

February 2021

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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American Heart Month

February is American Heart Month. It is commemorated by the National Heart, Lung, and Blood Institute and [The Heart Truth](#) by encouraging Americans to adopt heart-healthy behaviors to prevent heart disease. This year the national theme for this movement is #OurHearts. In the United States, heart disease is a leading cause of death for both men and women. It is important more than ever now with the COVID-19 pandemic to focus on your health. Many people with poor cardiovascular health and other comorbidities are at an increased risk of severe illness and complications from COVID-19 ([NIH, 2020](#)).

There are many steps and resources available that you can begin to take to protect your heart and staying healthy. Some ways to protect your heart's health is by increasing physical activity, eating a healthy diet, reducing stress, getting quality sleep, and quitting smoking or the use of any tobacco products.

To encourage others about making your heart's health a priority, use #OurHearts in your social media posts and tag @TheHeartTruth when posting on Facebook, Instagram, and Twitter to promote this campaign. The image shared below also shares a series of ways to include heart health into your daily routine of self-care. To learn more about American Heart Month, please visit [here](#).

Source: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american-heart-month/about>

7 Days of Self-Care

#SelfcareSunday



Create your **self-care checklist** for the week

#MindfulMonday



Know your **blood pressure numbers** and other heart stats

#TastyTuesday



Try a **tasty, heart-healthy recipe**

#WellnessWednesday



Put your **heart** into your wellness routine

#TreatYourselfThursday



Treat your heart to some **relaxation and fun**

#FollowFriday



Share who **inspires you** to show your heart more love

#SelfieSaturday



Post about your favorite way to take care of **your heart**



#OurHearts



Florida Department of Health in Miami-Dade County Immunization Clinics

[Immunization Website](#)

Immunizations Appointments and Inquiries

Call: (786) 845-0550

Visit the

[Florida Department of Health in Miami-Dade County's Community Resource Map](#)

for information on the following resources:

- ◇ Behavioral Health Resources
- ◇ Community based services
- ◇ Daycare
- ◇ Disability Resources
- ◇ And much more!

A Reminder to Parents: Don't Forget Immunizations and Well Checks

Katherine Friedebach, M.D., Chief Medical Officer for Sunshine Health

You've heard about the new COVID-19 vaccines that will be available over the next few months. It's great news. In the meantime, don't forget about the vital vaccines that are available right now for your children to help prevent countless illnesses – measles, mumps, whooping cough – vaccines that cost you nothing if you have health insurance.

Last year, the [CDC reported](#) the highest number of measles cases since 1992 — and about 10% were sick enough to be hospitalized. Vaccination rates for measles need to be 93% to 95% of the population to prevent a spread, but this year, among Kindergarteners, Florida [fell off track](#) because of declines in the spring.

The Affordable Care Act guarantees immunizations are free of charge for you, as long as you're covered. While open enrollment ended Dec. 15, people with certain qualifying life events can sign up any time during the year at [HealthCare.gov](#) or [Ambetter.SunshineHealth.com](#). Qualifying life events include job loss, marriage, divorce, child birth and adoption, and people must sign up within 60 days of their status change. Don't let COVID-19 or a lack of health insurance prevent you from scheduling annual examinations and vaccinations against measles, mumps, rubella, whooping cough, or influenza.

National Eating Disorders Awareness Week

Let's Talk About Eating Disorders

The way we talk about eating disorders matters. Here are some facts you can use to help shape the conversation around eating disorders.

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“Eating disorders are medical illnesses.”
Genetic and environmental factors can influence eating disorders. An eating disorder is not a trend or a choice.
- 

“Eating disorders are serious and can be fatal.”
Eating disorders often involve serious medical complications that can cause permanent damage or death. People with eating disorders also have an increased risk of dying by suicide.
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“Eating disorders can affect anyone.”
Eating disorders do not discriminate. They affect people of all ages, races and ethnicities, and genders.
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“You can't tell if someone has an eating disorder by looking at them.”
People with eating disorders can be underweight, normal weight, or overweight.
- 

“Family members can be a patient's best ally in treatment.”
Eating disorders are caused by a combination of genetic, biological, behavioral, psychological, and social factors. Family members do not cause eating disorders and can be great sources of support.
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“It is possible to recover from an eating disorder.”
Complete recovery is possible with treatment and time.



