



This Month in Public Health

- In the United States, May is designated as Hepatitis Awareness Month and, since 2012, May 19th has been promoted as National Hepatitis Testing Day. These designations were created to raise awareness among healthcare providers and the public about the “silent epidemic.” Viral hepatitis infections can lead to liver damage or even death. Timely testing, vaccination, and treatment can help keep your liver healthy and happy. Follow this link to take the CDC’s Hepatitis Risk Assessment: <https://www2a.cdc.gov/hepatitis/RiskAssessment/start.html>.
- Each year, the week from May 6th to May 12th—National Nurses Recognition Day to Florence Nightingale’s birthday—marks [National Nurses Week](#). This year, the American Nurses Association celebrates National Nurses Week and highlights the contributions and positive impact of America’s more than 4 million nurses.
- May 5th is World Hand Hygiene Day, a day in which the World Health Organization (WHO) reminds us of how important the simple action of washing our hands properly and often can be in controlling the spread of disease-causing germs. Clean hands count...in the fight against the growing threat of antimicrobial resistance, in infection control, and in disease prevention. Watch the video, [“Clean Hands Count,”](#) below to learn more about the importance of proper hand hygiene.
- Happy Mother’s Day! This year, Mother’s Day is celebrated on May 12th. Motherhood is an incredible yet delicate period in a woman’s life that affects her health significantly. The following links have helpful resources for women in all stages of life: [Women’s health](#), [Pre-conception and pregnancy](#), [Preventive services—Family planning](#).

In this Issue

This Month in Public Health	1
Spending Your Summer Splashing, Swimming, and Safe: Celebrating Water Safety Month in Miami-Dade County, 2019	2
EDC-IS Influenza Respiratory Illness Surveillance Report	7
Selected Reportable Diseases/Conditions for April 2019	8
What’s New at DOH Miami-Dade	9



Please click the image to the left to watch the video.

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Spending Your Summer Splashing, Swimming, and Safe: Celebrating Water Safety Month in Miami-Dade County, 2019

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Introduction

Miami-Dade County is known for many things—including how scorching our summer climate can be. Summer is a great time for residents to throw on their bathing suits and go for a swim. Swimming can be an excellent way to cool down, have tons of fun in the sun, and encourage physical activity. In honor of Water Safety Month, the Florida Department of Health in Miami-Dade County (DOH Miami-Dade) reminds residents and visitors of ways to enjoy the pool and the beach, while also staying healthy and safe.

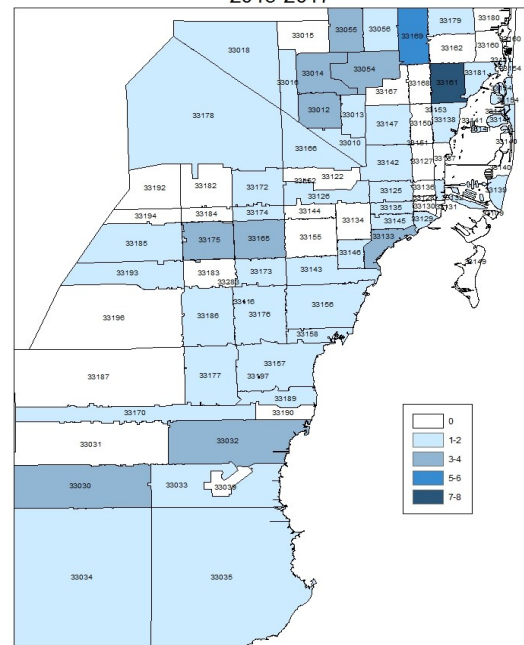
Background

Every day, approximately 10 people die from unintentional drownings, with an average of 3,536 deaths each year.¹ The Centers for Disease Control and Prevention (CDC) estimates that an additional 332 people die from unintentional boating-related incidents. For each child-aged fatal drowning, another 5 children are taken to receive emergency medical attention for non-fatal submersion injuries—which can often lead to permanent brain damage and long-term disabilities.¹ In the United States, unintentional injuries are the leading cause of morbidity and mortality among individuals aged 0-19 in the United States.² Among those unintentional injuries, drowning is the leading cause of death among children aged 1-4.¹ In Miami-Dade County, we find similar trends, with drowning being the leading cause of death among children aged 1-4, as well.

