



Public Health
Prevent. Promote. Protect.

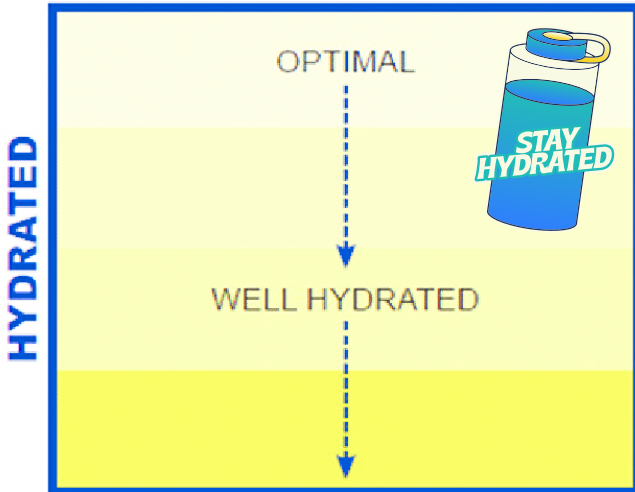
Tioga County

What the Health!?

August 2023

Are You Hydrated?

Check Out This Urine Color Chart



*This color chart is not for clinical use.

This is what SAFE SLEEP looks like!



You can dress baby in a wearable blanket for warmth!

If you swaddle your baby, make sure you stop swaddling as soon as baby shows signs of trying to roll!

Baby has been placed on their back!

Baby is in their own sleep space with no other people!

The crib has a firm, flat mattress with a fitted sheet!

There are no blankets, pillows, toys, crib bumpers, or stuffed animals in the crib.

How Many Ounces of Fluid Should You Drink Daily?



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of Ounces You Should Drink Daily

Daily Intake Examples:

140lbs = 70oz

180lbs = 90oz

220lbs = 110oz

Add an additional 12oz of fluid for every 30 minutes of activity!

1 Cup = 8oz

Aim for a minimum of 8 - 10 cups of water a day!

Daily fluid intake requirements vary by person. Please speak with your health care provider if you have any questions or concerns.