



## JUNE 2024

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**Alzheimer's Disease and Brain Awareness Month**  
**National Safety Month**

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**National Lightning Safety Awareness Week**  
**Mosquito Awareness Week**

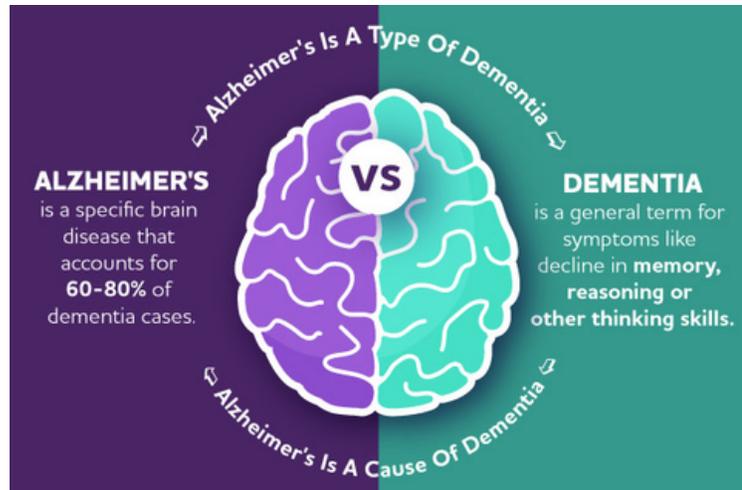
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**National Congenital Cytomegalovirus Awareness Month**  
**Scleroderma Awareness Month**

### 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](mailto:Mary.Aquino@flhealth.gov)

## Alzheimer's Disease and Brain Awareness Month



This month, get a better understanding about Alzheimer's Disease, the most common cause of dementia affecting memory, thinking and behavior serious enough to interfere with daily life. Click [here](#) to watch a very short video about the 10 Warning Signs of Alzheimer's. Access important community resources online:

- [AARP and Alzheimer's Association's Community Resource Finder](#)
- [Alzheimer's Disease and Related Dementias Community Resources](#)
- [Alzheimer's Disease & Related Dementias: Community Resource Guide \(South Florida\)](#)

Keep your brain healthy and take steps to help reduce your risk of Alzheimer's by making healthy lifestyle choices today!

## June is National Safety Month

There is a lot to celebrate this time of year! Unfortunately, foodborne illness increases for young children during the summer.

**For a safe celebration, keep hot foods hot and cold foods cold.**



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

### KEEP YOUR FOOD SAFE DURING POWER OUTAGES



Keep the refrigerator and freezer doors closed as much as possible.

❄️ A refrigerator will keep food cold for about 4 hours if the door is kept closed.

❄️ A full freezer will hold its temperature for about 48 hours (24 hours if half-full).



If the power has been out more than 4 hours, throw out refrigerated foods—including meat, poultry, fish, eggs and milk.



Once power is restored, use appliance thermometers to keep the freezer at 0 °F or below, and the refrigerator at 40 °F or below.



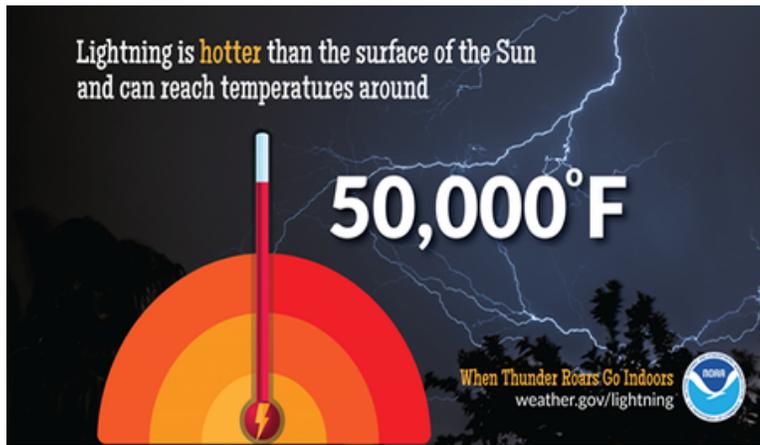
Use dry ice or freeze containers of water and gel packs to help keep food cold if the power goes out.