Research has identified several drowning-associated risk factors:

- **Being male:** 80% of drowning fatalities are male.³
- **Being African American:** One study found drownings in swimming pools were 5.5 times higher among African Americans in comparison to Whites.⁴
- **Not knowing how to swim:** Knowing how to swim is associated with lower rates of drowning among children.⁵
- **Lack of supervision:** It is crucial that all children are supervised while swimming. Fatal drownings can occur at any time, even when lifeguards are present.⁶
- **Lack of barriers:** Installing fencing around pools can reduce young children's access.⁷
- **Not wearing life jackets:** A study by the United States Coast Guard estimated that 1 in 2 drownings resulting from recreational boating incidents could have been prevented if life jackets had been worn.⁸
- **Alcohol use:** Alcohol consumption is associated with increased rates of immersion and drownings.⁹

Drowning Deaths by Zipcode, Miami-Dade County, 2015-2017



Prevention

What can you do to prevent drownings? How can you prepare yourself to help someone who is actively drowning? Check out some tips from the CDC below:

1. Enroll yourself and your family in formal swimming lessons.

Taking formal swimming lessons has been associated with reduced risks of drownings. Check this [link](#) for a list of pools offering lessons in Miami-Dade County, as well as their availability, contact information, and websites.

2. Learn cardiopulmonary resuscitation (CPR).

By learning CPR, you can be better equipped to save the life of someone who has been submerged under water. Research has shown that immediate resuscitation (before the ambulance and paramedics arrive) is associated with significantly better neurological outcomes for children.¹⁰

3. **Wear life jackets when boating.**
4. **Avoid alcohol before and during swimming or boating.**
5. **Know the weather conditions before swimming.**

You don't want to be caught in the pool or ocean during a storm—which may bring strong winds, currents, or lightning.

6. **Install four-sided fencing around pools at home.**

The most effective fences completely surround the pool and are at least 4 feet high. Self-latching gates should be out of reach of children.¹ The image below provides additional tips on restricting pool access for small children:

THE PHYSICAL BARRIERS.

The proper physical barriers serve as a crucial layer of protection. When used correctly, each of these barriers can make your home a little safer. The Department of Health recommends incorporating a number of different barriers to ensure safety. Many pool contractors can provide these barriers at the time of pool installation or can recommend an appropriate vendor or contractor. **The prices below are for estimation purposes only.*

COST LEGEND: \$: 0 - \$49 \$\$: \$50 - \$250 \$\$\$: \$251 - \$500 \$\$\$\$: \$501 - \$1000 \$\$\$\$: \$1001+



POOL SAFETY FENCES
(Fiberglass Post Fencing or Aluminum Post Fencing with textile mesh or interlocking mesh)
Should completely encircle the pool blocking entrance from the house or yard. The fence should be at least 4 feet high and have no holes or gaps that could allow a child to pass through.
COST: \$\$\$



SELF-CLOSING & SELF-LATCHING GATES
The gate should be self-closing, self-latching and open out from the pool. So even if the gate is not latched properly, a child leaning against it will force the gate to lock.
COST: \$\$\$



CHILDPROOF LOCKS
An inexpensive way to keep your child in the house. Makes the doorknob difficult for a child to turn.
COST: \$



DOOR/WINDOW ALARMS
Know the second your child goes outside. Chapter 515 states that all doors and windows providing direct access from the home to the pool must have an alarm. Be sure to test and install battery operated alarms or plug-in alarms with battery backup according to manufacturer's instructions.
COST: \$



DOORS
Chapter 515 states that all doors providing direct access from the home to the pool should have a self-closing, self-latching device with a release mechanism no lower than 54 inches above the floor.
COST: \$\$



SAFETY COVER
A sturdy barrier between the water and children. Make sure the cover was designed for safety, not to keep the leaves out. The safety cover should be custom built and fitted for your pool.
COST: \$\$\$



POOL ALARMS
Senses movement in the pool, alerting you if your child falls in.
COST: \$

7. **Know the meaning of the colored beach flags.**

When you go to the beach, the colored beach flags display warnings about potential hazards seen in the ocean. Be sure to observe and take note of the flags; they will inform you about currents, surf, and any dangerous marine life.

