

## August 2021

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### ATTENTION

We are currently accepting sub-  
missions for our next newsletter!

For more info, e-mail:

**Daria.Sims**  
**@FLHealth.gov**



## National Breastfeeding Month

### 2021 BreastfeedMIAMI



August is National Breastfeeding Month!

*A community collaboration to educate, support,  
and promote breastfeeding in Miami-Dade County.*

Week 1: World Breastfeeding Week  
Week 2: Native Breastfeeding Week  
Week 3: Asian American Native Hawaiian and Pacific Islander Week  
Week 4: Black Breastfeeding Week



## Benefits of Breastfeeding



Breast milk is considered one  
the best source of nutrition for  
most babies compared to  
formulas.



Breastfeeding can help  
protect infants against short-  
and long-term illnesses and  
diseases.



Breastmilk shares antibodies  
from the mother with her  
baby.



Learn more about  
breastfeeding click [here](#).

Reference: <https://www.cdc.gov/nccdphp/dnpao/features/breastfeeding->



# National Immunization Awareness Month

Center for Disease Control Prevention Immunization

Resources

[Vaccines for Your Children](#)

[Vaccine Information for Adults](#)

[Vaccines & Immunizations](#)



Florida Department of Health in Miami-Dade County

Downloadable Resources

[Required Vaccines for Pre-K Entry](#)

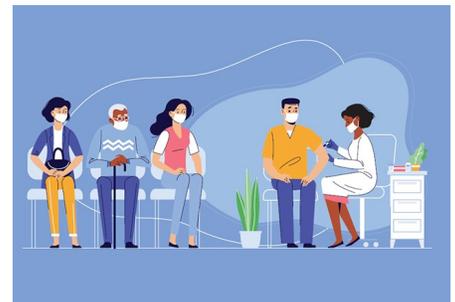
[Required Vaccines for Childcare Entry](#)

[Required Vaccines for K-12](#)

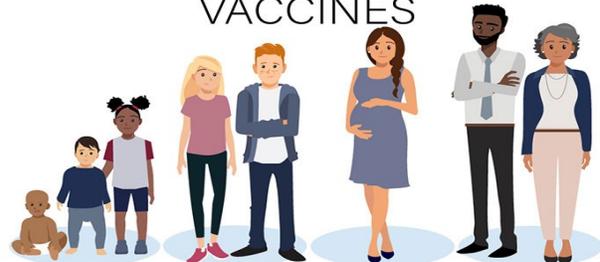
August is National Immunization Awareness Month (NIAM). This annual day highlights the importance of vaccines throughout your life time. Protect yourself and your family against harmful diseases and illnesses such as cancers caused by HPV, Chickenpox, COVID- 19, Polio, and more.



As your children head back to school this fall, make sure vaccination is at the top of your checklist. August is also a key time to make sure you are up to date on all the vaccines you need to stay healthy.



## People of all ages need WHOOPING COUGH VACCINES



DTaP for young children	Tdap for preteens	Tdap for pregnant women	Tdap for adults
<ul style="list-style-type: none"> <li>✓ 2, 4, and 6 months</li> <li>✓ 15 through 18 months</li> <li>✓ 4 through 6 years</li> </ul>	<ul style="list-style-type: none"> <li>✓ 11 through 12 years</li> </ul>	<ul style="list-style-type: none"> <li>✓ During the 27-36th week of each pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>✓ Anytime for those who have never received it</li> </ul>

www.cdc.gov/whoopingcough

During NIAM, The Florida Dept. Of Health in Miami-Dade County encourages you to talk to your doctor, nurse, or other healthcare professional to ensure you, your child, and your family are up to date on recommended vaccines.



# Back to School vs. COVID-19



The CDC has provided COVID-19 tips for schools, business/workplace, and the community.

- ✦ **Bring in as much outdoor air as possible.** Open windows in transportation vehicles, classrooms, or office.
- ✦ **Eating meals outside is best.** If you need to have students eat in a cafeteria, use methods such as opening windows, maximizing filtration.
- ✦ **Wear a mask.** If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- ✦ **Social distance.** Stay 6 feet away from others.
- ✦ **Wash your hands.** Use soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- ✦ **Monitor your health daily.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

**CDC Guidance for Community, Work, and School**

[CLICK HERE](#)

**CDC Guidance for Cleaning, Disinfecting, and Ventilation**

[CLICK HERE](#)

