

July 2021

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**ATTENTION**

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

**Candice.Schottenloher**  
**@FLHealth.gov**



## Staying Safe In The Sun

With Florida being known for its sun and beaches, residents and visitors spend a lot of time outdoors. Being outdoors has several benefits as it can help "promote mental health and stress reduction" ([CDC, 2020](#)). Spending time in the sun also gives you the chance to produce Vitamin D, a nutrient that helps with strong bones. However, even with its benefits it's important that you stay as safe as possible, as the ultraviolet (UV) rays from the sun can be harmful. In as little as 15 minutes, your skin can be damaged from the rays, especially if they are high on the [UV index](#). One of the most common conditions caused by too much sun is skin cancer. To protect you and your loved ones from harmful UV rays, remember to wear appropriate clothing such as cover-ups and hats. Sunglasses that block UVA and UVB rays help protect your eyes the most. Lastly, broad spectrum sunscreen should always be applied. Remember that an SPF of 15 or higher is ideal and that sunscreen may need to be reapplied depending on your activity and length of time outdoors. To learn more about sun safety, click [HERE](#).

## Heat Exhaustion Prevention



**Stay Hydrated.** Drink plenty of water. It's best to avoid sugary drinks as these are not as hydrating.



**Schedule.** Making sure to avoid the hottest parts of the day is a great way to lower your risk.



**Be on the lookout.** It's always important to know the signs and symptoms of heat-related conditions.



Learn more about heat-related illnesses by clicking [here](#).

Reference: <https://www.cdc.gov/disasters/extremeheat/heattips.html>



**Food Safety Resources**

[4 Steps to Food Safety](#)

[Handling Food Safely While Eating Outdoors](#)

[Food Poisoning](#)

[People With a High Risk of Food Poisoning](#)



**Florida Department of Health in Miami-Dade County**

Downloadable Resources

[Free Pool Testing Kit](#)

[Pool Maintenance Log Sheet](#)



# Get Ready to Grill Safely

## Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



## Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.



## Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



## Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F to 300°F** to keep meat at a safe temperature while it cooks.

<b>145°F</b>	beef, pork, lamb, veal (then let rest 3 minutes before serving)
<b>145°F</b>	fish
<b>160°F</b>	hamburgers and other ground meat
<b>165°F</b>	poultry



## Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



## Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

Accessible version: <https://www.cdc.gov/foodsafety/communication/bbq-iq.html>

CS296044A



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

[Click Here](#)

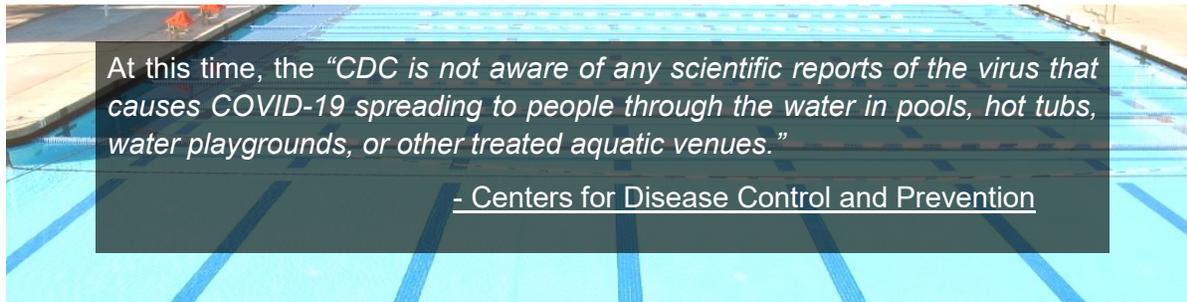
### Florida Department of Health COVID-19 Vaccine Locator

[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](mailto:COVID-19@flhealth.gov)

## COVID-19 and Water Recreation



For updated information regarding COVID-19 and Fourth of July Events, please refer to your local guidelines.

## Firework Safety Tips

- ★ If you're not trained, it's best to leave fireworks to the experts. In 2019, there were over 10,000 injuries due to fireworks with over 70% of them occurring around the time of the Fourth of July ([CPSC, 2020](#)).
- ★ Sparklers can reach 2000 degrees and can cause serious burns! Glow sticks are a great alternative for young children.
- ★ Keep safety supplies in close proximity—this includes water, first aid kits, and extinguishers.
- ★ If attending an event, maintain COVID-19 safety protocols to protect you and your family.

For more safety tips, click [here](#).

## National Cord Blood Awareness Month

For the month of July we want to share what cord blood is and how it's used. Did you know that umbilical cord blood can be a life-saving product? According to the Food and Drug Administration (2014), cord blood houses stem cells which "can be used in the treatment of patients with blood cancers such as leukemias and lymphomas, as well as certain disorders of the blood and immune systems, such as sickle cell disease and Wiskott-Aldrich syndrome." Cord blood can be stored privately (for future personal use) or publicly (donation). A common question that many providers receive is, will this hurt my baby? The short answer is no, as cord blood is collected after birth and umbilical cord cutting. To learn more about Cord Blood and its uses visit [this webpage](#). Donating cord blood isn't a universal practice so its best to check with your local hospital. For more information about donations, click [here](#).

