



October 2022

INSIDE THIS ISSUE

1 Breast & Cervical
Cancer Early
Detection Program

2 Monkey Pox
Testing & Vaccine
Sites for COVID-19

3 Mental Health
Physical Activity

4 Halloween Safety Tips
Innovative Aging &
Healthcare Conference

ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

Daria.Sims
@FLHealth.gov

The Florida Breast & Cervical Cancer Early Detection Program

October is [Breast Cancer Awareness Month](#) and October 21st is [National Mammography Day](#). The Florida Department of Health in Miami-Dade County [Breast and Cervical Cancer Early Detection Program](#) offers **free** services provided through partnerships with public and private primary care physician, hospitals, and diagnostic centers. The following services are provided free of charge to those who are eligible.

- ♥ Mammogram
- ♥ Clinical Breast Exam
- ♥ Pap smear
- ♥ Pelvic Exam
- ♥ Treatment, if needed is provided through the Medicaid Mary Brogan Treatment Act



For more information or to schedule an appointment, please call (305) 470-5634.

Health Equity Corner



In the United States 1 in 10 people live below the poverty line. One objective that Healthy People 2030 focuses on is economic stability. Economic stability focuses on "help(ing) people earn [steady incomes](#) that allow them to meet their health needs" and is one of the five social determinants of health. An individual's financial situation can greatly impact their overall health. To learn more about this please

visit: [Economic Stability - Healthy People 2030 | health.gov](#)



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](#)

MONKEYPOX
Signs and Symptoms

- FEVER**: Icon of a person with a red target on their forehead.
- HEADACHE**: Icon of a person with a red target on their forehead.
- MUSCLE ACHES**: Icon of a person's arm with a red target on the shoulder.
- BACKACHE**: Icon of a person's back with a red target on the spine.
- CHILLS**: Icon of a person with their arms crossed and a red target on their chest.
- RASH**: Icon of a person's face with several red dots representing a rash.

Visit MiamiDade.gov/Monkeypox for more information

Resources

[NAMI](#)

[In a Crisis?](#)

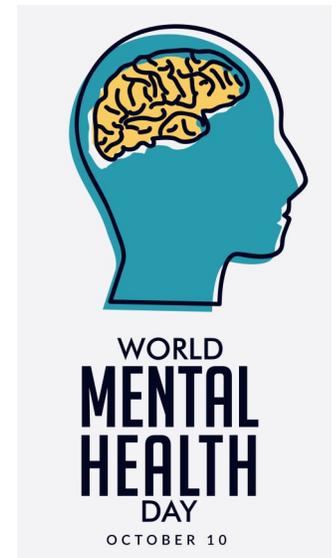
[Suicide Prevention](#)

Mental Health

October 10, 2022 is World [Mental Health](#) Day. Take of care your mental health today. According to the CDC, physical activity can help decrease a persons stress levels and anxiety. [National Domestic Violence](#) Awareness Month is also recognized in October. If you or a loved one is in [crisis](#), please call the **National Suicide Prevention Lifeline at 9-8-8 | Text “NAMI” to 741741 for 24/7, confidential, free crisis counseling | If calling 911: Ask for a Crisis Intervention Team (CIT) Officer | National Domestic Violence Hotline Call 1-800-799-7233.**



Click [here](#) for information and details about NAMI Walks.



Florida Department of Health in Miami-Dade County

Physical Activity

Physical activity is important. According to the CDC, the percent of men aged 18 and over who have fair or poor health is 13.2% since 2020. Take your family out to the park for physical activities like walking, running, playing basketball, tennis, soccer, etc. Physical activity and eating healthier can reduce your risk of chronic diseases like diabetes, heart disease, Cancer, high cholesterol and more. To find a park near you, visit [Parks305](#) or [Miami- Dade County Parks and Recreation](#). For [physical activity guidelines & recommendations](#) visit the [CDC](#). Get active today!



Resources

[Innovative Aging & Healthcare Conference](#)

[Safety Tips: Halloween](#)



Innovative Aging & Healthcare Conference

The Alliance for Aging, Inc. is pleased to announce the Annual New Face of Aging Innovative Aging and Healthcare Conference. The 2022 Conference will take place in person on Thursday, October 20th, 2022, at The DoubleTree by Hilton Hotel Miami Airport & Convention Center. More than 400 healthcare and aging professionals are anticipated to attend. This Conference and Expo will feature new technology, innovations, networking, and engaging speakers. Please visit <https://afaconference.miami/afaconference.miami> for additional information or contact Alan Frent at 305-671-6325 or frenta@allianceforaging.org.



Safe Halloween Tips

-  Carry a flash light with extra batteries or carry glow sticks.
-  Children should be accompanied by an adult.
-  Check children's candy before eating.
-  Wear costumes with bright or light colors so people can see you in the dark.
-  Drive slow with caution in neighborhoods.



For more information, click [here](#) to view Miami-Dade County Halloween and the Holidays tips.

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