

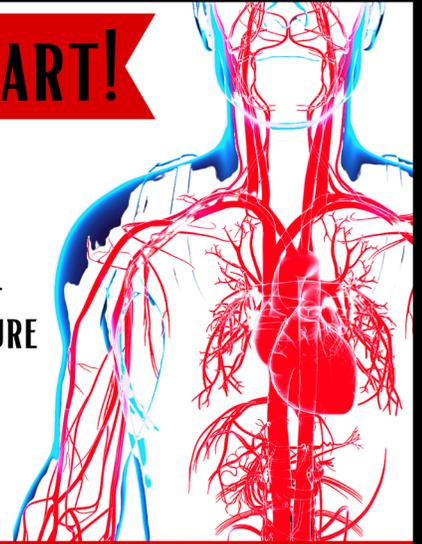
WHAT THE HEALTH!?

PEARLS
OF
WISDOM

- P**rotect tiny teeth by caring for your mouth when you're pregnant. Your child's future oral health starts with you.
- E**nsure to wipe your baby's gums after each meal.
- A**void putting babies to bed with a bottle.
- R**emember to brush your child's teeth twice daily with fluoride toothpaste. For children younger than 2 years, consult with your dentist or doctor about when to start using fluoride toothpaste.
- L**imit drinks and food with added sugars for children. Encourage your child to eat more fruits and vegetables and have fewer fruit drinks, cookies, and candies. This gives your child the best possible start to good oral health.
- S**chedule your child's first dental visit by their first birthday or after their first tooth appears. Their tiny teeth matter!

LOVE YOUR HEART!

- BE ACTIVE
- EAT WELL
- CONTROL CHOLESTEROL
- MANAGE BLOOD PRESSURE
- REDUCE BLOOD SUGAR
- LOSE WEIGHT
- QUIT SMOKING



AMERICAN HEART MONTH!



I'M COVID POSITIVE, WHAT DO I DO?



STAY HOME FOR 5 DAYS

- If symptoms are not improving after 5 days, continue to isolate until day 10



NOTIFY CLOSE CONTACTS

Close contacts should quarantine for 5 days, then test on day 5 (if possible) and continue to wear a well fitting-mask for an additional 5 days, if:

- They have not completed a COVID-19 vaccine series
- They are not boosted, but eligible



COMPLETE YOUR DOCUMENTATION

- Visit ph.tiogacountyny.gov to complete your documentation for Isolation or Quarantine (attestation form)
- The last day on your attestation will serve as your release date
- Ex: If your isolation is January 15 - 20th, you are automatically released on January 21st (unless symptoms are not improving)

