

JULY 2025

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**Drowning Prevention
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Happy July Fourth
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**Fruit of the Month
World Hepatitis Day**

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 email:
Mary.Aquino@flhealth.gov

GROUP B STREPTOCOCCUS AWARENESS FACTS

1 in 4 pregnant individuals "carry"
group B strep (GBS).

Carrying GBS does not mean you are
infected but can cause an infection in
your baby.

Having GBS does not mean that you
are unclean or lack proper hygiene.

GBS most commonly causes invasive
infection in the blood (sepsis), the
fluid and lining of the brain
(meningitis), and lungs (pneumonia).

Source: [CDC Group B Strep Disease](#) and
[Group B Strep International](#)



UMBILICAL CORD BLOOD AWARENESS

Umbilical cord blood is a valuable source of stem cells used
to treat over 80 conditions, including blood cancers, genetic
disorders, immune system issues, and metabolic disorders
like leukemia, lymphoma, and sickle cell anemia. Many
mothers donate their umbilical cord blood postpartum. To
learn more, please visit [Parent's Guide to Cord Blood](#).

Drowning Prevention Day

June 25 is Drowning Prevention Awareness Day! As we celebrate the arrival of summer, we also raise awareness about drowning prevention. The sunny season brings joy and countless opportunities for fun at pools and beaches, making them popular destinations to escape the heat. However, it is crucial to stay vigilant about the safety of children and those around us to mitigate the risks of drowning.

Check out [Miami-Dade County's website](#) to learn more and for swim lessons near you.



UV AWARENESS MONTH



2025

HURRICANE SEASON

- JUNE TO NOVEMBER 30
- MAKE AN EMERGENCY PLAN!
- VISIT [READY.GOV/HURRICANES](https://www.ready.gov/hurricanes)

Time to prepare! Hurricane Season began on Sunday, June 1, 2025 and ends on Sunday, November 30, 2025. Be sure to plan and prepare ahead of time.

Check out the local *Severe Weather and Emergency Readiness Guide* and national Ready campaign to prepare for, respond to and mitigate emergencies and disasters.

Have a Safe and Happy 4th of July!

Check out some helpful fireworks safety tips from the National Safety Council and the American Red Cross as you prepare to celebrate the Fourth of July!





July is celebrated as National Blueberry Month! Blueberries are a delightful treat that offer numerous health benefits.

Source: <https://blueberry.org/health-benefits/>

Let's break it down.

Comme des millions de personnes, vous pouvez avoir l'hépatite sans le savoir.

Informez-vous.
Faites-vous dépister.

#WorldHepatitisDay
worldhepatitisday.org

World Hepatitis Alliance

World Hepatitis Day 28 July

Let's break it down.

Como millones de personas, podrías tener hepatitis sin saberlo.

Infórmate bien.
Hazte la prueba.

#WorldHepatitisDay
worldhepatitisday.org

World Hepatitis Alliance

World Hepatitis Day 28 July

Let's break it down.

Like millions of people, you may have hepatitis but not know it.

Get the facts.
Get tested.

#WorldHepatitisDay
worldhepatitisday.org

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World Hepatitis Day 28 July

WORLD HEPATITIS DAY

Hepatitis is inflammation of the liver, most commonly caused by a viral infection. Visit the Centers for Disease Control and Prevention (CDC) and the World Hepatitis Alliance to learn more about prevention, treatment, and management of hepatitis.