

"Healthy Environment, Healthy Lifestyles, Healthy Community"

## JULY 2025

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#### **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: <a href="mailto:Mary.Aquino@flhealth.gov">Mary.Aquino@flhealth.gov</a>

# 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.

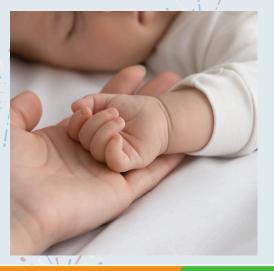
Having GBS does not mean that you are unclean or lack proper hygiene.

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 <u>Parent's Guide to Cord Blood</u>.

### 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 <u>Miami-Dade County's website</u> to learn more and for swim lessons near you.







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 4<sup>th</sup> 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/

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Como millones de personas, podrías tener hepatitis sin saberlo.

Infórmate bien. Hazte la prueba.

#WorldHepatitisDay worldhepatitisday.org







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

Get the facts.

Get tested.

#WorldHepatitisDay worldhepatitisday.org





# WORLD HEPATITIS DAY

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