**WHEN IN DOUBT, THROW IT OUT.**



Summer storms may mean power outages. Visit the [CDC](http://www.cdc.gov) website to learn about keeping yourself safe if one happens.

# Lightning Safety Awareness Week: June 23-29



Lightning can strike any place on Earth. Though the risk of being struck by lightning is low, the consequences are serious.

## When the thunder roars, go indoors.

While you're indoors, avoid water, electronic equipment, windows, and corded phones.

Click [here](#) to learn more.

## Tobacco-Free Workgroup Recruitment Event



The Consortium for a Healthier Miami-Dade and the Tobacco-Free Workgroup would like to express their gratitude to all those who attended and took part in the Tobacco-Free Workgroup Recruitment Event on May 16, 2024, at McDonald Park in Hialeah, FL. This event aimed to encourage the involvement of community leaders, members, and local organizations in joining the Consortium for a Healthier Miami-Dade and the Tobacco-Free Workgroup. The collaborative objectives included educating Miami-Dade residents on adopting tobacco-free lifestyles, mobilizing residents to advocate for tobacco-free policies with policymakers, and offering resources for tobacco and nicotine prevention. The Tobacco-Free Workgroup remains committed to collaborating with the residents of Miami-Dade to advance its mission.

The Tobacco-Free Workgroup Chair Dr. Richard Thurer received a recognition award from the Consortium for a Healthier Miami-Dade presented for all his work in the community and with the Tobacco-Free Workgroup. The award was presented by Islamiyat N. Adebisi, Director of Office of Community Health and Planning of the Florida Department of Health in Miami-Dade County.

## MOSQUITO AWARENESS WEEK

### What to do if you get bit by a mosquito:

- Wash the area with soap and water.
- Apply an ice pack for 10 minutes to reduce swelling and itching. Repeat as needed.
- Apply an anti-itch cream to avoid scratching, which can cause infection.
- If you feel feverish, rest, try a fever-reducer, and drink fluids.

[Click here for more information.](#)

Every year June 20-26 is Mosquito Awareness Week!

Some local mosquitoes are harmful and can spread viruses like Dengue, Zika, and Chikungunya. Others can bite you, but they don't spread germs.



Mosquitoes may lay their eggs in standing water. Drain and cover any standing water like kiddie pools or buckets to control for mosquitoes.

# Scleroderma Awareness Month

June is Scleroderma Awareness Month; the observance day is recognized on **June 29th**.

**Scleroderma** is an autoimmune disease that causes **inflammation** and fibrosis in the skin and other areas of the body. The most common symptom is **skin thickening**, but it can also affect almost every major organ system and **severe cases can be life threatening**. **Prompt and proper diagnosis and treatment** may minimize symptoms and lessen the chance for irreversible damage. Learn more from the [Scleroderma Foundation](#) or the [National Institute of Arthritis and Musculoskeletal and Skin Diseases](#).

LET'S TALK ABOUT  
SCLERODERMA

#TeaTalk



## Community Partner Assessment Survey

The Mobilizing for Action through Planning and Partnerships (MAPP) Community Partner Assessment (CPA) survey will help us identify community strengths and opportunities for greater impact. Your input will help us determine how we can improve our community's health together.

Click the [link](#) to complete the survey.

# National Congenital Cytomegalovirus Awareness Month

**Cytomegalovirus**, or (CMV) is a common virus that infects people of all ages, with **over half of adults being infected by age 40**. Most people have no symptoms. However, if you are pregnant and have CMV, the virus can infect your developing baby. If your baby has CMV, it is called **congenital CMV**. About 1 out of 5 of these babies will have birth defects or other long-term health problems. You may be able to reduce your risk by **reducing your contact with saliva and urine from babies and young children**. Visit the [CDC](#) to learn more.



Source: [CDC National Cytomegalovirus \(CMV\) Awareness Month](#)