

# WHAT THE HEALTH!?

## COVID-19 BOOSTER SHOTS

### Who is Eligible for a COVID-19 Booster Shot?

Those who received **Pfizer** or **Moderna** who are in one of the following groups:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings

Vaccine series must have been completed at least 6 months ago

Anyone 18 and older who received the **Johnson & Johnson**

First dose must have been administered at least 2 months ago

To get your COVID-19 Booster Shot please contact your pharmacy or visit

<https://www.vaccines.gov/>  
to find additional

COVID-19 Vaccination Locations

Eligible individuals may choose which vaccine they receive as a booster dose. All three of the COVID-19 vaccines continue to be highly effective in reducing risk of severe disease, hospitalization, and death. Vaccination remains the best way to protect yourself and reduce the spread of the virus.



## November is Lung Cancer Awareness Month!

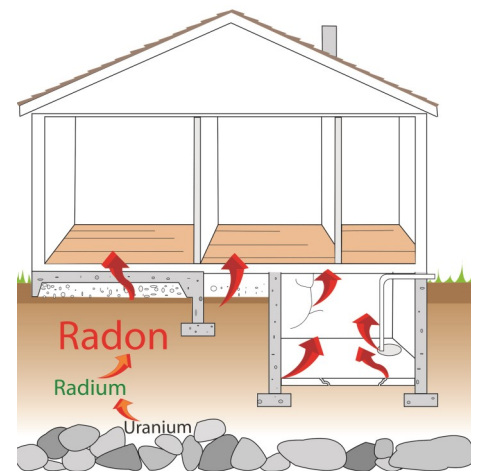
Radon is the second leading cause of lung cancer behind smoking!

### What is Radon?

Radon is a colorless, odorless, and invisible gas that is produced by the natural decay of uranium that is found in nearly all soils. It is a health hazard when there are elevated levels of it in your home. Exposure to radon over long periods of time can lead to lung cancer. Radon is the second leading cause of lung cancer in the United States behind smoking, killing around 21,000 Americans each year.

### Where does Radon Come From?

Radon comes from the ground, and if your house has cracks in the foundation, this gas can get into your home and put your family at risk!



### What can you do?

Have a test done to check for elevated levels of radon in our home. Call Tioga County Public Health at 687-8600 for your free radon test!

## Type 2 Diabetes is a Rising Threat in Youth

Prediabetes is a risk factor for developing type 2 diabetes

### PREDIABETES

increases the risk of developing type 2 diabetes and heart disease.




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### Who has PREDIABETES?

 **1 in 5**  
aged 12-18 years

 **1 in 4**  
aged 19-34 years

 **PREDIABETES**  
is higher in males and people with obesity

### What Can You Do?

- Parents should talk to their child's health care provider about testing for type 2 diabetes
- Adults aged 18 and over can take a 1-minute risk test at [www.cdc.gov/diabetes/risktest](http://www.cdc.gov/diabetes/risktest)

