



NOVEMBER 2024

1

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

Veteran's Day

2

Asthma Awareness
World Pneumonia Day
Lead Exposure

3

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

ATTENTION

We are currently accepting sub-
missions 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.

E
X
H
A
L
E

- E**ducation on asthma self-management
- X**-tinguishing smoking and exposure to secondhand smoke
- H**ome visits for trigger reduction and asthma self-management education
- A**chievement of guidelines-based medical management
- L**inkages and coordination of care across settings
- E**nvironmental 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>

WORLD PNEUMONIA DAY

NOVEMBER 12TH

SYMPTOMS

- Fever
- Chills
- Cough
- Shortness of breath
- Chest pain

EVERYONE IS AT RISK

Though everyone is at risk, some people are at higher risk:

- Young children
- Older adults
- People with chronic health conditions

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](https://www.lung.org/media/press-releases/2023-world-pneumonia-day-release)



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 Pediatrician 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!



NOVEMBER



National Native American Heritage Month



Check out the [National Gallery of Art online](#) 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>

Hurricane Season is still in effect!



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/>

25 NOVEMBER

International Day for the Elimination of Violence against Women

STOP VIOLENCE AGAINST WOMEN



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