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ATTENTION

We are currently accepting submissions for our next newsletter!

For more information please

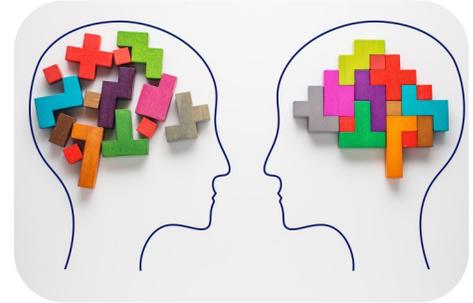
e-mail: Daria.Sims@FLHealth.gov

Opioid Crisis



Opioid crisis is on the rise. The use of prescription drugs has increased in the USA since 2013. According the CDC, 187 people die everyday from opioid overdose. Lets make safer choices. Educate yourself and spread awareness about opioid overdose and misuse. Find out risk factors and prevention strategies by visiting the CDC.

Mental Health



If you or someone you know who may be in crisis or need help with substance abuse, please contact:

- ♥ Substance Abuse and Mental Health Services ([SAMHSA](https://www.samhsa.gov))- Call or Text 988
- ♥ Find [Treatment Centers](#) near you.

Health Equity Corner

Black Maternal Health Week is April 11th – 17th, where we raise awareness around black maternal health issues. Over 50,000 women die each year from unexpected outcomes related to labor and delivery. Black women are three times more likely to die from pregnancy-related outcomes than white women.



What can we do? We can support pregnant women by decreasing life-threatening factors that relate to pregnancy-related complications and/or death, recognizing unconscious bias, and standardizing coordination of care.



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 for COVID-19 guidance.

[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**



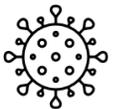
COVID-19 Information

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



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](#)



Hepatitis B Information

- [Hepatitis B Vaccination of Adults](#)
- [Florida Dept. of Health in Miami-Dade County Hepatitis Program](#)
- [CDC: Frequently Asked Questions for the Public](#)
- [Planned Parenthood: STD Testing, Treatment & Vaccines in Miami, FL](#)



Update: All adults should be tested at least once for hepatitis B. Have you been tested?

- Hepatitis B infection can cause liver cancer and early death
- Most people with the virus don't know they have it
- Treatment is available — **schedule your screening today**



bit.ly/r7201a1
MARCH 10, 2023

MMWR

Resources

[Cleveland Clinic](#)

[National Institutes of Health](#)



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

Is Acetaminophen Linked to Autism and Pregnancy?



Recent studies has shown that pregnant mothers who took acetaminophen during pregnancy have a higher risk of their baby developing autism or attention-deficit hyperactivity disorder (ADHD). Although acetaminophen is a recommended pain reliver, high amounts of this drug can have a negative affect on the development of your baby during pregnancy. If you are pregnant and need a recommend pain reliver, please discuss best options with your doctor. To learn more information, please visit [Cleveland Clinic](#) and [National Institutes of Health](#).

Healthy Living

Your everyday hobbies like skateboarding, bike riding, swimming, cheerleading, playing basketball, etc. are all considered physical activities. If you are looking to workout, try starting off with hobbies you love. Research has shown that physical activity can improve your mental health and overall health. Reduce your risk for chronic diseases like heart disease, diabetes, high blood pressure, cancers and more by working out routinely and maintaining a well balanced diet consisting of fruits, vegetables, and natural sugars. If your wondering how to start your journey, the CDC recommends at least **150 minutes per week** of exercise for adults and daily exercise activities for **children and adolescents**. For more information about **chronic disease**, **physical activity**, and **healthy eating** visit the CDC.



Alliance for Aging



The Alliance for Aging is focused on the mission of promoting and advocating for the optimal quality of life for older adults and their families in Miami-Dade and Monroe Counties, and provides home and community-based services to help older adults, persons with disabilities, their family, and caregivers lead healthy, active, and independent lives. Our goal is to provide information and access to quality services for older adults that help keep them at home and in their communities. To learn more about the needs and concerns of older adults in Miami-Dade and Monroe Counties, the Alliance for Aging will be conducting a series of community listening sessions, as well as online surveys.

For upcoming listening sessions, please visit: <https://allianceforaging.org/whats-happening/calendar-of-events>.

Resources

[The Florida Department of Health in Miami-Dade](#)

[CDC: HIV](#)

[MyPlate](#)

[Dog Parks](#)



HIV/AIDS Services

[The Florida Department of Health in Miami-Dade](#) County offers services to those in need. Services are but not limited to a list of PrEP or PEP Providers, linkage to care, and condom distribution. To request our services or for more information, please visit: www.testmiami.org or call 305-643-7420.



MyPlate



Are you looking for a delicious Easter meal for the family. Visit [MyPlate](#) for this recipe and other healthier options to cook.

Healthy Pets



Pets need physical activity and healthy meals to stay healthy. Take the next steps to get healthier together. Visit [Miami-Dade County](#) Parks, Recreation and Open Spaces: [Dog Parks](#) to find a pet friendly park near you. To learn more about pet health visit the [CDC](#).

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