

# WHAT THE HEALTH!?

## SUN SAFETY TIPS



Wear clothes.



Plan around the sun.



Don't get burned.



Find shade – or make it.



Sunglasses are essential.



Check UV Index.

Strokes in children, teens, and young adults are increasing at an alarming rate.

Learn the facts.  
Act FAST.  
Save a life.



## KNOW THE SIGNS. ACT FAST.



Call 9-1-1

**STROKE SYMPTOMS**  
[www.stroke.org](http://www.stroke.org)



**SUDDEN**  
numbness or weakness of face, arm or leg, especially on one side of the body



**SUDDEN**  
confusion, trouble speaking or understanding



**SUDDEN**  
trouble seeing in one or both eyes



**SUDDEN**  
trouble walking, dizziness, loss of balance or coordination



**SUDDEN**  
severe headache with no known cause

April 2019

**Act FAST and CALL 9-1-1 IMMEDIATELY**

**They're Coming For You!**



**Make Sure You REPEL!**

## Rabies Vaccination Clinic:

Thursday, May 23rd  
6:00—8:00pm  
Newark Valley Fire Station

Don't forget to Pre-Register!  
[www.health.ny.gov/go2clinic/54](http://www.health.ny.gov/go2clinic/54)