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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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Learn the signs of stroke.



Face. Arms. Speech. Time to call 9-1-1.

cdc.gov/stroke

Acting F.A.S.T For Strokes

Did you know? Every 40 seconds in the U.S someone has a stroke and they can happen to anyone, regardless of age ([CDC, 2021](https://www.cdc.gov/stroke)). This means it's important for all of us to know how to identify and respond to someone having a stroke. Delayed response can lead to long-term health effects (such as brain damage) and even death. The key to quick treatment is by acting F.A.S.T:

F—Face: Ask the person to smile to determine if there is any face drooping.

A—Arms: Ask the person to raise both arms. Does one arm seem weaker compared to the other?

S—Speech: Ask the person to repeat a simple phrase. Are they having any difficulty completing this phrase? This includes speech that is slurred or different from their normal way of speaking.

T—Time: If you see any of these signs, call 9-1-1 immediately.

Below are some additional symptoms that you can watch out for:

Numbness

Confusion

Trouble with vision

Loss of balance or coordination

Severe headaches

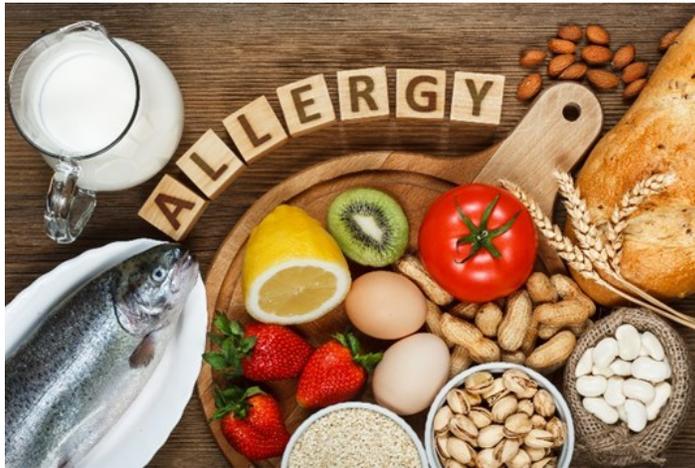
For more information, visit: <https://www.stroke.org/en/about-stroke/stroke-symptoms>

Protect Yourself from Food Allergies and Awareness Action Month

Allergy Awareness Month is celebrated every May. Food allergies are a growing food safety and public health concern worldwide. Approximately 8% of children in the United States are affected by food allergies ([CDC, 2020](https://www.cdc.gov/stroke)). According to [FoodSafety.gov](https://www.foodsafety.gov), about 2% of adults face a continuous concern to food allergies too. This is an opportunity for all of us to learn more about food allergies and how to keep those with allergies safe.

A food allergy is the immune response to a bad reaction to food. About 90% of allergic food reactions are caused by eight foods. The Food and Drug Administration (FDA) works to ensure that the labels of food consumers buy have accurate and complete information related to these eight foods. These foods include milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans. These reactions can lead to serious illness. It is important to know the only way to prevent these reactions is by completely avoiding foods that contain allergens you are allergic to. Reading and understanding food labels is extremely important to those with food allergies as well as protecting others with food allergies too. Additionally, effective communication of food allergy risks can be critical in protecting those with food allergies.

To learn more and for more information related to food allergies and ways to protect yourself and others, please visit here: <https://www.foodsafety.gov/blog/protect-yourself-food-allergies>.



Source: <https://www.foodsafety.gov/blog/protect-yourself-food-allergies>

Healthy and Safe Swimming

Swimming is a great way for everyone to stay fit as it's an aerobic exercise that can reduce one's risk of developing chronic illnesses. Not only does it strengthen your heart, it can improve one's mood, and improve one's bone health ([CDC, 2016](#)). However, there are some risks associated with swimming if the right precautions are not taken. Drowning is a leading cause of injury-related death in children. In addition, pool chemicals can cause severe injuries if not handled properly. Below are some steps to stay safe while at a pool:

- Make sure you and your loved ones have basic water safety skills.
- Control access to the pool, especially in households with younger children.
- Read directions for all products that are used to keep your pool clean.
- Regularly check your pool's chemical levels to ensure they are safe and working properly.

