

November 2022

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

Daria.Sims
@FLHealth.gov



Health Equity Corner



Advancing health equity also means addressing the disparities related to commercial tobacco. [CDC](#) says commercial tobacco is “harmful products that are made and sold by tobacco companies”. There are many population groups that commercial tobacco affects, which include individuals with low socioeconomic status. Creating smoke-free air policies is one step to protect individuals from the risk of commercial tobacco that can lead to health issues in the future. For more information, please visit [People with Low Socioeconomic Status Need More Protection from Secondhand Smoke Exposure | Smoking and Tobacco Use | CDC](#)



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**

Monkey Pox Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Prevention](#)
- [Treatment](#)
- [2022 U.S. Map & Case Count](#)
- [U.S. Monkeypox 2022: Situation Summary](#)

COVID-19 Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Travel](#)
- [Treatments and Medications](#)
- [Stay Up to Date with COVID-19 Vaccines Including Boosters](#)

COVID-19 VACCINE BOOSTER UPDATE

Everyone ages 12 and older should get an updated booster

- If they have completed their primary series
- If it has been at least 2 months since their final primary dose or last booster

cdc.gov/coronavirus

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Resources

[Parks305](#)

[Physical Activity](#)

[Healthy Pets,
Healthy People](#)

[Health Insurance](#)

Physical Activity



Don't get stuffed this holiday season. Stay active while you enjoy thanksgiving holiday. Take a walk around the neighborhood or local park after dinner with your pet, family and friends. Encourage each other to stay physically active to improve health outcomes. To find a park near you, visit Parks305.



Need Health Insurance?

The annual healthcare open enrollment period runs from November 1st to January 15th for coverage starting as early as January 1st. The Healthcare Navigation Program at Epilepsy Alliance Florida provides FREE, unbiased enrollment assistance and education to Floridians seeking affordable health coverage or who need help changing their current insurance plan. Navigators are available on weekdays, evenings, and weekends and can provide virtual assistance in English, Spanish, and Creole.

Call 877-553-7453 to schedule your appointment or visit our [website](#) and #GetCovered #StayCovered.



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

**FREE
INSURANCE
ENROLLMENT HELP**

1-877-553-7453

HOW THE MARKETPLACE WORKS:



Create Account



Apply



Pick a Plan



Enroll

Resources

[MyPlate](#)



MyPlate



Makes:

7 Servings



Total Cost:

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Are you looking for a delicious holiday meal to prepare for your family? Try this [Roast Chicken](#) recipe that is filled with flavor. Visit MyPlate for more recipes your family will enjoy this holiday season.

Ingredients

- 1 chicken, whole
- 1 tablespoon olive oil (or canola oil)
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- salt and pepper (to taste, optional)

Directions

1. Preheat oven to 375°F.
2. Combine Italian seasoning, garlic powder, salt and pepper (optional).
3. Rub chicken with oil, then rub with spice mixture.
4. Place chicken, breast side down, in roasting pan or Dutch oven.
5. Bake, uncovered, until internal temperature reaches at least 165°F.
6. Let chicken rest for 10 minutes before cutting.

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