BEACH WARNING FLAGS
BANDERAS DE ADVERTENCIA EN LA PLAYA

Water Closed to Public
Agua Cerrada al Publico

High Hazard
High Surf and/or Strong Currents
Peligro Alto, Resaca Alta y/o Corrientes Fuertes

Medium Hazard
Moderate Surf and/or Currents
Peligro Medio, Resaca Moderada y/o Corrientes Fuertes

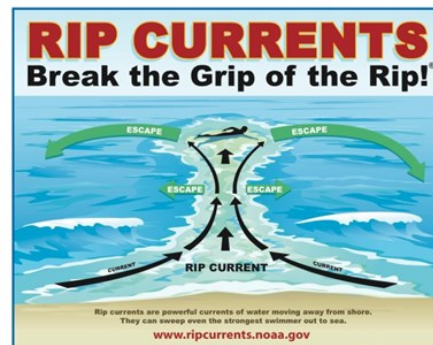
Low Hazard
Calm Conditions, Exercise Caution
Peligro Bajo, Condiciones Calmas, Tenga cuidado

Dangerous Marine Life
Vida Marina Peligrosa

Absence of Flags Does Not Assure Safe Waters
La ausencia de Banderas No Asegura Aguas Seguras

8. **If you're in a rip current, swim parallel to the shore.**

Be familiar with how to identify and swim when you are caught in a rip current. Be sure to swim parallel to the shore until you are free, then swim diagonally toward the shore.¹



Other Considerations

Swimming can be a lot of fun and a great way to spend time with your family; however, it is very important that you or your family members do not swim if experiencing diarrhea. Just one accident can release millions of germs—including cryptosporidium, giardia, shigella, norovirus, and *E. coli*.¹¹

Closing Remarks

As the summer months begin, the DOH-Miami-Dade strives to raise awareness and increase drowning prevention efforts in our community. As a part of our efforts, we collaborate with the Miami-Dade Drowning Prevention Coalition, who strives to reduce, prevent, and ultimately eliminate water-related injuries and deaths in Miami-Dade County. Check out their website by going to this [link](#).

References

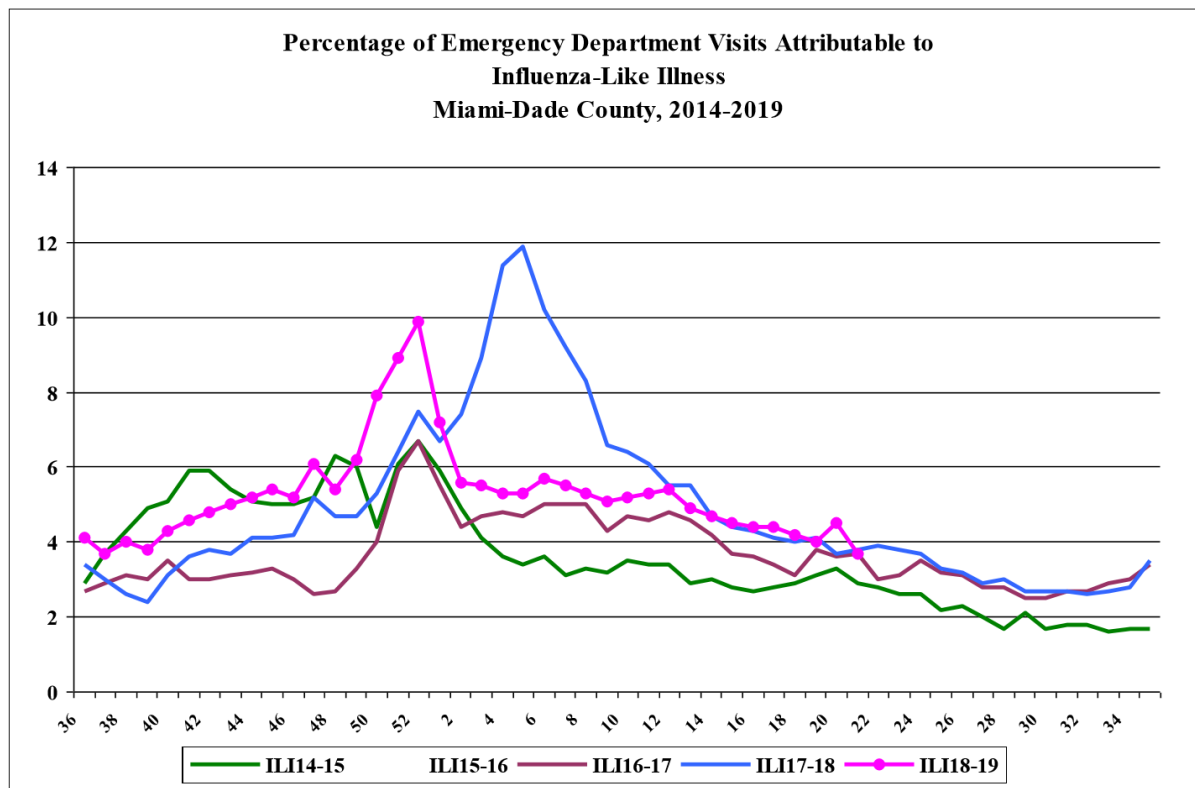
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**Florida Department of Health in Miami-Dade County
Epidemiology, Disease Control and Immunization Services**

