

October 2023

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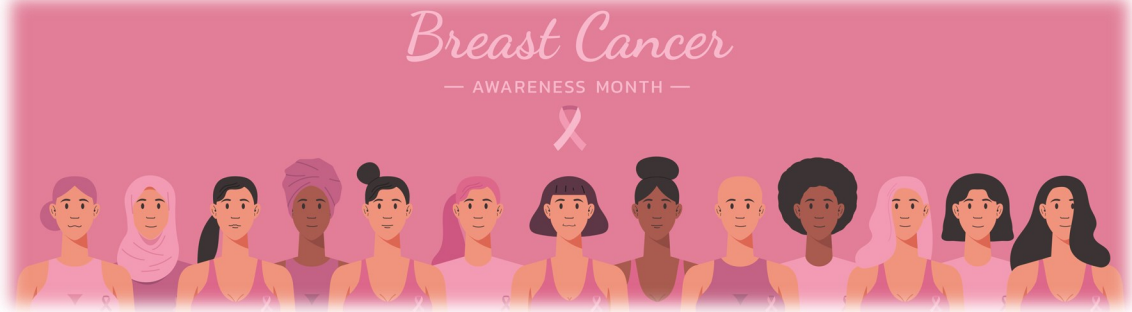
ATTENTION

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

e-mail: Daria.Sims@FLHealth.gov



Breast Cancer Awareness



October is Breast Cancer Awareness Month. Did you know Black and Hispanic women are more likely to be diagnosed with breast cancer? Black women have a higher mortality rate for breast cancer. Studies have shown that Blacks and Hispanics are less likely to have access to care compared to White women. A late cancer diagnosis can lead to a spread of the cancer if left untreated. Due to lack of access to care and economic barriers for treatment services, Black women have a higher death rate of breast cancer. To learn more about breast cancer in the black and Hispanic communities click [here](#) or visit the [CDC](#).


The Florida Breast & Cervical Cancer Early Detection Program

The Florida Department of Health in Miami-Dade offers Breast Cancer Early Detection services **free** to the community for women ages 50-64 years old. These services include mammograms and clinical breast exams. To learn more about eligibility criteria, click [here](#).

HIV/AIDS Services

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

To request services or for more information, please visit: www.testmiami.org or call

305-643-7420. 

What You Need to Know About COVID-19 in Florida

[CLICK HERE](#)

CDC: About COVID-19

[CLICK HERE](#)

CDC: About Mpox

[CLICK HERE](#)

Mosquito Prevention

To find the most up-to-date information on mosquito borne illnesses and prevention

[CLICK HERE](#)



[Stay Up to Date with COVID-19 Vaccines—CDC Guidelines](#) (Updated 9/15/2023)



- The CDC recommends the 2023-2024 updated COVID-19 vaccines.
- [Everyone aged 5 years and older](#) should get **1 dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine** to protect against serious illness from COVID-19.
- [People who are moderately or severely immunocompromised](#) may get additional doses of updated COVID-19 vaccine.
- [Children aged 6 months–4 years](#) need multiple doses of COVID-19 vaccines to be [up to date](#), including at least 1 dose of updated COVID-19 vaccine.
- COVID-19 vaccine recommendations will be updated as needed.



Mpox Information

- [Mpox Vaccination Basics](#)
- [How It Spreads](#)
- [Signs and Symptoms](#)
- [Prevention](#)



Drain and Cover



Mosquitoes can carry illnesses like Dengue. Protect yourself and your loved ones from mosquito bites and the diseases they may carry. [Miami-Dade County continues to be under a mosquito-borne illness alert.](#) For tips and information on mosquito bite prevention, click [here](#).

