



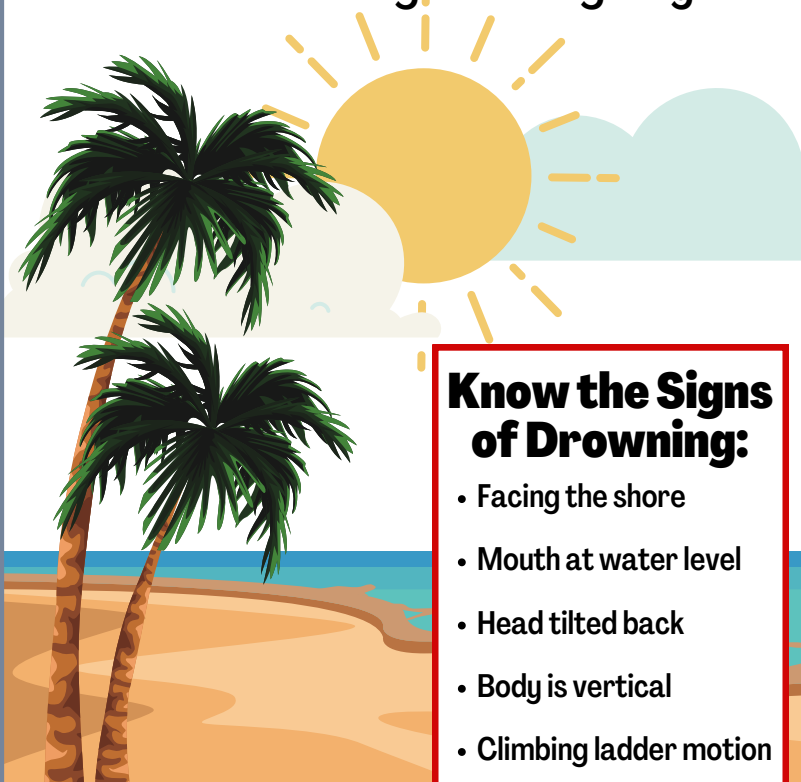
# What the Health!?

July 2023

## WATER SAFETY

### Never swim alone!

- Children should always be supervised by an adult while swimming!
- Swim in designated areas where a lifeguard is present.
- Do not run or push & pull others around water.
- Learn CPR! Seconds can make a difference during an emergency.



### Know the Signs of Drowning:

- Facing the shore
- Mouth at water level
- Head tilted back
- Body is vertical
- Climbing ladder motion



## TIOGA SMILES DENTAL VAN

### IS BACK IN OWEGO FOR THE SUMMER!

HEALTH & HUMAN SERVICES BUILDING  
1062 STATE ROUTE 38  
OWEGO, NY 13827

#### OUR SERVICES

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**DON'T WAIT UNTIL IT HURTS.**  
**SCHEDULE YOUR EXAM AND CLEANING NOW!**

**607-972-7552**



Don't Wait   
to Vaccinate!

 Schedule  
Back-to-School  
Immunizations  
Now!

