

## December 2021

### INSIDE THIS ISSUE

**1** Well MED  
Health Equity Corner  
MyPlate

**2** World AIDS Day  
HIV PrEP & PEP

**3** CDC COVID-19  
Travel Guidelines

**4** Florida Epilepsy  
Pet Winter Wellness  
Join the Consortium

### ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

**Daria.Sims**  
**@FLHealth.gov**

# Happy Holidays

## Helpful Tips to Beat the Holiday Blues



Though anticipated by most people as a joyful and exciting season, the holidays can be tough for many.

Let's face it, it's a stressful and busy time of year that is high on expectations and low on relaxation.

Here are some tips that can help diminish the holiday blues.

First, acknowledge your feelings. It's OK to feel sad. Many people have lost loved ones. Others have had a difficult time coping with the upheavals of the past two years. This year's festivities can take on more importance because of the restrictions of the past couple of years, but keep in mind there is no such thing as the perfect holiday. Keep expectations realistic.

Try volunteering, if you can. Helping others is uplifting.

Take care of yourself. Eat healthy portions, get some exercise and get enough sleep.

Try breath work. Visit [breathe 4-7-8](#) to learn stress-relieving techniques.



## Health Equity Corner

The Department of Health in Miami-Dade County has created the [Health Equity Office](#) to address health disparities within the community. The main focus will be to:

- Improve service linkage
- Encourage equity
- Increase community involvement
- Provide access to affordable and quality housing, and educational services.



## Cornbread Dressing Recipe



Are you looking for a tasteful recipe for the Holiday season? Check out MyPlate's delicious cornbread recipe. this recipe is inexpensive and can feed a family of 8. Visit MyPlate, by clicking the [here](#).

**Resources**

[World AIDS Day](#)

[HIV Basics](#)

[HIV & COVID-19](#)

[HIV Treatment](#)

[HIV Counseling & Testing Sites](#)



Florida Department of Health in Miami-Dade County

[Downloadable Resources](#)

[Miami-Dade County](#)

[HIV Surveillance](#)

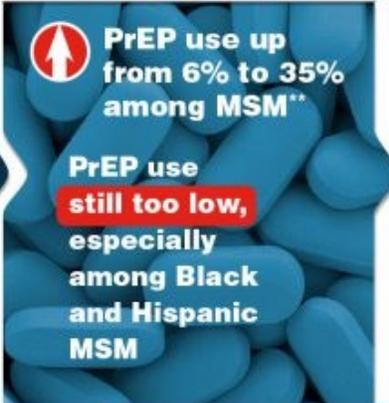
[Epidemiology of HIV in Miami-Dade County](#)

**World AIDS Day**

December 1st is World AIDS Day. This day spreads awareness on the global epidemic of HIV/AIDS. HIV is a virus that attacks the human immune system decreasing the number of white blood cells WBC that help protect the body from infections. When a person's WBC count is below 200, they are diagnosed with AIDS. AIDS is a syndrome that takes over the human body causing life-threatening diseases. Today, there is treatment for HIV called Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP). This medication can lower a person's HIV viral count making them "undetectable" on an HIV test. To learn more about HIV/AIDS, click [here](#).



**MMWR | PrEP: An Essential Tool to End HIV**

Pre-exposure Prophylaxis (PrEP)	More PrEP Use is Needed	Healthcare Providers Can Help End HIV!
<ul style="list-style-type: none"> <li>A powerful way to prevent HIV</li> <li>Used daily, PrEP dramatically reduces risk of acquiring HIV through sex</li> </ul> 	<p>PrEP use up from 6% to 35% among MSM**</p> <p>PrEP use still too low, especially among Black and Hispanic MSM</p> 	<ul style="list-style-type: none"> <li>Test for HIV</li> <li>Assess patient risk</li> <li>Prescribe PrEP as needed</li> <li>Use CDC resources*</li> </ul> 

Footnote: Data from CDC's National HIV Behavioral Surveillance (NHBS) (20 cities) as reported in Fritsytson et al, MMWR 2019, bit.ly/CDCVA29  
\*PrEP clinical practice guidelines, https://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2017.pdf  
\*\*Men who have sex with men

WWW.CDC.GOV

**PrEP & PEP Provider Resources**

FloridaHealth PrEP provider toolkits, resource guides, posters and brochures are available upon request. Email [DiseaseControl@flhealth.gov](mailto:DiseaseControl@flhealth.gov) for info.

FloridaHealth PEP provider toolkits, resource guides, posters and brochures are available upon request. Please email [DiseaseControl@flhealth.gov](mailto:DiseaseControl@flhealth.gov) for info



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**

## CDC Holiday Travel

The CDC recommends that travel is delayed until you are fully vaccinated with an FDA authorized vaccine or authorized emergency use vaccine. If for any reason you must travel, please follow the CDC recommendations for people who are not fully vaccinated [here](#).

For the most up to date COVID-19 travel requirements for international and domestic travelers, visit the CDC website [here](#).

## CORONAVIRUS DISEASE 2019 (COVID-19)

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
	Get tested 1-3 days before travel	✓
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

CS323515-A 04/02/2021

### Winter Holidays and COVID-19

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

### Winter Holidays and COVID-19

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

Photo Source: CDC

**Resources**

**Free Health Insurance Enrollment**

[English](#)

[Spanish](#)

[Creole](#)



[American Red Cross Pet Winter Safety](#)

[COVID-19 and Pets](#)

**Need Health Insurance?**

The annual healthcare open enrollment period is currently open for coverage start dates as early as January 1<sup>st</sup>, 2022. There are local organizations like the Health Council of South Florida and programs like the Epilepsy Florida’s Healthcare Navigation Program that offer free healthcare enrollment assistance and education to those looking to obtain affordable coverage or change their current health insurance selection.

Visit <https://localhelp.healthcare.gov> to find an agent and/or an assister to-day! #GetCovered #StayCovered

**Pet Winter Wellness Tips**

- Keep hydrated
- Keep sheltered
- Provide choices
- Wipe down
- Check the paws
- Don't shave fur



For more tips, visit [American Veterinary Medical Association](#).

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