



January 2022

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ATTENTION

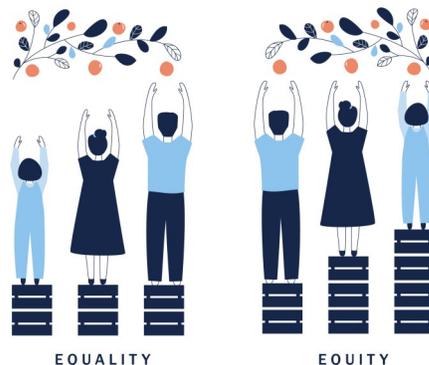
We are currently accepting submissions for our next newsletter!

For more info, e-mail:

Daria.Sims
@FLHealth.gov

Health Equity Corner

A collaborative approach must be taken when addressing Health Equity. It takes contributions of individuals and organizations who are willing to help their communities have access to good jobs with fair pay, safe housing, healthcare, and quality education. By promoting health equity, we can improve the quality of life for those living with health disparities. The Florida Department of Health in Miami-Dade County has taken the initiative to address Health Equity to achieve optimal quality of life within the community.



Become a Community Partner Distributor of the Journey to Wellness Rx Today!

Are you a healthcare provider looking to help people lead healthier and happier lives? Look no further, get your free Journey to Wellness Rx pads to promote physical activity, healthy eating, and tobacco cessation.

The Journey to Wellness Rx is a non-pharmaceutical prescription that aims to help with weight and chronic disease management. The prescription will also assist individuals with gaining access to Miami-Dade County community resources that promote and assist with creating healthier lifestyles.

Additional information about the Journey to Wellness Rx can be found on the Consortium for A Healthier Miami-Dade website at: <https://www.healthymiamidade.org/journey-to-wellness-rx/> or you can contact: Natouchka Murray at 786-732-8848.

JOURNEY TO WELLNESS **Rx**

Name: _____ Date: _____

WELLNESS ACTIVITY RECOMMENDATIONS	
Aerobic Activities "Cardio" activities get you breathing harder and your heart beating faster.	Strength Activities Strengthen your muscles (legs, hips, back, chest, abdomen, shoulders and arms).
<input type="checkbox"/> Go Walking <input type="checkbox"/> Go Cycling <input type="checkbox"/> Go Dancing <input type="checkbox"/> Go Swimming	<input type="checkbox"/> Yoga <input type="checkbox"/> Pilates <input type="checkbox"/> Exercises that use your body weight for resistance (like push-ups, sit-ups, lunges and squats)
<input type="checkbox"/> Go to a local park-visit MiamiDade.gov/parks to find locations and activities near you.	
<input type="checkbox"/> Take a healthy lifestyle class _____	
<input type="checkbox"/> Other: _____	
<small>*Note: Adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week, and muscle-strengthening activities on two or more days a week. Children need one hour or more of physical activity every day.</small>	
Go to a local park. Take a healthy lifestyle class!	
Provided by: _____	Signature: _____


Please consult your health care provider before beginning any exercise program. This is especially important for people over the age of 35 and for those with any pre-existing health conditions. Discontinue any exercise that causes pain, severe dizziness, nausea, chestness or shortness of breath, and consult a medical expert immediately.

Resources

[Look Beneath the Surface](#)

[National Human Trafficking Hotline online](#)

[Human Trafficking Programs](#)

[CDC Violence Prevention](#)

[CDC Prevent Stalking](#)



Florida Department of Health in Miami-Dade County

[CDC Birth Defects](#)

[CDC Cervical Cancer Awareness](#)

[Breast and Cervical Cancer Early Detection Program](#)