Influenza Like Illness Surveillance Report

On a daily basis, all of Miami-Dade County's emergency department (ED) hospitals electronically transmit ED data to the Florida Department of Health. This data is then categorized into 11 distinct syndromes. The influenza-like illness (ILI) syndrome consists of fever with either cough or sore throat. It can also include a chief complaint of "flu" or "ILI". This season's 2017-2018 data is compared to the previous 4 influenza seasons (2013-2014, 2014-2015, 2015-2016, 2016-2017).

Influenza-Like-Illness, All Age



Across all ages, there were 39,645 ED visits; among them 1,462 (3.7%) were ILI. At the same week of last year, 3.8% of ED visits were ILI.

PARTICIPATE IN INFLUENZA SENTINEL PROVIDER SURVEILLANCE

Florida Department of Health in Miami-Dade County NEEDS Influenza Sentinel Providers!

Sentinel providers are key to the success of the Florida Department of Health's Influenza Surveillance System. Data reported by sentinel providers gives a picture of the influenza virus and ILI activity in the U.S. and Florida which can be used to guide prevention and control activities, vaccine strain selection, and patient care.

- Providers of any specialty, in any type of practice, are eligible to be sentinel providers.
- Most providers report that it takes **less than 30 minutes a week** to compile and report data on the total number of patients seen and the number of patients seen with influenza-like illness.
- Sentinel providers can submit specimens from a subset of patients to the state laboratory for virus isolation **free of charge**.

For more information, please contact
EDC-IS at 305-470-5660.



Miami-Dade County Monthly Report Select Reportable Disease/Conditions April 2019

Diseases/Conditions	2019 Current Month	2019 Year to Date	2018 Year to Date	2017 Year to Date
HIV/AIDS				
AIDS*	32	166	154	152
HIV	134	539	500	454
STD				
Infectious Syphilis*	48	159	131	131
Chlamydia*	1366	4887	4307	4062
Gonorrhea*	413	1503	1317	965
TB				
Tuberculosis**	0	0	0	0
Epidemiology, Disease Control & Immunization Services				
Epidemiology				
Campylobacteriosis	83	271	254	176
Chikungunya Fever	0	0	0	0
Ciguatera Poisoning	7	18	8	3
Cryptosporidiosis	9	19	8	8
Cyclosporiasis	1	1	0	0
Dengue Fever	3	17	1	1
Escherichia coli, Shiga Toxin-Producing	13	34	40	16
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	24	0	0	0
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	0	0	0
Legionellosis	4	16	11	9
Leptospirosis	0	0	0	0
Listeriosis	0	0	1	4
Lyme disease	0	0	0	1
Malaria	0	2	5	3
Meningitis (except aseptic)	0	2	6	1
Meningococcal Disease	1	2	0	4
Salmonella serotype Typhi (Typhoid Fever)	0	1	2	0
Salmonellosis	71	190	140	158
Shigellosis	22	92	94	26
Streptococcus pneumoniae, Drug Resistant	4	8	10	5
Vibriosis	1	4	2	3
West Nile Fever	0	0	0	0
Immunization Preventable Diseases				
Measles	0	0	0	0
Mumps	5	9	5	0
Pertussis	2	9	7	11
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	6	40	15	16
Hepatitis				
Hepatitis A	5	14	8	31
Hepatitis B (Acute)	12	21	13	12
Healthy Homes				
Lead Poisoning	15	49	60	28

*Data is provisional at the county level and is subject to edit checks by state and federal agencies.

