



September 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**



We remember those lives lost during the September 11, 2001 tragedy at the World Trade Center.

Health Equity Corner



Did you know? Health disparities are prevalent in African American and Hispanic communities. Research indicates that the environment in which we live in have an adverse affect on health outcomes. For example, families who live in low-income neighborhoods have a higher risk for lead poisoning exposure. To learn more about Childhood Lead Poisoning Prevention visit the [CDC](https://www.cdc.gov).

Women Infant & Children Services



Call the Miami-Dade [WIC](https://www.flhealth.gov) Clinic for breastfeeding information and support at **786-336-1336**. To schedule an appointment today, please call **786-336-1300**. For any questions please email miamidadewic@flhealth.gov.



HIV/AIDS Services

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

To request our 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

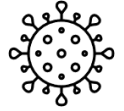
To find the most up-to-date information on mosquito borne illnesses and prevention

[CLICK HERE](#)



COVID-19 Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Treatments and Medications](#)
- [What to Do If You Were Exposed to COVID-19](#)
- [Stay Up to Date with COVID-19 Vaccines Including Boosters](#)



Mpox Information

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



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](#).

Resources

[988 Suicide & Crisis](#)

[Lifeline](#)

[NAMI](#)



[Miami-Dade County Hurricane Guide](#)

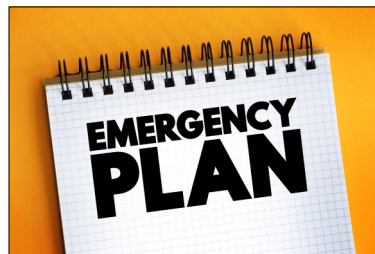
[Parks, Recreation and Open Spaces](#)

World Heart Day



Get moving. Get active. World Heart Day is September 31, 2023. Quitting smoking and routine physical activity can lower your risk for chronic diseases like heart disease, obesity, diabetes, and more. 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.

Hurricane Preparedness



Hurricane season is not over yet. September is National Preparedness Month to raise awareness about the importance of planning for disasters and emergencies. Make sure your family has an [emergency plan](#), [supplies](#), and a [pet disaster supply kit](#).

Other tips and resources:

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

World Suicide Prevention Day

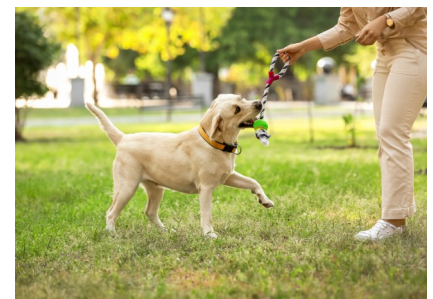


Your mental health is important. September 10, 2023 is **World Suicide Prevention Day**. If you or someone you know is in crisis and needs immediate help, please read the following:

- ♥ 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**
- ♥ National Suicide Prevention Lifeline **1-800-273- TALK (8255) or 1-800-SUICIDE (273-8255)**



Pet Health

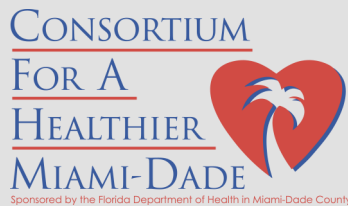


Pets need physical activity and healthy meals to stay healthy. Take the next steps to get healthier together. Visit Miami-Dade County Parks, Recreation and Open Spaces: [Dog Parks](#) to find a pet friendly park near you. To learn more about pet health, visit the [CDC](#).

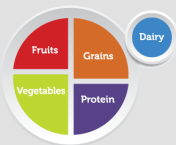
Resources

[Miami-Dade Public Library System](#)

[Miami-Dade County Public Schools](#)



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



[MyPlate](#)

[Join the Consortium](#)

Children Reading



School is now in session. Reading to and with children is very important because it improves brain and cognitive development, language skills, creativity, and literacy. Set aside reading time for your children. The Miami-Dade County Library System offers a variety of books for all ages. To find books, eBooks, eAudiobooks and more, visit [Miami-Dade Public Library System](#). For information about the benefits of reading, click [here](#).

Back to School Information

Please visit [Miami-Dade County Public Schools](#) for information on the 2023-2024 school year.

Immunization Clinics

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

Immunization Appointments and Inquiries

Email: miamidade@flhealth.gov

Phone: (786) 845-0550

MyPlate



This school year try MyPlate! They have a variety of healthy recipe options for both the kids and the family too. Check out MyPlate's delicious [Chicken Apple Salad Sandwich](#) recipe. This meal is quick and easy to make. With just 3 simple steps!

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)



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