



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

**Tioga County**

# What the Health!?

November 2023

## KNOW WHEN TO WASH YOUR HANDS!

AFTER COUGHING,  
SNEEZING, OR  
BLOWING YOUR NOSE



AFTER USING  
THE BATHROOM



WHEN YOUR HANDS  
LOOK DIRTY



AFTER PLAYING  
OUTSIDE



AFTER TOUCHING  
ANIMALS OR  
THEIR CAGES



BEFORE EATING



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

## Fast Facts About: **Marijuana**

Also known as cannabis, weed, pot, or dope, contains more than 100 compounds including THC (which is impairing or mind-altering) and CBD (which does not cause a “high”).

- Marijuana use directly affects brain function, specifically the parts of the brain responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time.
  - Developing brains, such as those in babies, children, and teenagers, are especially susceptible to the harmful effects of marijuana and THC!
- Smoked marijuana can harm lung tissues and cause scarring and damage to small blood vessels.
- Marijuana use has been linked to a range of mental health problems like temporary psychosis, depression, social anxiety, and schizophrenia.
- Edibles, or food and drink products infused with marijuana, have a greater risk of poisoning. Children can mistake edibles for regular food or candy, which can make them very sick.
- Marijuana negatively affects several skills required for driving safe like slowing down one’s reaction time and the ability to make decisions.

### REQUEST FREE HARM REDUCTION SUPPLIES!

Visit [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov) for more information!



**Harm Reduction Saves Lives! Support Not Stigma!**



**DRIVING HIGH IS ILLEGAL!**  
**DON'T GET BEHIND THE WHEEL IF YOU ARE UNDER THE INFLUENCE!**