

# WHAT THE HEALTH!?

## BACK TO SCHOOL SAFETY



### School Bus Safety

Riding a school bus is the safest way for your child to get to school. Review when to approach the bus, how to behave on the bus, and bus stop safety.

### Walking to School

Whether your child walks alone or with a friend, make sure you discuss the route they take, how to cross the street, and what to do if someone they don't know approaches them.

### Bicycling to School

Make sure you review bike safety including wearing a helmet, the safest bike route, and rules of the road.

### Discussing Threatening Situations with Your Child

Talk about being aware of what is around them, who to trust and what to do if someone approaches them. Teach your child how to identify a harmful situation, create a no-secret policy, and make sure your child memorizes your phone number.

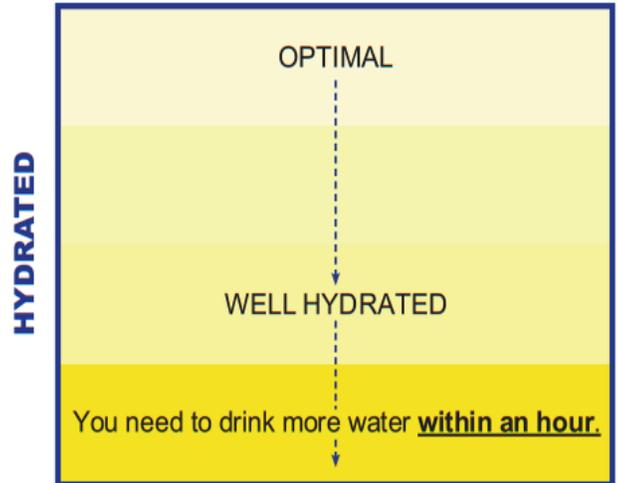
### Immunizations

Make sure your child is up-to-date on all of their shots. This is the best way to protect them, their classmates, and their teachers from spreading harmful diseases.



## Are You Drinking Enough Water?

### Urine Color Chart



\*This color chart is not for clinical use.

August 2018



NATIONAL  
BREASTFEEDING  
AWARENESS  
MONTH



Public Health  
Prevent. Promote. Protect.

Tioga County



NATIONAL  
IMMUNIZATION  
AWARENESS  
MONTH

Time to Remember. Time to Act.

## Overdose Awareness Day

Community Vigil

Thursday, August 30, 2018

6:30pm - 8:30pm • Tribute begins at 7:00pm  
Courthouse Square Gazebo, Owego, NY



Rabies Vaccination Clinic: August 30th from 6-8pm at the Berkshire Fire Station