MOSQUITOES can spread illness. **Protect yourself.**

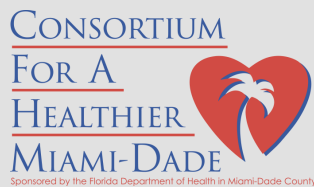
Cover (Icon: shirt and pants)

Spray (Icon: mosquito repellent bottle)

Drain (Icon: water being poured from a bucket)

Florida HEALTH



Resources**SAMHSA****988 Suicide & Crisis
Lifeline****NAMI Miami-Dade
County****Miami-Dade County
Hurricane Guide****Alcohol Use vs Your Health**

Rethink Your Drink. Excessive alcohol use doesn't just lead to fatal car accidents or DUI's, it can also cause serious damage to one's health. What is a [standard drink](#)? What is excessive drinking? Binge drinking can lead to an increase in chronic diseases like cancer, heart disease, liver disease, and more. Visit the CDC for tips, strategies, and recommendations on [Preventing Excessive Alcohol Use](#). If you or someone you may know is struggling with alcohol abuse, please visit SAMHSA [Substance Abuse and Mental Health Services Administration](#) (SAMHSA).

Helpful Resources:

- ★ SAMHSA's National Helpline:
1-800-662-HELP (4357)
- ★ [Treatment Locator](#)
- ★ [Alcoholics Anonymous](#)

Mental Health

Mental Illness Awareness Week is recognized this year on October 1-7, 2023 and World Mental Health Day is recognized on October 10, 2023. For educational information and resources related to mental illness, please visit [National Alliance on Mental Health](#). If you or someone you know is in crisis and needs immediate help, please recheck out the following resources available:

- ♥ Call the police at **911**
- ♥ [988 Suicide & Crisis Lifeline](#):
Call or text 988 or chat at 988lifeline.org
- ♥ Text Line: **Text NAMI to 741-741**

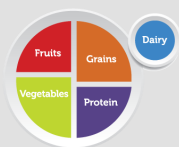
Hurricane Preparedness

Hurricane season is almost over! With just one more month left to go Hurricane season ends on November 30, 2023. Make sure your family has an [emergency plan](#), [supplies](#), and a [pet disaster supply kit](#).

Other tips and resources:

- ✓ CDC Infographic- [Be Ready for Hurricanes](#)
- ✓ [Miami-Dade Emergency Evacuation Information](#)
- ✓ [National Hurricane Center](#)

Resources



[MyPlate](#)

Children Activities & Health and Literacy Month



It is important for children to stay active physically and mentally. October is recognized as Health Literacy Month. Finding fun and cool interactive activities for kids can be a challenge. Try outside activities at your local park, educational experiences like the art and science museums, or even arts and crafts activities. Below are a few activities you can do with your child.

- ☺ Baking soda and vinegar volcano eruptions science projects
- ☺ Write and Illustrate a short novel
- ☺ Story time or daily reading
- ☺ Create a board game
- ☺ Bake a healthy snack

MyPlate

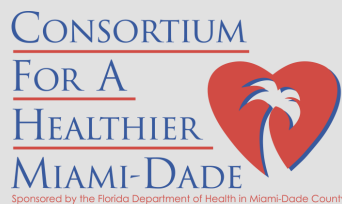


Are you enjoying MyPlate? MyPlate has a variety of healthy recipe options for everyone. National Hispanic American Heritage Month ends on October 15, 2023. Try a Latin inspired meal in honor of this month. Click [here](#) to find your next meal!

Pet Health & Adoption



Are you looking to adopt a furry friend? Visit [Miami-Dade County Pet Adoption](#) or the [Humane Society of Greater Miami](#) for information on pet adoption, programs, and services.



[Join the Consortium](#)

Join The Consortium For A Healthier Miami-Dade

Join us today! Consortium membership is **free** and open to all individuals who share the vision, mission and goals of the Consortium. The Consortium is comprised of the seven (7) committees. Each committee works collaboratively with public and private partners to plan various initiatives targeted to specific groups in an effort to address leading health issues affecting Miami-Dade residents. If you are interested in becoming a member of the Consortium, please click [here](#).



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