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ATTENTION

We are currently accepting submissions for our next newsletter! Please send in your submissions no later than the 15th of each month.

For more information, please e-mail: Mary.Aquino@flhealth.gov

Celebrating National Breastfeeding Month and World Breastfeeding Week

August is National Breastfeeding Month, with World Breastfeeding Week from August 1-7.

Breastfeeding benefits include lowering a mother's risk of high blood pressure, type 2 diabetes, and certain cancers.

This year's theme, *Nourish, Sustain, Thrive*, recognizes the importance of protecting, promoting, and supporting lactation.

Join us in promoting breastfeeding to ensure healthier families and communities.



Helpful Resources

- WIC Helpline for questions about breastfeeding and pumps:
786-336-1336
- Create a pumping-friendly work environment with the **Worksite Wellness Toolkit**.
- Find a Baby-Friendly designated hospital or birthing center **near you**.
- Learn what the law says about **breastfeeding and work**.

National Immunization Awareness Month

August is National Immunization Awareness Month, emphasizing the crucial role vaccines play in protecting people of all ages from diseases like measles, whooping cough, and influenza. Staying current with immunizations not only safeguards individual health but also prevents outbreaks and protects vulnerable populations.

This August, be sure to visit your healthcare provider to ensure that you and your family are up to date on vaccinations. The CDC's Immunization Schedule and Adult Vaccine Assessment Tool provide guidance on what vaccines you might need. Find a **local health center** offering immunizations in Miami-Dade near you!

BACK TO SCHOOL

Miami-Dade County Public Schools first day of school is August 15, 2024.

For information on school lunch, parent student portal, bus transportation, supplies, school activities and more, please visit [Miami -Dade County Public Schools](#).



Safety Tips for an A+ School year!



- Pick a backpack that is correctly sized, has padded back/shoulder straps, and reflective material.
- Watch for school driving zones and obey speed limits.
- Always stop for school buses when loading and off-loading children.
- Limit distractions and put phone down when driving.
- Carpool so there are less vehicles on the road. Plus, it's eco friendly!

Hurricane Season is NOT Over!

Stay up to date on the latest cyclones developing at the [National Hurricane Center](#).

Below you will find resources and information for hurricane preparedness.

- [Pet Safety in Emergencies](#)
- [Miami-Dade 2024 Hurricane Guide](#)
- [Flood Zone Maps](#)
- [Sheltering in Place](#)
- [Food Safety for Power Outages](#)
- [Emergency Action Plan](#)

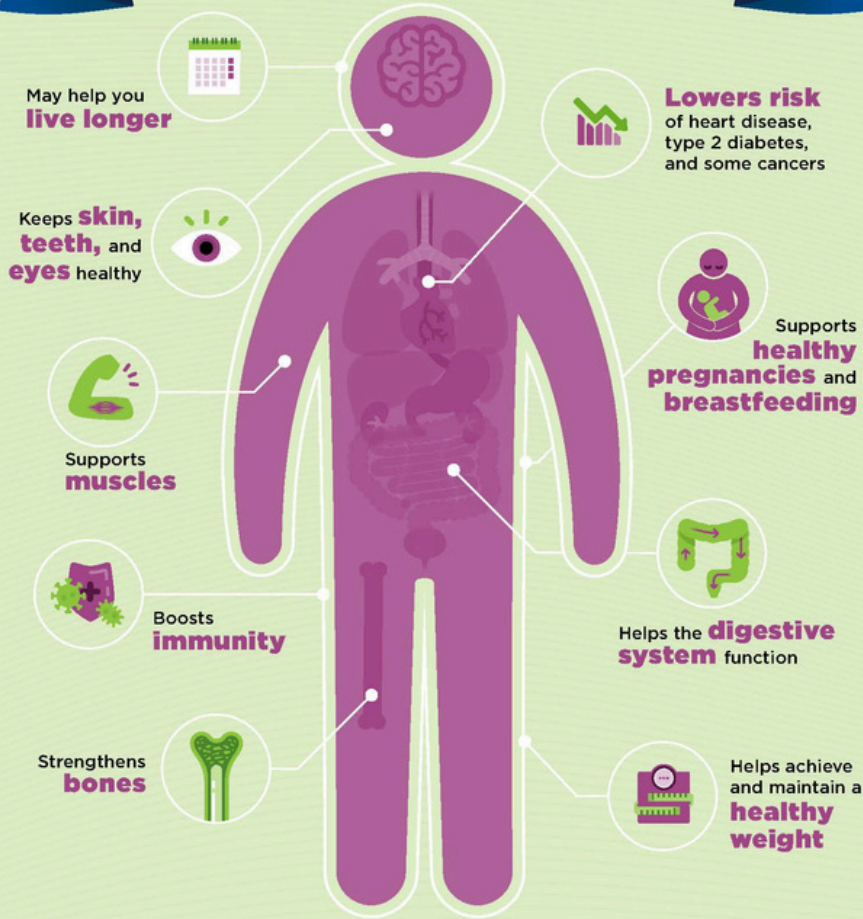


Top 4 Heat Safety Tips For a Fun and Safe Florida Summer

- ✓ **Limit outdoor strenuous activity, staying hydrated and taking breaks in the shade as often as possible.**
- ✓ **Check in on the elderly, sick, and those without AC.**
- ✓ **Never leave kids or pets unattended inside vehicles. LOOK before you LOCK.**
- ✓ **Learn the signs of heat-related illnesses and call 9-1-1 right away if you suspect someone is having a heat stroke.**



Benefits of Healthy Eating for Adults



TO LEARN MORE VISIT
[cdc.gov/healthyweight/healthy_eating](https://www.cdc.gov/healthyweight/healthy_eating)



April 2021



Upcoming Events

August Overtown Distribution:
08/10/2024 11:30 am – 2:00 pm;
Lotus House 217 NW 15th Street
Miami FL 33136

Back to School Events

Back to School Bash: 08/03/2024
10:00 am – 1:00 pm; Juan Pablo
Duarte Park 1700 NW 28th St.
Miami, FL 33142

Coalition Esperanza “Back-to-School Health & Safety Event”:
08/03/2024 10:00 am – 1:00 pm;
Hope For Miami 5911 W. Flagler
Street, Miami, FL 33144

The Back to School Block Party:
08/04/2024 11:30 am – 2:00 pm;
Sweet Home Missionary Baptist
Church 10701 SW 184th Street
Miami, FL 33157

Back to School Jam: 08/06/2024
12:00 pm – 3:00 pm; Glory Temple
Ministries Outreach Center 7950
NW 22 Avenue, Miami, FL 33147

World Lung Cancer Day



World Lung Cancer Day has been observed annually on August 1st since 2012 to raise awareness about lung cancer's impact and defeat the stigma surrounding it. This year, the Lung Cancer Foundation of America emphasizes the importance of screening. If you are over 50 and have ever smoked, talk to your doctor about screening options. Early detection can save lives!

- Visit the American Lung Association to learn more about lung cancer.
- Quitting smoking is the #1 way to prevent lung cancer. Find FREE resources to quit here.