

**August 2023**

**INSIDE THIS ISSUE**

**1** WIC Services  
HIV/AIDS Services  
Health Equity Corner

**2** Monkey Pox  
COVID-19

**3** Immunizations  
Hurricane  
Preparedness  
Physical Activity

**4** Back to School  
MyPlate  
Public Transportation

**ATTENTION**

We are currently accepting submissions for our next newsletter!

For more information please

e-mail: [Daria.Sims@FLHealth.gov](mailto:Daria.Sims@FLHealth.gov)



Join the Florida Department of Health Women, Infants, and Children ([WIC](#)) for their 12th annual Breastfeeding Awareness Family Day Event on **August 5, 2023.**

**Contact Information**

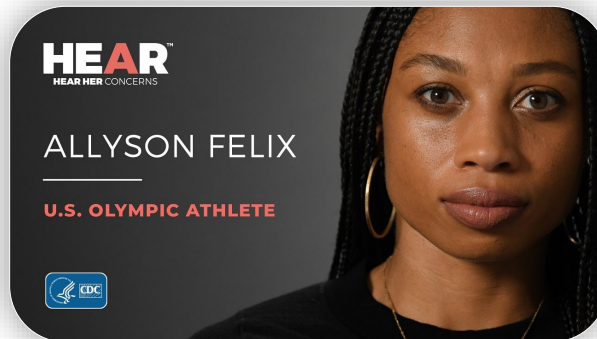
**Email:**

[miamidadewic@flhealth.gov](mailto:miamidadewic@flhealth.gov)

**WIC Appointment Line:**  
786-336-1300

**Breastfeeding Help Line and Breast Pump Program**  
786-336-1336

**Health Equity Corner**



Are you familiar with [urgent maternal warning signs](#)? Women need support during and after pregnancy. Some women suffer from pain and postpartum depression. According to the CDC's [HEAR HER™ Campaign](#), many women have reported that they are not being taken seriously or heard when in pain during pregnancy or after pregnancy. To learn more and to see how you can support your loved one, click [here](#).

[Español \(Spanish\)](#)



**HIV/AIDS Services**

The Florida Department of Health in Miami-Dade County offers [HIV/AIDS services](#) to those in need.

To request our services or for more information, please visit: [www.testmiami.org](http://www.testmiami.org) or call **305-643-7420.**





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

[CLICK HERE](#)

CDC: About COVID-19

[CLICK HERE](#)

CDC: About Monkey Pox

[CLICK HERE](#)

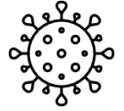
### COVID-19

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

[Click Here](#)

## COVID-19 Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Treatments and Medications](#)
- [Exposure to COVID-19](#)
- [Stay Up to Date with COVID-19 Vaccines Including Boosters](#)



## Monkey Pox Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Prevention](#)
- [Treatment](#)
- [How It Spreads](#)



# MAX YOUR FACTS

Learn the facts about how mpox spreads, signs and symptoms, & when to get tested

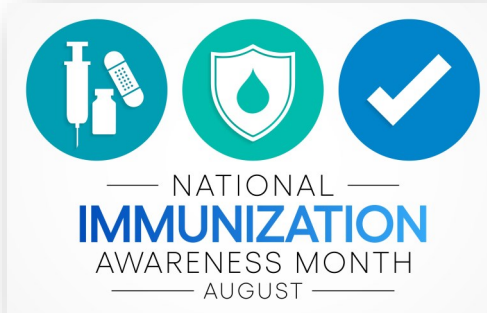
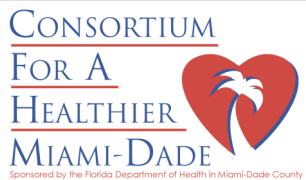
[bit.ly/findmpoxvaccine](https://bit.ly/findmpoxvaccine)



## Resources

[Miami–Dade County  
Hurricane Guide](#)

[Parks, Recreation  
and Open Spaces](#)



National Immunization Awareness Month (NIAM) is observed annually in August to underscore the importance of disease prevention through routine vaccinations. Vaccinations are essential to routine healthcare visits, and they protect us from dangerous preventable diseases like Chickenpox, Influenza, Hepatitis, Measles, Mumps, HPV-related cancers, Tetanus, Pertussis (whooping cough) and more.

To recognize this month of awareness everyone is encouraged to protect their health by getting their routine immunizations. Since adults aged 60 and older and adults with disabilities are at increased risk for complications from certain vaccine-preventable diseases, getting your vaccinations is especially important.

This August, be sure to visit your healthcare provider, or learn more about [CDC's Immunization Schedule](#), and ensure that you and your family are up to date on their vaccinations. The CDC developed a useful [Adult Vaccine Assessment Tool](#) and provides [guidance](#) on what vaccines you might need based on certain risk factors.

## Hurricane Preparedness



Hurricane season is not over yet, it ends November 30, 2023. Make sure your family has an [emergency plan](#), [supplies](#), and a [pet disaster supply kit](#).

*Other tips and resources:*

- ⇒ [Be Ready for Hurricanes](#)
- ⇒ [Emergency Evacuation](#)

## Physical Activity



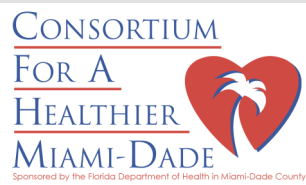
Get moving. Get active. Physical activity lowers your risk for chronic diseases like high cholesterol, diabetes, heart disease, obesity, and more. The CDC recommends 150 minutes per week of physical activity for adults and daily exercise for children. Don't forget to bring water for both you and your pet to prevent [heat related illnesses](#). Find a [park](#) today near you and get moving now. For more information on physical activity for different ages groups, visit the [CDC](#).

## Resources

[Miami-Dade County Public Schools](#)

[Immunization Schedules](#)

[Immunization Clinic](#)



## MyPlate

[Join the Consortium](#)



Are you ready to go back to school? Get prepared now. Miami Dade County Public schools first day of school is August 17, 2023. For information on school lunch, parent student portal, [bus transportation](#), supplies, school activities and more, please visit [Miami-Dade County Public Schools](#) for more information on this school year 2023-2024.

## **Transportation & Public Works**

If you are looking for public transportation for your child or yourself, [Miami-Dade County](#) offers Metrobus, Metrorail, Metromover and Special Transportation Service available to the community.

## **Immunization Clinics**

The Florida Department of Health in Miami-Dade provides **free** vaccines for children 0 through 18 years excluding travel vaccines. To find a immunization clinic near you, click [here](#).

Immunization Appointments and Inquiries

**Email:** [miamidade@flhealth.gov](mailto:miamidade@flhealth.gov)

**Phone:** (786) 845-0550

## **MyPlate**



Start the new school year off right. MyPlate has healthier breakfast, lunch, and dinner options for you and your family. Try MyPlate's delicious [Tuna Slider with Green Chiles](#) recipe this school year.

## **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)

