



July 2023

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more information please

e-mail: Daria.Sims@FLHealth.gov

Happy Independence Day! Turn to page 3 for tips and information on firework safety and clean up during the holidays.



Health Equity Corner

Minority Mental Health is recognized in July to bring awareness about the racial disparities and struggles among people of color. It is important to know and educate yourself and others about the mental illness aspect of minority health. To learn more, visit [the U.S. Department of Health and Human Services Office of Minority Health](https://www.hhs.gov/ash/hot-topics/topic-minority-mental-health/).

If you or someone you know may be in crisis or need support, call, text, or chat with [988](https://988lifeline.org/). This service is available 24/7.



 HIV/AIDS Services

The Florida Department of Health in Miami-Dade County offers [HIV/AIDS services](https://www.testmiami.org/) to those in need.

To request our services or for more information, please visit: www.testmiami.org or call **305-643-7420**.

Tobacco Free Florida

Live Smoke Free

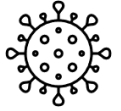


Do you want to stop smoking? Quit today. Tobacco Free Florida offers free tools and resources to help you quit smoking. If you or someone you know is trying to quit smoking, visit [Tobacco Free Florida](https://www.tobaccofreeflorida.com/) for more information.



COVID-19 Information

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



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

[CLICK HERE](#)

CDC: About COVID-19

[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](#)

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**



Monkey Pox Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Prevention](#)
- [Treatment](#)
- [2022 U.S. Map & Case Count](#)
- [U.S. Monkeypox 2022: Situation Summary](#)



MPOX

Ready for summer?

Remember, 1 mpox vaccine dose provides some protection, but **2 doses are best.**

Get them and go!

cdc.gov/poxvirus/mpox/vaccines/

Resources[Parks, Recreation and Open Spaces](#)[American Red Cross](#)[Florida Department of Health in Miami-Dade County](#)**Firework Safety**

- * Sparklers can reach 2000 degrees and can cause serious burns! Glow sticks are a great alternative for young children.
- * Firework activities should be conducted by an adult or an expert.
- * Do not use fireworks while impaired.
- * Keep safety supplies in close proximity—this includes water, first aid kit, and extinguisher.

For more safety tips, click [here](#).

MyPlate

This fourth of July try MyPlate's delicious [Baked Beans](#) recipe. Visit [MyPlate](#) for other healthier options including desserts and beverages to prepare for your family.

Beach and Pool Safety

Summer fun in the sun. Lets have a [healthy swimming](#) summer season. Please remember that children should always be accompanied by an adult or lifeguard while playing in the water, pool, beach, or splash pads. Be sure to protect yourself and your family from the [sun's harmful UV rays](#) by wearing protective gear, using sunscreen, wearing sun glasses, etc. Please visit the [American Red Cross](#) for water safety and drowning prevention tips to have a healthy summer.

**Hurricane Preparedness**

Hurricane season is not over. Prepare yourself and your family now. Please take a look at the [Miami-Dade County Hurricane Guide](#) for information on what to do before, during, and after a storm. 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](#)

⇒ [National Hurricane Center](#)

Resources

Disability Pride Month

Join the Consortium

Celebrating Disability Pride Month and International Self-Care Day

Disability Pride Month, observed in July, promotes inclusivity and equality in honor of the Americans with Disabilities Act (ADA). With nearly 1 in 4 adults in the US having a disability, it aims to recognize diverse abilities, advocate for equal opportunities, and challenge systemic barriers for social inclusion. Let's raise awareness, promote accessibility, and support education, employment, and social integration. The Alliance for Aging shares this commitment, serving and empowering older adults and individuals with disabilities over 18. Together, let's build a more inclusive society by supporting workshops and campaigns that educate about disability rights and equal opportunities.

International Self-Care Day, observed on July 24th, reminds us of the importance of prioritizing our physical and emotional well-being. It reminds us to engage in activities that nurture resilience and reduce stress.

Let us use International Self-Care Day as an opportunity to reflect on our self-care routines and make a commitment to prioritize our well-being.

July is Disability Pride Month



@AllianceForAgingInc @AllianceIG @makehealthyhpn @consortiummiamidade As we celebrate Disability Pride Month, let's remember the progress made since the Americans with Disabilities Act was signed into law. Let's strive for a future where every individual, regardless of ability, can thrive and contribute fully to society. #DisabilityPrideMonth #ADAAnniversary.



Julio es el mes del orgullo de la discapacidad.



Durante el Mes del Orgullo de la Discapacidad, eduquémonos, desafemos los estigmas y elevemos las voces de las personas con discapacidades. Juntos, podemos derribar barreras, fomentar la comprensión y crear un mundo que abrace y celebre la singularidad de cada persona.



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