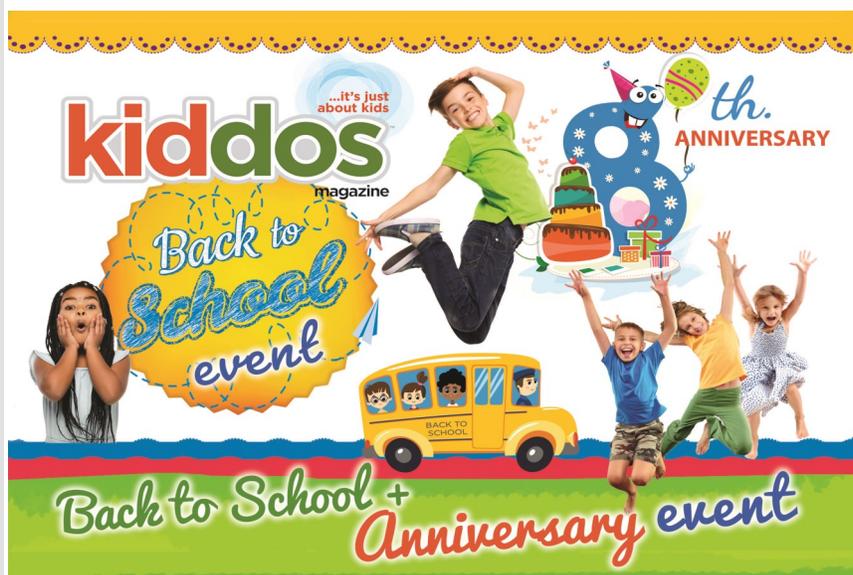
## COVID-19

To find the most up-to-date information and guidance on COVID-19 please visit the CDC's website Guidance for COVID-19.

[Click Here](#)

For any other questions related to COVID-19 in Florida, please contact the Department's dedicated COVID-19 Call Center by calling **1-866-779-6121**.

**The Call Center is available 24 hours per day.** Inquiries may also be emailed to **COVID-19@flhealth.gov**



**Saturday, August 7th • 11 am - 4 pm**

**Come and celebrate with us our 8th Anniversary and Back-to-School Event all in one awesome party!**

One day filled with family-friendly activities and entertainment! Arts & crafts, face painting, back to school exhibitors, performances, sports, character appearances, food, music, raffles and much more!

**Free Admission**

Kiddos Back to School is Presented by:



To learn more about how to support the event or become an exhibitor Call 786.260.8492 or email [vlepere@kiddosmagazine.com](mailto:vlepere@kiddosmagazine.com) | [kiddosmagazine.com](http://kiddosmagazine.com)

### Back to School Tips

1. Set a sleep schedule.
2. Get a good nights sleep.
3. Eat breakfast.
4. Pack a healthy lunch.
5. Read a book.
6. Set a homework schedule.
7. Talk to your child's teacher regularly.



Miami-Dade County

Emergency Management

[CLICK HERE](#)



Miami-Dade County

Emergency Management

[CLICK HERE](#)

To find the most up-to-date information and guidance on hurricane preparedness, please visit Miami Dade County's website Hurricane Guide.

[CLICK HERE](#)

## Summer Time Confetti Yogurt Pops Nutrition Recipe



Stay cool this summer! Break the ice and bring the kids into the kitchen! These creamy yogurt pops have 3 simple ingredients and only 7 easy steps to prepare this yummy summer time snack.

[Please click here to learn more about the recipe.](#)



## Hurricane Preparedness



Stay safe this hurricane season. Listen to your local news stations for the most recent updates on upcoming storms and hurricanes. Prepare an emergency plan with your family during this time to help you respond to a situation. Be prepared for flooding in South Florida, especially if you live in a low-lying area or live near water. Learn about community programs to protect the public, [click here](#).

### Hurricane Check list

- |   |   |
|---|---|
| 1. Food (canned goods)                    | 15. Medications or prescriptions                              |
| 2. Water                                  | 16. Feminine supplies   |
| 3. First Aid kit                          | 17. Cash/ traveler's checks                                   |
| 4. Battery powered Radio                  | 18. Infant formula, bottles, diapers, wipes, diaper rash.     |
| 5. Batteries                              | 19. Mask, hand sanitizer, disinfected wipes                   |
| 6. Flashlight                             | 20. Sleeping bag  |
| 7. Candles                                | 21. Pet food and water  |
| 8. Lighter                                | 22. Fire extinguisher   |
| 9. Whistle                                | 23. Change of clothes   |
| 10. Local Map                             | 24. Paper towels, paper cups, paper plates, plastic utensils. |
| 11. Cell phone with fully charged battery |   |
| 12. Portable charger                      |   |
| 13. Duck tape                             |   |
| 14. Generator                             |   |



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)