## Upcoming Events



### Healthy Summer Habits Webinar

**When:** Monday, July 19, 2021  
**Time:** 1 P.M. to 2 P.M.

Join us for a presentation to review habits to help you have a healthy and happy summer! We will review eating habits, staying active, and ways to stay safe in the sun.

To register, please click [here](#).

For additional information, contact:  
 Candice Schottenloher  
 ([Candice.Schottenloher@flhealth.gov](mailto:Candice.Schottenloher@flhealth.gov))

## Summer Time Grilled Vegetables MyPlate Recipe



This summer try cooking your vegetables on the grill with this simple MyPlate recipe. Simply use garlic and oil on your vegetables. If you do not have a grill, another great option is to cook these vegetables in the oven.

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

## Journey to Wellness Rx Prescription

Did you know you can now order *Journey to Wellness Rx* prescription pads through the Consortium for a Healthier Miami-Dade's website?

The *Journey to Wellness Rx* is a non-pharmaceutical prescription that encourages physical activity and healthy living to help with weight and chronic disease management. It was established in 2016 by the Florida Department of Health in Miami-Dade County, Office of Community Health and Planning. This initiative was designed to be used with the general public at clinics, mobile healthcare units, community screenings, health fairs and other health promotion sites. This resource is available in 3 languages: English, Spanish, and Haitian Creole.

**You can become a community partner distributor of the Journey to Wellness Rx and receive a supply of prescription pads at no cost!**

To learn more, please visit the website [HERE](#). Also, if you are interested in partnering with us, please contact Natouchka Murray at: [Natouchka.Murray@flhealth.gov](mailto:Natouchka.Murray@flhealth.gov).

**Order your FREE Journey to Wellness Rx pads today!** Just click [HERE](#).

**JOURNEY TO WELLNESS Rx**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

WELLNESS ACTIVITY RECOMMENDATIONS	
<b>Aerobic Activities</b> "Cardio" get you breathing harder and your heart beating faster. <input type="checkbox"/> Go Walking <input type="checkbox"/> Go Cycling <input type="checkbox"/> Go Dancing <input type="checkbox"/> Go Swimming	<b>Strength Activities</b> Strengthen your muscles (legs, hips, back, chest, abdomen, shoulders and arms). <input type="checkbox"/> Yoga <input type="checkbox"/> Pilates <input type="checkbox"/> Exercises that use your body weight for resistance (like push-ups, sit-ups, lunges and squats)
<input type="checkbox"/> Go to a local park-visit MiamiDade.gov/parks to find locations and activities near you. <input type="checkbox"/> Take a healthy lifestyle class. <input type="checkbox"/> Other: _____	
<small>*New Adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week, and muscle-strengthening activities on two or more days a week. Children need one hour or more of physical activity every day.</small>	
<b>Go to a local park. Take a healthy lifestyle class!</b>	
Provided by: _____	Signature: _____

Please consult your health care provider before beginning any exercise program. This is especially important for people over the age of 35 and for those with any pre-existing health conditions. Discontinue any exercise that causes pain, severe dizziness, nausea, dizziness or shortness of breath, and consult a medical expert immediately.

**Florida Department of Health in Miami-Dade County Introduces the Journey to Wellness Rx.**

This non-pharmaceutical prescription is provided to recommend physical activity and encourage healthy eating to help with weight or chronic disease management.

*Journey to Wellness Rx* gives you access to all of Miami-Dade's community resources which promote and assist individuals with creating a healthy lifestyle. Visit [HealthyMiamiDade.org](http://HealthyMiamiDade.org) to find the interactive resource map.

For additional information on increasing physical activity, maintaining a healthy weight and eating healthy, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and CDC.gov.

**Make Healthy Happen!**

Maintain an optimum state of health. Wellness and prevention are the keys to living a healthier, longer life. Here are some tips to create healthy habits:

- Increase your physical activity.
- Maintain a healthy weight.
- Eat more fruits and vegetables.
- Eat 2 servings or more fish weekly.
- Eat 3.5 ounces or more of whole grains daily.
- Limit your intake of beverages with added sugar to less than 36 ounces (450 calories) weekly.
- Limit your intake of sodium to 1,500 mg or less daily.
- Don't smoke or use tobacco products.

Florida Department of Health in Miami-Dade County  
 Office of Community Health and Planning  
 West Pines Health Center, 16255 International Avenue, Miami, FL 33187  
 Office: 305.278.6462

Florida Department of Health in Miami-Dade County  
 Health & Wellness Center  
 Frederica Wilson and Juanita Stone Health Center  
 2028 NW 73rd Street, Miami, Florida 33142

## 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](http://www.healthymiamidade.org)