEND QUALITY TIME WITH LOVED ONES

SET A ROUTINE

Avoid procrastination

EAT 3 BALANCED MEALS

Get organized

SET PRODUCTIVE GOALS

Ask for help when needed

Aim for 7 hours of sleep

WCV Bulletin Board, 56 Main St., September 2022

**Tioga County Public Health**

# HEALTHY AGING BINGO


As your age increases, so should your awareness to your lifestyle. While some things, like genetics, cannot be controlled, there are many other factors that you can control. Follow these tips to live a happy, healthy, long life.

Get enough sleep	Exercise regularly	Limit alcohol
Eat a well-balanced meal	Schedule regular check-ups	Wear your seatbelt
Quit smoking	Know your family history	Be aware of trip hazards
Be aware of your mental health	Socialize and maintain relationships	Schedule your annual flu shot

35 44

Bulletin Board HHS Building, September 2022

PARK OUTDOOR



**TEST FOR LEAD AT AGES 1 AND 2!**

LEAD POISONING CAN CAUSE LIFELONG HEALTH PROBLEMS

"Test for Lead" Billboard



"LEAD" Billboard



"Driving High" Billboard

**COUNTY OF TIOGA  
EXECUTIVE PROCLAMATION**

WHEREAS: Aging is a normal and natural process that everyone undergoes, yet it can present challenges such as increased rates of chronic diseases including hypertension, diabetes, dementia, and arthritis; and

WHEREAS: The way an individual ages depends on a multitude of factors including heredity, physical health, mental health, lifestyle, and nutrition; and

WHEREAS: Remaining physically active, eating a balanced diet, being involved in your community, using preventative services such as cancer screenings, and most importantly managing your health can help you age in a graceful manner and decrease the likelihood of developing chronic conditions; and

WHEREAS: The number of older adults continues to grow in the United States; by the year 2030, 1 in 5 adults are projected to be 65 years or older; and

WHEREAS: According to 2020 census data, older adults account for 21.5% of Tioga County's population. Prioritizing healthy aging is crucial; and

WHEREAS: With an aging population comes an increased need for healthcare, long-term care, social services, senior housing, and other resources that support adults as they age; and

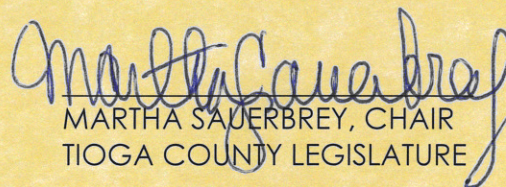
WHEREAS: Current resources for older adults in Tioga County include, but are not limited to, programs offered through Tioga Opportunities, Tioga County Department of Social Services, Tioga County Mental Hygiene, and Tioga County Public Health. Available services include congregate dining and home delivered meals, programs and activities for older adults, protective services, long term care services, and free home safety checks; therefore

The TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the month of September 2022 as:

**HEALTHY AGING MONTH**

and urges all residents 65 years and older to utilize available programs and services in our community, visit their primary care provider regularly, make healthy lifestyle choices, and enjoy their lives!

Dated: September 13, 2022

  
MARTHA SAUERBREY, CHAIR  
TIOGA COUNTY LEGISLATURE

