



APRIL 2020

# COVID-19

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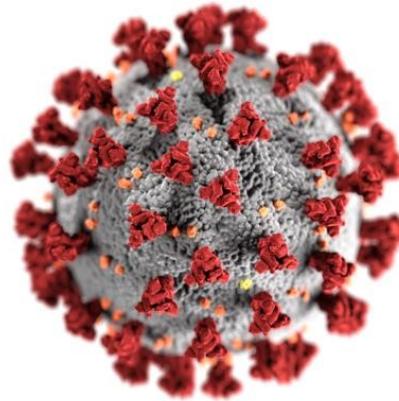
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## ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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@FLHealth.gov



Covid-19, a disease caused by the coronavirus, has become one of the top global health issues this year. In early March 2020, the World Health Organization recognized the Covid-19 outbreak as a pandemic. As a result, we are taking several steps to inform the public about the disease, how to identify symptoms, practice proper hygiene, and how to take part in social distancing and other preventative initiatives.

## How is it spread?

Covid-19 is spread by coming into contact with someone who has the virus, by inhaling droplets, or by touching contaminated surfaces.

## Symptoms & signs to look for:



Fever

+



Cough

+



Shortness of  
Breath

*\*Symptoms  
can take  
2 - 14 days  
to appear*

If you develop any of these symptoms call your health provider immediately and practice social distancing.

**Call 9-1-1 if you have trouble breathing, have bluish lips, and/or chest pain.**

## Who's most at risk?

Those who are high risk, include but are not limited to:

- People aged 65 years and older
- Those who are pregnant
- Immunocompromised persons
- Those with chronic lung conditions

For a detailed list, visit <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

## Covid-19 Resources



To find the most up-to-date information and guidance on COVID-19, please visit the Department of Health's dedicated [COVID-19 webpage](#).

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](mailto:COVID-19@flhealth.gov).

For information and advisories from the Centers for Disease Control (CDC), please visit the [CDC COVID-19 website](#).

For more information about current travel advisories issued by the U.S. Department of State, please visit the [travel advisory website](#).

# WE'RE HERE FOR YOU. COUNT ON WIC!

Updated 3.31.20



## Remote Services

**Existing clients:** WIC has issued 30 days of food benefits automatically. In the coming weeks, WIC staff will contact these clients via phone to issue more food benefits remotely. Clients may contact their WIC centers directly for more information.

**New Clients:** Contact our appointment center at 786.336.1300. All services can be conducted remotely via phone and email. Clients who may need to come into the WIC office will do so in a safe manner with minimal contact.



## Social Distancing

To ensure the safety of our WIC staff and clients, WIC staff will be working remotely contacting clients via phone.

13 WIC centers remain open. Refer to [WIC Program Location COVID-19](#) for details. Clients are to call their WIC center or WIC appointment line prior to their appointment. Clients who must come to the WIC center will remain in their vehicles and will be provided instructions via phone with minimal contact. Children do not need to be present.



## Food and Nutrition Support

Our WIC Nutritionists will be contacting WIC clients via phone to provide nutrition education and facilitate any changes necessary to food packages. They will assist clients with any concerns or questions. Existing WIC clients are encouraged to call their WIC center directly prior to their appointment for further instructions.



## Breastfeeding Support

Our WIC Breastfeeding Specialists are dedicated to provide services over the phone and ensure clients receive the breastfeeding support they need. Clients in need of breastfeeding help, can call 786.336.1336.

Visit the CDC's website for guidance on [Breastfeeding and COVID-19](#).



## #StrongerTogether

As we navigate uncharted waters, our WIC program will continue to update the public and partners to ensure we continue our commitment of providing healthy foods, nutrition education and breastfeeding support to pregnant, recently postpartum, breastfeeding women, infants and children up to age 5.

We know many families are going through financial hardships and may be experiencing food insecurity. Miami-Dade WIC is here to help. Call us at 786.336.1300 to schedule your WIC appointment. Please note we are experiencing a high volume of calls so please be patient with us and we will provide you the best service possible.

# Fall Into Healthy Habits.

17th Annual Event and Award Ceremony

HOSTED BY

The Consortium For A Healthier Miami-Dade

Friday, October 2, 2020

Jungle Island

8:00 AM to 2:00 PM

This year, the Consortium Annual Event and Award Ceremony is in partnership with the Florida Worksite Wellness Awards. For this year's theme, "Fall Into Healthy Habits", attendees will have the exciting opportunity to learn from national leaders in the field of public health, learn best practices on how organizations are promoting healthier lifestyles in their workforce, and how local entities can achieve health equity in their communities.

For more information, visit <https://www.healthymiamidade.org/annual-event-and-award-ceremony/>



# Social Distancing for Infectious Disease

Florida Department of Health · FloridaHealth.gov

Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

### Protect yourself and your community.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid close contact with people who are sick, and stay home when you're sick.



### Change your daily habits.

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.



### Work with your employer.

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel any large meetings or conferences.



### Look for communications from universities and colleges:

Regarding suspending classes, going to web-based learning and canceling all large campus meetings and gatherings.



### Keep at least six feet between you and other people.

Avoid shaking hands as a social greeting.



6 feet



### Avoid public transit if possible.

Don't travel to areas with active outbreaks.



### Avoid crowded places.

Sporting events, community festivals, and concerts



### Learn more:

[tinyurl.com/CDCgatherings](https://tinyurl.com/CDCgatherings)  
[tinyurl.com/FLcdcprevention](https://tinyurl.com/FLcdcprevention)

Florida Health Office of Communications 05-09-20

## 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.



Sponsored by the Florida Department of Health in Miami-Dade County

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](http://www.healthymiamidade.org)