

June 2019

## Are you Prepared?

In the month of June begins the hurricane season. Even though there appears to be no risk at the moment, it is important that you, your family and pets are properly prepared. Here are a few tips for what your family/pets would need during a hurricane:



- Be sure to gather enough water for each person for at least 5 days
- Gather a 3 to 5 day food supply of nonperishable items
- Prescription medication
- First aid kit
- Pet supplies including a leash, food bowls, training pads and food

### INSIDE THIS ISSUE

**1** • ARE YOU PREPARED  
• MISSING CHILDREN'S RALLY

**2** • NATIONAL SAFETY MONTH  
• STAYING HYDRATED

### Attention:

We are currently accepting submissions for our next Newsletter!

For more info email:  
Chastity.Spann@flhealth.gov

To learn more about family, health, and safety preparation, please visit <https://www.cdc.gov/disasters/hurricanes/before.html>.

Source: [Centers for Disease Control and Prevention](https://www.cdc.gov/disasters/hurricanes/before.html)

## Fifth Annual Missing Children's Awareness and Prevention Rally

Providence Healthcare Services was proud to support the Fifth Annual Missing Children's Awareness and Prevention Rally. Many elementary, middle and high school students and their parents attended the awareness and prevention rally at Florida National University, joined by dignitaries, law enforcement officials, corporate and non-profit entities. Numerous experts informed educated the crowd on the many tactics that criminals use to abduct our children every day. Tips and facts were given on how to prevent further victimization. This rally serves as a reminder to continue our efforts to reunite missing children with their families as well as educate more than a thousand youth and their families.

For more information, please contact: Rachel Tourgeman FNU Community Relations Director (786) 281-1000.

## National Safety Month

Unintentional injuries are one of the leading causes of death for Americans between the ages of 1 and 44. With June being National Safety Month, we encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

We can all use this time to raise awareness about important safety issues like:

- **Poisonings:** Nine out of 10 poisonings happen right at home. You can be poisoned by many things, like cleaning products or another person's medicine.
- **Transportation safety:** Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 6 crashes where someone is injured involves distracted driving.
- **Slips, trips, and falls:** More than 1 in 4 older adults fall each year. Many falls lead to broken bones or head injuries.



Source: [National Health Organization](http://NationalHealthOrganization)

You can make a difference! Find out ways to help reduce the risk of these safety issues by visiting <https://healthfinder.gov/NHO/JuneToolkit2.aspx>.

## Staying Hydrated

With Summer rapidly approaching, it is essential that everyone reaches their fluid needs. Getting enough water on a daily basis is important for the body to perform properly. It is highly suggested that the average adult consumes at least seven 8 ounce glasses of water a day, which is almost equivalent to half a gallon of water. Symptoms that are often associated with dehydration are irregular bowel movements, dark colored urine, headaches, bad breath, and excessive thirst.

To learn more about hydration, please visit <https://veryhealthy.life/18-symptoms-of-dehydration/>

Source: [Very Healthy Life](http://VeryHealthyLife)



**Join the Consortium For A Healthier Miami-Dade**

*Healthy Environment, Healthy Lifestyles, Healthy Community*

The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- **Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.**
- **Increase the percentage of adults and children who are at a healthy weight.**
- **Build and revitalize communities so people can live healthy lives.**
- **Increase access to resources that promote healthy behaviors.**

Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website [www.healthymiamidade.org](http://www.healthymiamidade.org)

## Events Calendar

### June 2019

6/1 - City of Miami Drowning Prevention and Water Safety Event | 10:00am-12:00pm | 1550 NW 37th Avenue Miami, FL 33125

6/13 - Mommy, Daddy and Me | 6:00pm-8:00pm | Christ Community Church 15651 NW 6th Avenue Miami, FL 33169

6/22 - Transforming Grief & Loss | 2:00pm-3:00pm | 7600 Block of SW 57th Avenue

6/29 - Celebrating a Healthier Me Health Fair | 10:00am-2:00pm | Greater Miami Church of God 1695 Opa Locka Blvd

