

Child Passenger Safety

90% of car seats are installed incorrectly...
have a Certified Technician check yours today!

You may be eligible for a FREE car seat!

NYS law requires all children under 8 years old riding in a passenger vehicle to be restrained in a car seat or booster seat.

Tioga County Public Health
607-687-8600

Lyme Disease...

A bacterial infection you get from a deer tick bite.
Symptoms are a bull's-eye rash, joint pain, and flu like symptoms.

Untreated Lyme disease is serious!

Prevent tick bites!

Over 150 Tioga County residents get Lyme disease each year!

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IS YOUR CHILD IN THE RIGHT CAR SEAT?

- Birth - 12 Months:** Must be in a rear-facing car seat until at least 12 months old.
- 1 - 3 Years:** Keep them rear-facing as long as possible for their safety.
- 4 - 7 Years:** Use a forward-facing seat with a harness until they outgrow seat.
- 8 - 12 Years:** Child should stay in a booster until they properly fit in a seat belt.
- Under 13:** Should always ride in the back seat where they are safest.

Children should be kept in car seats and booster seats for as long as the child fits within the manufacturer's height and weight requirements.

Always read your vehicle and car seat manual for proper installation!

Call to Schedule Your Appointment:



Waverly Police Department
607-565-2836



Tioga County Public Health
607-687-8612



Owego Police Department
607-687-2234

Funded by the National Highway Traffic Safety Administration with a grant from the New York State Governor's Traffic Safety Committee

Tick Identification:



Deer ticks: Lyme disease, babesiosis, anaplasmosis



Dog ticks: Rocky Mt. spotted fever



Lone Star ticks: Ehrlichiosis

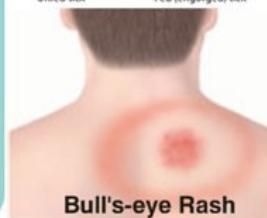
Tick Tips:

- Wear long sleeves and repellent when walking in woods and fields.
- Check for ticks daily.
- Shower after being outdoors.
- Contact your doctor if you have any symptoms of Lyme disease after being bitten by a tick.

Engorged Tick



Unfed tick Fed (engorged) tick



Bull's-eye Rash

How to Remove a Tick:

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and hands with rubbing alcohol, iodine scrub, or soap and water.



FREE HOME HEALTH AND SAFETY CHECK

We check for lead, fire safety, fall prevention and indoor air quality!



- FREE:**
- Cleaning Supplies
 - Flashlights
 - Child Safety Supplies
 - Radon Test
 - Smoke Detectors
 - Pest Management
 - Carbon Monoxide Detectors

Healthy Neighborhoods Program
 All homes in Tioga County are eligible!
 No income requirements.




Public Health Summer Safety!



Summer is right around the corner! Tioga County Public Health wants our families to have fun and be safe with our Summer Safety Tips!

- When bicycling, rollerblading, and skateboarding *always* wear a helmet and bright-colored clothing so that you are easily seen.
- An adult should always be present when children are swimming.
- Mosquitoes and ticks love the warm summer weather as much as we do! Use insect repellent and check for ticks daily.
- Always use sunscreen with at least 15 SPF protection when going outside, even on cloudy days.
- Make sure your family and pets are drinking plenty of water.
- Never leave children and pets in parked cars (even with the windows cracked), just 60 seconds in the car can be deadly!



Rabies Prevention



Rabies is most often seen among wild animals such as raccoons, bats, skunks and foxes, but any mammal can be infected with rabies.

2017 Rabies Vaccination Clinics:

THURSDAY, June 15, 6-8 pm
 Apalachin Field Day Grounds, 9 Field Day Dr, Apalachin

THURSDAY, July 27, 6-8 pm
 Spencer Fire Station, Main St, Spencer

THURSDAY, August 17, 6-8 pm
 Berkshire Fire Station, 12515 State Route 38, Berkshire

THURSDAY, September 21, 6-8 pm
 Nichols Fire Station, 106 W River Rd, Nichols

THURSDAY, November 30, 6-8 pm
 Campville Fire Station #3, 1307-1315 State Rte 38, Owego



Electronic Sign-Up is Strongly Encouraged: www.health.ny.gov/go2clinic/54

HAVE A FUN AND SAFE SUMMER!

Need More Information? Call Us Today!

607-687-8600

Like Us On Facebook For Safety Tips All Summer Long!





Public Health
 Prevent. Promote. Protect.