

WHAT THE HEALTH!?

One year ago...

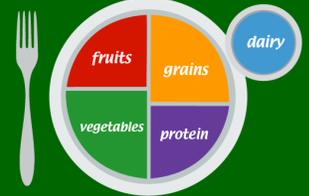
**March 14,
2020**

**Tioga County was notified of
it's first case of COVID-19!**

March is National Nutrition Month

Build A Healthy Meal:

1. Make half your plate fruits and veggies
2. Include whole grains
3. Don't forget the dairy
4. Add lean protein
5. Avoid extra fat
6. Get creative in the kitchen
7. Take control of your food
8. Try new food
9. Satisfy your sweet tooth in a healthy way
10. Everything you eat and drink matters



Where Can I Get My COVID-19 Vaccine?

Groups Eligible to Receive Their COVID-19 Vaccine	Designated Vaccination Location For Group	Underlying Health Conditions Eligible for COVID-19 Vaccinations:
People With Underlying Health Conditions 	<ul style="list-style-type: none"> • Participating Primary Care Offices • State-Operated Point of Dispensing (POD) Sites • Local Health Department PODs - (as designated) 	<ul style="list-style-type: none"> • Cancer • Chronic Kidney Disease • Pulmonary Disease  • Intellectual and Developmental Disabilities • Heart Conditions • Immunocompromised State • Severe Obesity or Obesity • Pregnancy • Sickle Cell Disease or Thalassemia  • Type 1 or 2 Diabetes • Cerebrovascular Disease • Neurologic Conditions • Liver Disease <p>For more information, visit https://covid19vaccine.health.ny.gov/</p>
People 65 and Older 	<ul style="list-style-type: none"> • Pharmacies • Health Care Providers  • State-Operated PODs 	
Essential Workers 	<ul style="list-style-type: none"> • State-Operated PODs • Local Health Department PODs • Sites organized by public employee groups  	
Healthcare Workers & Congregate Care	<ul style="list-style-type: none"> • Hospitals • Federally Qualified Health Centers • Urgent Care Centers • State-Operated PODs 	

March 2021

To Schedule Your Appointment for a State-Operated POD, Please Visit:

<https://am-i-eligible.covid19vaccine.health.ny.gov/>

Please contact your pharmacy directly regarding vaccine availability.

Please limit calls to Tioga County Public Health regarding the vaccine at this time. We will release updates as we receive them.



Public Health
Prevent. Promote. Protect.
Tioga County