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ATTENTION

We are currently accepting submissions for our next newsletter!

For more information please

e-mail: [Daria.Sims@FLHealth.gov](mailto:Daria.Sims@FLHealth.gov)

MyPlate

Summer is here and the heat is kicking up. Cool down and try this [Orange Banana Frosty](#) from MyPlate. Visit [MyPlate](#) for sweet treats like this and other healthier options to cook for your family.



Health Equity Corner



Community Health Workers (CHWs) play a vital role in achieving health equity. They are known for being the [frontline public health workers](#) who provide outreach, follow-up, advocacy, education, and identify community needs. CHWs provide the linkage between health/social services and access to the community to provide the services. They are essential to public health organizations by reducing barriers, assisting with chronic diseases, serving underserved communities, and providing culturally competent care. CHWs bridge the gaps in the healthcare system and support diverse populations in identifying inequities.

HIV/AIDS Services



The Florida Department of Health in Miami-Dade County offers [HIV/AIDS services](#) to those in need.

To request our services or for more information, please visit: [www.testmiami.org](http://www.testmiami.org) or call **305-643-7420**. 

Tobacco Free Florida

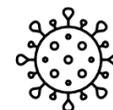


Do you want to stop smoking? Quit today. Tobacco Free Florida offers free tools and resources to help you quit smoking. If you or some one you know is trying to quit smoking, visit [Tobacco Free Florida](#) for more information.



### 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](#)



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**



### 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](#)



MPOX

Thanks to you, mpox cases are down to fewer than 10 cases/day.

But, summer fun is coming so

keep talking to your patients about vaccination.

[cdc.gov/poxvirus/mpox/vaccines/](https://cdc.gov/poxvirus/mpox/vaccines/)




## Resources

[Parks, Recreation and Open Spaces](#)

[American Red Cross](#)



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

[CDC Men's' Health](#)

[Programs and Services](#)

## Healthy Pets



Pet health is important. Pets need physical activity. Don't forget to bring water for both you and your pet to prevent [heat related illnesses](#). To learn more about pet health visit the CDC [Healthy Pets, Healthy People](#).

## Men's Health Month



Health is wealth. June is Men's Health Month. It is important for men to keep up with their health. Routine doctor visits and [screenings](#) can lower a person's risk for serious health diagnoses if detected early on. Detecting life threatening diseases early on like chronic diseases such as [diabetes](#), [heart disease](#), high [cholesterol](#), and even certain types of [cancers](#) can be diagnosed and treated. Encourage the men around you to live healthier lifestyles by eating nutritious [foods](#), getting in weekly [physical activity](#), and going on routine doctor visits. To help get you started, The Florida Department of Health in Miami-Dade County offers **free clinical [Programs and Services](#)** to the community.

## Beach and Pool Safety



Did you know drowning is the [leading cause death for children](#) ages 1-4? Drowning is preventable. Children should be accompanied by an adult or lifeguard while having fun in the water. Make sure to remember a few safety tips like wear bright color bathing suits, use float devices like a life vest, and if someone is [sick with diarrhea](#) do not let them get in the water. If you plan on visiting a water park, beach, or pool location be sure to go over [drowning prevention](#) and water safety tips for [healthy swimming](#).

## Hurricane Preparedness



Summer is here and cyclones are ready to twist through Florida. Make sure your family has an [emergency plan](#) this hurricane season. Be sure to gather [supplies](#), listen to the local news for weather updates, get your car ready by filling up your gas tank, make sure your [pet](#) and [pet disaster supply kit](#) is ready, [prepare your home](#), and plan an evacuation route just in case. For the latest information and updates on cyclones developing, visit the [National Hurricane Center](#). Please visit [Miami-Dade County Hurricane Guide](#) for information on what to do before, during, and after a storm.

## Resources

### World Elder Abuse Awareness Day



## World Elder Abuse Awareness Day



World Elder Abuse Awareness Day on June 15th reminds us of the importance of protecting the rights and dignity of older adults and raising awareness about the mistreatment and abuse they often face. Elder abuse takes many forms and often goes unreported.

We must ensure that older adults are treated with respect and care and can live their lives free from abuse and neglect. By taking action to prevent elder abuse and providing support to those affected by it, we can create a world where older adults are valued, protected, and empowered to make their own decisions.

Let's work together to create a world where older adults are not only respected and cared for, but also where they can contribute their knowledge, experience, and wisdom to our communities. By raising awareness and taking action to prevent elder abuse, we can create a better world for all.

### 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](http://www.healthymiamidade.org)