



August 2022

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ATTENTION

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

For more info, e-mail:

Daria.Sims
@FLHealth.gov



Music • Games • Prizes • Food Demos

Homestead-Miami Speedway

One Ralph Sanchez, Speedway Blvd.
Homestead, FL 33035

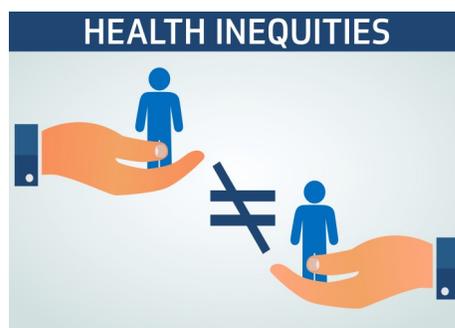
August 27, 2022
10:00am- 2:00pm

Join us for summer fun in the sun.
This event and all activities are
free to the community at a first
come first serve basis.



Click [here](#) to view in English, Spanish, and Creole. To register as a vendor, click [here](#).

Health Equity Corner



The Healthy People 2030 goal for Health Care Access and Quality- Health Insurance objective is "Increase the proportion of people with health insurance". There are various barriers that affect individuals from having access to health care services, that can increase their risk of poor health outcomes and health disparities. Barriers may include lack of health insurance, poor access to transportation, and limited health care resource.

In 2021, the National Health Interview Survey Early Release Program reported that [29.6 million people](#) age 65 and under are uninsured.



Florida Department of Health COVID-19 Testing Site & Vaccine Site Locator

[CLICK HERE](#)

CDC About COVID-19

[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**

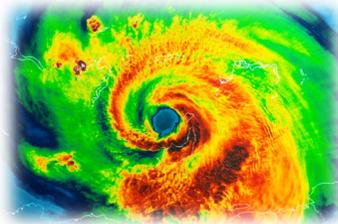
Outbreak Information

Below you will find resources and information from the U.S. Food & Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) regarding current outbreaks of infectious diseases.

- [Recalls, Market Withdrawals, & Safety Alerts](#)
- [Foodborne Outbreaks](#)
- [U.S. Monkeypox 2022: Situation Summary](#)
- [Meningococcal Disease in Florida, 2022](#)
- [Handwashing in Communities: Clean Hands Save Lives](#)



Hurricane Preparedness



Hurricane season is not over. It is important to prepare your family incase of a natural disaster. Stay up to date on the latest cyclones developing at [National Hurricane Center](#). Below you will find resources and information for hurricane preparedness.

- [Pet Safety in Emergencies](#)
- [Hurricane Guide](#)
- [Flood Zone Maps](#)
- [Sheltering in Place](#)
- [Food Safety for Power Outages](#)
- [Emergency Action Plan](#)

MyPlate



Are you looking for easy-to-make smoothies, breakfast, lunch, and dinner recipes at a low cost? Visit [MyPlate](#) for healthy and delicious recipes for the family.

Fresh From Florida



Check out what produce is in season for August. Next time you go grocery shopping check for these in seasonal crops. Click [here](#) to view.

Resources[Vaccines & Immunizations](#)[Immunization Clinics](#)

Florida Department
of Health in Miami-
Dade County

[Epilepsy Alliance
Florida](#)

National Immunization Awareness Month (NIAM)

National Immunization Awareness Month (NIAM) is observed annually in August to underscore the importance of disease prevention through routine vaccinations. Vaccinations are essential to routine healthcare visits, and they protect us from dangerous preventable diseases like Chickenpox, Influenza, Hepatitis, Measles, Mumps, HPV-related cancers, Tetanus, Pertussis (whooping cough) and more.

To recognize this month of awareness everyone is encouraged to protect their health by getting their routine immunizations. Since adults aged 60

and older and adults with disabilities are at increased risk for complications from certain vaccine-preventable diseases, getting your vaccinations especially important.

This August, be sure to visit your healthcare provider, or learn more about [CDC's Immunization Schedule](#), and ensure that you and your family are up to date on their vaccinations. The CDC developed a useful [Adult Vaccine Assessment Tool](#) and provides [guidance](#) on what vaccines you might need based on certain risk factors.

**Caring for Our Students with Epilepsy**

On July 1, 2022, several new Florida laws went into effect, one of which is of utmost importance for students who have epilepsy. House Bill 173, "Care of Students with Epilepsy or Seizure Disorders" requires school employees who have regular contact with a student with an Individualized Seizure Action Plan to complete training in the recognition of symptoms and care of students with epilepsy and seizure disorders.

With over 94,000 children in Florida who live with Epilepsy, it is very important for school personnel to be equipped with an understanding of the disorder and first aid protocol.

Epilepsy Alliance Florida is here to support all of our Florida schools in their quest to comply with these requirements. To schedule an in-person or online school or organization training, please contact the Prevention & Education Supervisor, Audrey Hall, at 904-730-2315 or visit our [website](#).

Resources

[BreastfeedMIAMI](#)

[Miami-Dade County Public Library System](#)

[MDCPS - Back to School](#)



[Safety Tips: Children Going to School](#)

[COVID-19 Precautions in Schools](#)

National Breastfeeding Month

Every year August is celebrated as National Breastfeeding Month (NBM). The [U.S Breastfeeding Committee \(USBC\)](#) announced this year's theme to be "Together We Do Great Things!". This theme is a celebration of the power and impact of our collective efforts to support breastfeeding in our communities. To learn more about the weekly themes, please visit [here](#).

BreastfeedMIAMI is a community collaboration to educate, support, and promote breastfeeding in Miami-Dade County. Check out the BreastfeedMIAMI Collaborative to learn more about how to get involved and support the upcoming August breastfeeding events [here](#)!



Back to School Tips

1. Set a sleep schedule.
2. Set a morning alarm.
3. Eat breakfast before school.
4. Pack a healthy lunch & snack.
5. Check student backpack.
6. Set a homework schedule.
7. Use caution when in a school zone.
8. Talk to your child's teacher regularly.

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