

WHAT THE HEALTH!?

PREVENT. PROMOTE. PROTECT. PREVENT. PRO
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PUBLIC HEALTH WEEK APRIL 4-10, 2022

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The people of Tioga County benefit every day from the efforts of public health! Public health activities protect our residents from **infectious and chronic diseases**, **environmental and workplace hazards**, and **unintentional injuries and violence**.

Educating people about the benefits of healthy behaviors is an essential element in attaining good health and preventing premature illness and death. Each of us needs to do our part by taking personal responsibility to improve behaviors by following public health recommendations:

- Abstaining from tobacco use
- Prioritizing sleep
- Staying up-to-date on vaccinations
- Making time for regular safe physical activity
- Eating more fruits and vegetables in order to prevent disease

National Public Health Week provides an opportunity for our county to learn about public health concerns and success stories that are vital to healthy communities, such as **immunizing against infectious disease**, **providing services for children with developmental delays**, **ensuring safe living conditions**, **enforcing environmental health regulations**, **providing dental services to underserved families**, **preventing lead poisoning**, and **so much more!**

April 2022

Earth Day

Friday, April 22



REDUCE REUSE RECYCLE RENEW

KEEP OUR ROADS SAFE!

Don't drive under the influence of alcohol, marijuana or other substances!