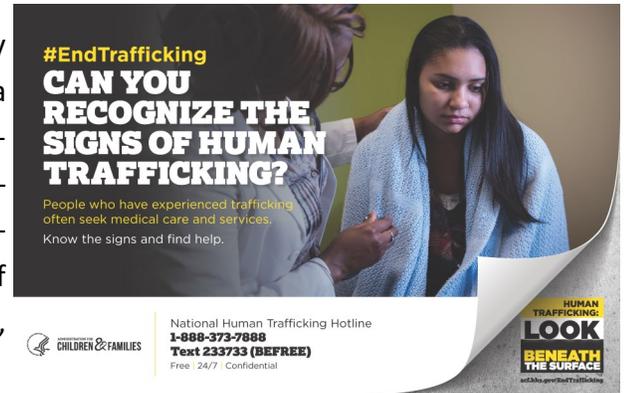
Human Trafficking

January is Human Trafficking and Slavery Awareness Month. Human trafficking is a public health issue that can have a negative impact on the mental health and well-being of victims, families, and the community. Children and adults can be victims of human trafficking. "If you see something, say something."

Contact the **Florida Abuse Hotline 1-800-96-ABUSE (1-800-962-2873)** to report known or suspected child abuse, neglect, or abandonment; and known or suspected abuse, neglect, or exploitation of a vulnerable adult.

For help, contact the National Human Trafficking Hotline **1-888-373-7888**.

Text HELP to 233733 (BEFREE). To get help for victims and survivors of human trafficking or to connect with local services.



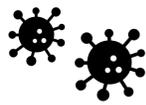
Tips to Help Prevent Birth Defects

January is National Birth Defects Prevention Month. This day spreads awareness on preventing birth defects before and during pregnancy. To learn more about birth defect prevention, click [here](#).

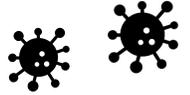
The Florida Breast & Cervical Cancer Early Detection Program

The Florida Breast & Cervical Cancer Early Detection Program is a special program for women and transgender women (male to female) who have taken or are taking hormones. Free services are provided through partnerships with public and private primary care physician, hospitals, and diagnostic centers. For more information or to schedule an appointment, please call **(305) 470-5634**.





CDC & COVID-19



The CDC has provided information on the COVID-19 vaccine booster shot ages 18 +, COVID-19 vaccines for children and teens; travel guidelines, and guidance for communities.

- [Make Shots Less Stressful- 9 Things You Can Do for You and Your Baby](#)
- [COVID-19 Vaccines for Children and Teens](#)
- [COVID-19 Vaccine Booster Shots](#)
- [12 COVID-19 Vaccination Strategies for Your Community](#)
- [COVID-19 Travel Guidance](#)



Florida Department of Health COVID-19 Testing Site & Vaccine Site Locator

[CLICK HERE](#)

CDC Holiday Celebration Tips

[CLICK HERE](#)

COVID-19

To find the most up-to-date information and guidance on COVID-19 please visit the CDC'S website Guidance for COVID-19.

[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**



Photo Source: CDC

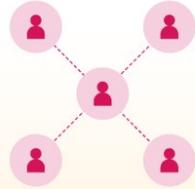
What's being done to slow the spread of the Omicron variant in the US?



Detect variants
Robust surveillance to rapidly detect variants



Slow spread from international travel
Decrease window for required testing before travel to US; increase testing after arrival



Slow domestic spread
Prioritize case investigation and contact tracing



Support individual protective actions
Vaccination including boosters, masks indoors and in crowds, testing & isolation



bit.ly/MMWR7050e1



Resources

Pet Adoption

Humane Society Miami

COVID-19 and Pets



Cyanobacterial Blooms and Animal Safety

Cyanobacterial Blooms: Information for Animal Owners



Pet Adoption



Are you looking to adopt a pet? According to the Humane Society, the United States has estimated more than one million adoptable dogs and cats are euthanized each year because there are more animals in the shelter than there are families adopting. Bring In the New Year with a new furry family member and shower them with love, care, and shelter. To learn more about pet adoption, click [here](#).



Cyanobacteria (blue-green algae) can be deadly for dogs.

Protect pets by keeping them out of **scummy** or **discolored water**. If they do go in, rinse them with tap water right away.



CS323854-C



www.cdc.gov/habs

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