NIH National Institute of Mental Health

www.nimh.nih.gov/eatingdisorders
NIMH Identifier No. OM 20-4317

During the week of February 22 – 28, 2021 we highlight the importance of identifying and treating eating disorders. One of the biggest misconceptions when discussing eating disorders is that it is simply a “choice” that mainly affects women. This is farthest from the truth as eating disorders are serious illnesses that can have lasting and even fatal complications that do not discriminate based on one's age, gender, or background. Eating disorders, if left untreated, can lead to anemia, brittle hair and nails, heart and brain damage, and even organ failure ([National Institute of Mental Health, 2016](#)). Whether it be anorexia nervosa, bulimia nervosa, or

binge-eating disorder, there are treatments and therapies available. Talk to your doctor if you have questions. If you or someone you know is in crisis and needs immediate help, call the toll-free National Suicide Prevention Lifeline (NSPL) at 1-800-273-TALK (8255).

For more information on eating disorders and how you can raise awareness, click [here](#).



COVID-19 Miami-Dade County Vaccine and Testing List:

[Click Here](#)

Florida Department of Health COVID-19 Vaccine Locator

[Click Here](#)

To find the most up-to-date information and guidance on COVID-19, please visit the Department of Health's dedicated [COVID-19 webpage](#).

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

What You Need To Know: COVID-19 Vaccines

Is the vaccine safe?

According to the [CDC \(2021\)](#) "All the COVID-19 vaccines being used have gone through rigorous studies to ensure they are as safe as possible. Systems that allow CDC to watch for safety issues are in place across the entire country."

[Learn More](#)

Can the vaccine give me COVID-19?

No, because the current vaccines being offered do not contain the live virus.

[Learn More](#)

What vaccines are available?

Currently, there are two vaccines available: Pfizer-BioNTech and Moderna. There are other vaccines in phase 3 clinical trials.

[Learn More](#)

If I had COVID-19, do I still need the vaccine?

Yes because reinfection is possible. According to the [CDC \(2021\)](#) "the immunity someone gains from having an infection, called 'natural immunity,' varies from person to person."

Do I still need to wear a mask and social distance if I received the vaccine?

Yes. This helps stop the spread of the disease and can protect both you and the public.

[Learn More](#)

Is the COVID-19 Vaccine free?

"The federal government is providing the vaccine free of charge to people living in the United States. However, your vaccination provider may bill your insurance company, Medicaid, or Medicare for an administration fee."

[- Centers for Disease Control and Prevention](#)

Always remember to...

Use gloves, masks, goggles, and other wearables properly.



Continue to practice safe hygiene with your personal protection equipment.



Discard your gloves, masks, gowns, etc. in the closest trash bin.



Upcoming Events

FREE
ONLINE CONFERENCE



The Time is Now! Ending The HIV Epidemic 2021 Conference

Live Webinar On:
February 18 & 19, 2021

When: February 18 & 19, 2021
To Register: [CLICK HERE](#)

The Ending the HIV Epidemic (EHE) 2021 two-day virtual conference will be hosted on Thursday, February 18th, 2021 and Friday, February 19th, 2021. This conference will highlight new approaches, research, and intersecting issues regarding HIV care and prevention. Conference participants will hear from The Florida Department of Health (FDOH), as well as other local leaders on the four pillars of the EHE initiative: diagnose, treat, prevent, and respond. We invite primary care professionals, specialty care providers, nurses, case managers, peer educators, patient advocates, and all community members to save the date. **Stay tuned for more details!**

For any questions related to the event, please email EHEMiami@flhealth.gov.

2021 Tobacco-Free Workplace Summit

When: February 26, 2021
Time: 9:30 AM - 11:30 AM
To Register: [CLICK HERE](#)

Join us to learn more about the benefits of becoming a tobacco-free worksite and the steps to develop and implement policy change. A guest speaker from the Public Health Law Center, health and wellness speakers, and a panel of tobacco cessation professionals and employers familiar with worksite policy change will also be in attendance to guide, encourage and help interested organizations understand the benefits of becoming a tobacco free worksite. You will also learn about our free services and resources to help smokers quit. **This is a free virtual event!**

If you have any questions or concerns, please contact Nikki Chuck at Nikki.Chuck@flhealth.gov.



When: February 24, 2021
Time: 2:00 PM - 3:00 PM
To Register: [CLICK HERE](#)

For American Heart Month, join the Florida Department of Health in Miami-Dade County's Office of Community Health and Planning as they will be hosting **Nutrition and Your Heart**, a webinar focused on food and movement as medicine and what to eat/avoid for your chronic disease.

For additional information, contact: Bryanna McDaniel (Bryanna.McDaniel@FLHealth.Gov) or Candice Schottenloher (Candice.Schottenloher@flhealth.gov).

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.



Sponsored by the Florida Department of Health in Miami-Dade County

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