For more information on keeping a safe pool environment visit <https://www.cdc.gov/healthywater/swimming/safe-swimming-week/feature.html>



Florida Department of
Health in Miami-Dade
County

Downloadable Resources

[Free Pool Testing Kit](#)

[Pool Maintenance Log Sheet](#)



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

[UPDATE LINK](#)

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

Hurricane Preparedness and COVID-19

May 9th—15th marks Hurricane Preparedness Week. Hurricanes can produce strong winds, large amounts of rain, and cause significant damage to city infrastructure. Due to the high potential for injuries and damage, it's best to stay prepared and be ready before they make landfall. However, it is also important to remember that this year's planning may be different due to the COVID-19 pandemic.



The first step of planning for any natural disaster is determining your risk. Use the [NOAA Coastal Services historical hurricane tracks tool](#) to figure out which hazards are more common in your area and use [this website](#) to determine your storm surge planning zone. If you need more information about storm surge planning zones, click here: <https://www.miamidade.gov/global/emergency/hurricane/storm-surge-zones.page>



Make a plan for you and your family for when a natural disaster occurs. It's important to have a plan for different scenarios. For example, make sure you have a plan for when family members are not home. Be sure to ask the important questions like: Where will I take shelter? Do any of my family members have medical needs? How will I get where I need to be?

The Department of Homeland Security has a form to use as a template, it can be found here: [Emergency Plan for Parents](#)



Build a kit. You want to make sure that consumables can last for at least three days for you and your family. This includes three days worth of water (both for drinking and cleaning), food, and phone chargers. Kits should also include first aid kits, money, radios, batteries, cloth face coverings (for those ages 2 and over), hand sanitizer, medications, and important and up-to-date documents. For a more exhaustive list visit <https://www.ready.gov/kit>



Determine your evacuation route, how you will leave, and where you will take shelter and, if applicable, if they take pets. Throughout this planning, make sure to follow CDC guidelines to protect you and your loved ones from coronavirus in a [public disaster shelter](#). If you need to travel, visit the CDC for [safety precautions when using transportation](#).



Make sure that you have several ways for you to receive emergency alerts and warnings. To sign up for Miami-Dade emergency alerts, click [here](#). You can also download the FEMA app by visiting <https://www.fema.gov/mobile-app>

Upcoming Events



When: Wednesday, May 26, 2021
Time: TBA
Platform: Go To Meeting

For Allergy Awareness Month join the Florida Department of Health in Miami-Dade County's Office of Community Health and Planning as they will be hosting a webinar with Florida Center for Allergy and Asthma Care that will focus on raising awareness and educating about asthma and allergies.

For additional information, contact:
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 or Candice Schottenloher
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Pet Care In Hot Weather

It's Hot Out!

Don't Leave Your Pet in the Car!



A car can overheat **even** when the window has been left cracked an inch or two.



Young, overweight or elderly animals, or those with short muzzles or thick or dark-colored coats are most at risk for overheating.



Shady spots offer **little** protection on hot days, and move with the sun.



Many states and local governments have laws that prohibit leaving an animal unattended in a motor vehicle under dangerous conditions, which includes hot days. Your car could be damaged or you could be charged with a crime.



If you see an animal trapped in a car on a hot day, try to locate the owner or call 911! **Stay by the car until assistance arrives.**

Pets can suffer from heat-related illnesses too! As temperatures rise, remember to monitor your pet to check for overheating. This can look like panting, drooling, vomiting, collapsing, and/or mild weakness. To prevent this outcome make sure to provide them with plenty of fresh water, shade, and a cool place to rest. It's also important to limit your pet's interactions with hot asphalt, as this can result in paw pad burns. Lastly, never leave a pet in a car. In cool 60 degree weather, a car can reach over 100 degrees! For more tips on pet care in hot weather, visit [here](#).

The Consortium For A Healthier Miami-Dade would like to wish you all a healthy and happy Mother's Day!



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