

"Healthy Environment, Healthy Lifestyles, Healthy Community"

NOVEMBER 2024



Family Caregiver Month
Happy Thanksgiving!
National Alzheimer's Disease
Awareness Month

Veteran's Day



Asthma Awareness World Pneumonia Day Lead Exposure



Weather Preparedness
National Native American
Heritage Month
Survivors of Suicide Day
Stop Violence Against Women

ATTENTION

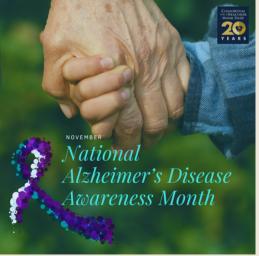
We are currently accepting submissions for our next newsletter! Please send in your submissions no later than the 15th of each month. For more information, please e-mail: Mary.Aquino@flhealth.gov

November is National Family Caregiver Month!



A report done by the National Alliance for Caregiving (NAC) found that families are often the primary source of support for older adults and people with disabilities. In fact, today in America, more than 53 million family caregivers provide unpaid care. To learn more about Caregiving in the United States, visit here.















Asthma is a serious health challenge!

Asthma is a chronic lung disease. The CDC provides 6 strategies to better

control asthma.



on asthma self-management

X-tinguishing

smoking and exposure to secondhand smoke

visits for trigger reduction and asthma self-management education

Achievement

of guidelines-based medical management

Linkages

and coordination of care across settings

Environmental

policies or best practices to reduce asthma triggers from indoor, outdoor, or occupational sources

https://www.cdc.gov/national-asthma-control-program/php/exhale/index.html



Lead Exposure is preventable!

How to lower risks for lead level:

- Check your homes for lead. Inspect your home even before you decide to remodel.
- Work with your doctor to test for lead.
- Children are at risk for development problems. Ask Peditrician or doctor for a developmental assessment.
- Eat healthy foods; especially foods with calcium, iron, and vitamin C that can keep lead out of the body.
- Contact your local health department for more resources!

PNEUMONIA DA

NOVEMBER 12TH

SYMPTOMS

- Chest pain

EVERYONE IS ATRISK

PREVENTION

Vaccines can help prevent pneumonia and further health complications.

Contact your primary care physician for more information.

HTTPS://WWW.LUNG.ORG/MEDIA/PRESS-RELEASES/2023-WORLD-PNEUMONIA-DAY-RELEASE

YOU **KNOW?**

Lead is a hidden hazard. Young children absorb 4-5 times as much ingested lead as adults.

This can be found in:

- Wall paint
- Soil
- Water pipes and faucets
- Consumer products like toys







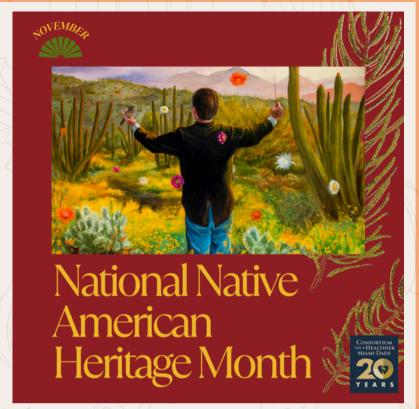












Check out the <u>National Gallery of Art online</u> to see a well curated exhibition that brings together works of art by an intergenerational group of nearly 50 living Native artists. Curated by artist: Jaune Quick-to-See Smith.

Weather Preparedness

FEMA has information to help you prepare for, respond to, and recover from disasters specific to your location.

Visit FEMA for Florida weather alerts: https://www.fema.gov/locations/florida





November 23

International Survivors of Suicide Day

Although there is not one definitive cause of suicide, various risk factors and warning signs can elevate the likelihood of an attempt.

Risk factors:

- · Health and mental health conditions
- Environment
- Historical (e.g. generational trauma)
- Protective factors (e.g. access to care or support)

Warning Signs:

- **Talk:** Negative language could be sharing feeling trapped or wanting to end their life.
- **Behavior:** These may signal risks. (e.g. increased substance use, isolation, or saying goodbye)
- Mood: May show one or more moods like depression, anxiety, or loss of interest.

https://afsp.org/risk-factors-protective-factors-and-warning-signs/



National Domestic Violence Hotline: 1-800-799-SAFE (7233)
Text "START" to 88788 or access secure online chat at thehotline.org