** Data on tuberculosis are provisional at the county level.

Data on EDC-IS includes Confirmed and Probable cases.

What's New at DOH Miami-Dade

- Earlier this month, DOH Miami-Dade, in support of Nicklaus Children's Hospital and partners, participated in the Summer Safety Splash, providing swim lessons, rescue and water safety demonstrations, and education on various summer safety topics while enjoying a day at the South Dade Park Aquatic Center. The day was one of many ways that the DOH and community partners are coming together in efforts to promote water safety and prevent drownings in our community as summer approaches.
- DOH Miami-Dade is proud to announce that Dr. Reynald Jean, Director of Tuberculosis Control & Prevention Program Epidemiology, Disease Control, Clinical Laboratory and Immunization Services, was recognized by the Greater Miami Chamber of Commerce with [2019 Health Care Heroes Award for Health Care Professionals](#). We join the Chamber in thanking Dr. Jean for his dedication, excellence and extraordinary impact to the Miami-Dade County community.
- The National Association of County and City Health Officials (NACCHO) has recognized David Goldberg, Carlos Garcia, Kira Villamizar, and Sarah Suarez of DOH Miami-Dade for [Model Practices](#) as well as Ingrid Suazo, Erika Coello, and Kira Villamizar for Promising Practices. Their programs have been recognized for having demonstrated outstanding responses to public health needs while exemplifying collaboration and innovation.



Do's

- Do seal up any gaps in doors, windows or pipes.
- Do keep important documents in waterproof containers.
- Do stock up on sandbags.
- Do fill up your car's gas tank.
- Do contact your insurance agent to analyze your hurricane policy.
- Do trim trees that are close to your property.
- Do turn the refrigerator down to the coldest temperature.
- Do make storm preparations and emergency kits for all members of the family.

Don'ts

- Don't wait until the storm to think about shutters.
- Don't leave any loose items in your yard.
- Don't drain your swimming pool.
- Don't walk or drive down flooded roads.
- Don't make an X on your windows in tape and think your windows are protected.
- Don't venture into the storm to take pictures.
- Don't ignore Everbridge notifications.
- Don't let your gas tank go empty.

To report diseases and for information, call EDC-IS at:

Childhood Lead Poisoning Prevention Program	305-470-6877
Epidemiology and Disease Surveillance	305-470-5660
Hepatitis Program	305-470-5536
HIV/AIDS Program	305-470-6999
Immunization Services	305-470-5660
STD Program	305-575-5430
Tuberculosis Program	305-575-5415
Appointment Line	786-845-0550

Did You Know?



Hurricane season begins on June 1st and DOH Miami-Dade encourages all residents and visitors to utilize the following resources to begin preparations early:

Forecasts for storms and their impacts are available at www.hurricanes.gov

The 2019 Disaster Preparedness Sales Tax Holiday: [Taxpayer Information Publication on the 2019 Disaster Preparedness Sales Tax Holiday](#)

Families with special needs are encouraged to sign up with the Miami Dade Office of Emergency Management [Special Needs Registry](#).

Create a personalized disaster plan using [FEMA step-by-step guide](#).

About the Epi Monthly Report

The Epi Monthly Report is a publication of the Florida Department of Health in Miami-Dade County: Epidemiology, Disease Control & Immunization Services. The publication serves a primary audience of physicians, nurses, and public health professionals. Articles published in the Epi Monthly Report may focus on quantitative research and analysis, program updates, field investigations, or provider education. For more information or to submit an article, please contact Danielle Fernandez at 305-470-6980 or danielle.fernandez@flhealth.gov.

