

May 2023

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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)

*Hello May*



**Healthy Pets**



Pet health is important. Is your furry friend up to date on recommend vaccines like Rabies? Visit [Miami-Dade County Pet Vaccinations](#) to view services. To learn more about pet health visit the CDC [Healthy Pets, Healthy People](#).

**HIV/AIDS Services**



The Florida Department of Health in Miami-Dade County offers [HIV/AIDS services](#) to those in need. Services include but not limited to a list of PrEP or PEP Providers, linkage to care, and condom distribution. There is also a Miami Mobile Unit that provides **free** screenings and preventative education such as HIV testing and Chlamydia, Gonorrhea, & Syphilis.

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

**Health Equity Corner**

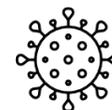


May 14th – May 20th is National Women’s Health Week. This week we encourage women and girls to focus on their whole health. The [CDC](#) states that “two out of every three caregivers in the United States are women”. This year we want women and girls to prioritize talking with health providers, having a healthy and balanced diet, getting active, and prioritizing their mental health. Visit the Florida Department of Health in Miami-Dade County [Clinical Services](#) and [Breast and Cervical Cancer Early Detection Program](#) to view health services offered to the community. To become a Women’s Health Champion or learn more visit: Office [on Women's Health \(womenshealth.gov\)](http://womenshealth.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](#)



**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.

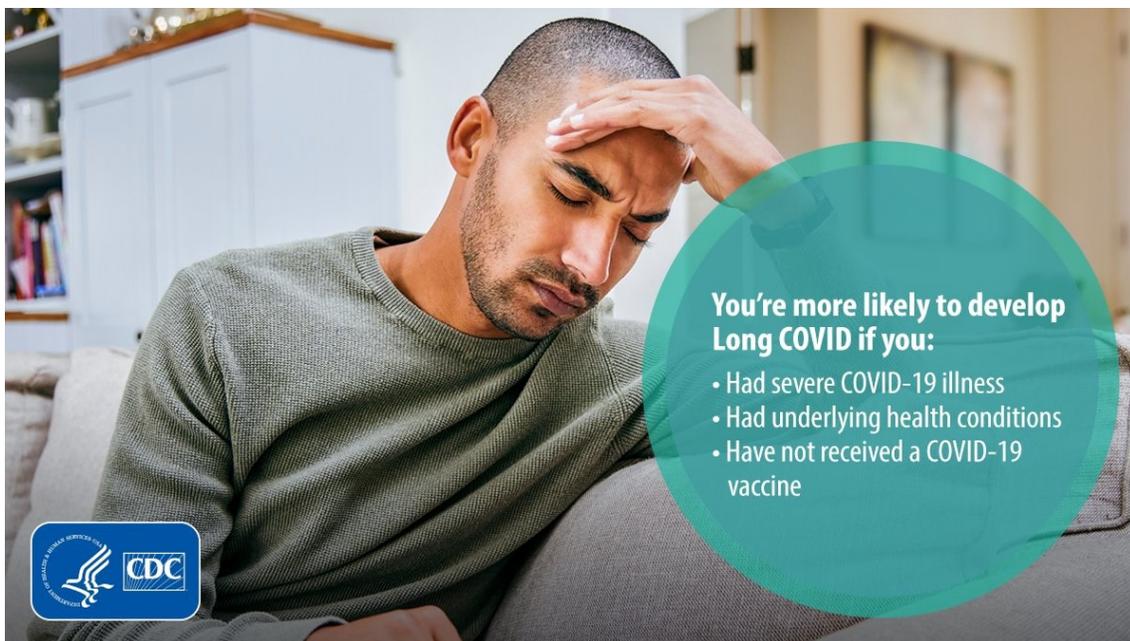
[Click Here](#)

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](#)



## Resources

### Alliance for Aging

#### Stroke

#### Act F.A.S.T. to Identify Stroke



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

#### Heat Safety Tips and Resources

#### Parks, Recreation and Open Spaces

#### American Red Cross

## Alliance for Aging

The Alliance for Aging is conducting a Community Health Needs Assessment (CHNA) to identify community health challenges, gaps in services, and other factors that may contribute to less-than-optimal health status for older adults living in Miami-Dade and Monroe Counties. The Community Needs Assessment is a fundamental component of how the Alliance plans for community-based services for adults over 60, persons with disabilities, and family caregivers. Information is gathered through surveys, focus groups with community stakeholders, and community listening sessions. Survey responses are confidential and will help guide action steps in addressing the health needs of the community. The survey will take about 15 minutes to complete and is available online in English, Spanish, and Creole, at <https://allianceforaging.org/2023-community-needs-assessment>.

Listening sessions will be announced on the Alliance for Aging website calendar which can be found at <https://allianceforaging.org/calendar-of-events>.

## American Stroke Month

May is American Stroke Month. Are you familiar with the symptoms of stroke? Can you tell if someone is having a stroke? Here's what to look for.

- **F —Face:** Ask the person to smile. Does one side of the face droop?
- **A —Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S —Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T —Time:** If you see any of these signs, call 9-1-1 right away.

## Water and Heat Safety



South Florida is warming up. School is almost out and summer will be arriving. Some Floridians enjoy their time outside like going to the beach, pool, or even [local parks](#). Remember to stay hydrated with water, especially while having fun in the sun. [Extreme heat](#) can cause illness like a heat stroke and heat exhaustion. Remember to plan ahead. 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](#).

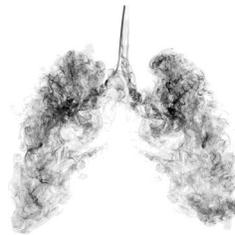
**Resources**

**Tobacco Free Florida**

**MyPlate**



**World No Tobacco Day**



May 31 is World No Tobacco Day . 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](#) and quit today.

**MyPlate**



Are you looking for a delicious meal for the family? Try Mexican inspired recipes this Cinco de Mayo. Visit [MyPlate](#) for this recipe and other healthier options to cook.



HAPPY  
MEMORIAL DAY  
REMEMBER & HONOR

**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)