



Public Health LOOK OUT!

- September is **National Childhood Obesity Month**. In the United States, approximately 20% of children are obese, increasing their risk of developing chronic diseases and conditions such as diabetes, bone/join problems, asthma, and heart disease. Childhood obesity also increases risk of depression and mental illness, as children become socially isolated. Engaging children in fun physical activities and encouraging healthier eating habits significantly lowers the risk of child obesity. This month promotes awareness and education on the risk factors of childhood obesity and ways to promote healthy growth in children. [Visit](#) to learn how you can cultivate healthy habits for healthy children!
- National Suicide Prevention Week** is observed September 5-11th to raise awareness on this increasing public health problem. According to the CDC, suicide is the 10th leading cause of death in the United States, with approx. 47,500 deaths attributed to suicide in 2019. The COVID-19 pandemic has amplified many risk factors for suicide, including social isolation, stress, and barriers in obtaining physical and mental healthcare. Visit the CDC's [webpage](#) to learn more on suicide prevention strategies and resources such as the [Suicide Prevention Lifeline](#), 24/7 support for individuals in distress.
- World Rabies Day** is globally celebrated on September 28th to increase awareness on rabies and bring agencies together to magnify prevention and control strategies. Rabies, a preventable viral disease, is fatal to humans who have been bitten or scratched by a rabid animal. This virus infects the central nervous system, causing disease in the brain and death, if left untreated. While this disease is mostly contracted through exposure of wild animals in the US, it is important to ensure your pets are up-to-date on their rabies vaccination, avoid contact with all wildlife, and seek medical attention if you have been exposed to a rabid animal. Visit [Florida Health](#) to learn more about rabies prevention in Florida.

For the most recent information on COVID-19 in Florida please visit: <https://floridahealthcovid19.gov/>

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SHOULD I BE CONCERNED ABOUT THE DELTA VARIANT?

New data show Delta is different than past versions of the virus: it is much more contagious.

- Vaccinated people can get breakthrough infections of Delta variant and may be contagious.
- Vaccinated individuals represent a very small amount of total transmission.



cdc.gov/coronavirus

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COVID-19

You tested positive—now what?

Florida Department of Health • FloridaHealth.gov

Stay home.

Home isolation and at-home care is what most people will need.

Be sure to:

- Keep track of your symptoms.
- Get rest and stay hydrated.
- Ask your health care provider about pain and fever medication.
- Follow the Centers for Disease Control and Prevention's guidance for at-home care: [CDC.gov/coronavirus/2019-ncov/if-you-are-sick/](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/).

The CDC has new options to reduce quarantine. Scan the code to learn more.



Your Symptoms

Are your symptoms getting worse or better?

Cough Shortness of Breath

Other symptoms can include fever, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

If you think your symptoms are worse than a common cold or a mild flu, call your health care provider or 911 if it's an emergency. Make sure you tell them you've tested positive for COVID-19.

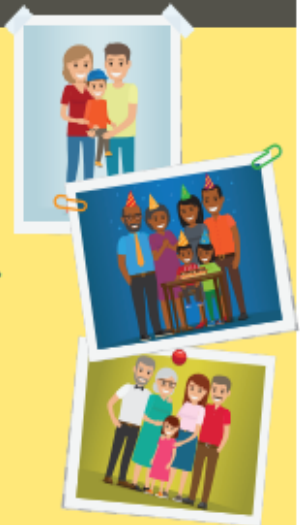


Protect Your Household

If you share your home, don't share COVID-19.

Stay away from other people and isolate in a room. Use a separate bathroom that only you can use, if possible. Everyone in the home should practice hand and face hygiene.

- Cover your coughs and sneezes with your inside elbow and a tissue—throw your tissue away.
- Wash your hands often with soap and water.
- Don't touch your face.
- Wear a facemask when you are within 6 feet of others.
- Don't share personal things and household items.
- Clean and disinfect all "high-touch" surfaces—door knobs, counters, refrigerator handles—every day.

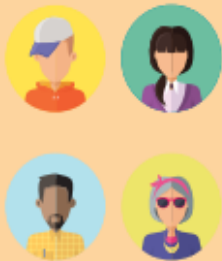


Inform Your Close Contacts

If you've been in close contact with people in the time beginning two days before you got sick and self-isolation, tell them you have COVID-19.

To stop the spread of COVID-19 in your community, share these tips:

- Practice social distancing: if they must leave home, keep at least 6 feet between themselves and others.
- Keep track of possible COVID-19 symptoms: fever, cough and shortness of breath.
- Follow the CDC's guidance for at-home care: [CDC.gov/coronavirus/2019-ncov/if-you-are-sick/](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/).
- Find more information: [FLHealthCOVID19.gov](https://www.flhealth.gov/covid19) or [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).



Florida Health Office of Communications 12-10-20

Fast Facts: COVID-19 Vaccines

Go to MyVaccine.FL.gov to pre-register for vaccine at state-supported sites in your area.



The U.S. vaccine safety system makes sure that all vaccines are as safe as possible: COVID-19 vaccines have gone through the same safety standards as other vaccines.



COVID-19 vaccine teaches your body how to recognize and fight the virus that causes COVID-19. The vaccine:

- Doesn't give you COVID-19.
- Can keep you from getting seriously ill even if you do get COVID-19.

After vaccination, you might have some side effects—they will go away in a few days. Side effects are normal signs your body is building protection. Side effects include:

- Pain and swelling on the arm with the shot.
- Fever, chills, tiredness and headache.



Florida's COVID-19
Call Center:
1-866-779-6121,
press 3

If you're worried about certain side effects, call:

- Your health care provider.
- The COVID-19 Call Center at 1-866-779-6121, and press 3 to talk to a medical professional (the call center is open 24/7).



You're fully vaccinated when your body has built up protection against the virus. That's two weeks after:

- The second dose of the Pfizer-BioNTech or Moderna vaccines.
- The single-dose of Johnson & Johnson's Janssen vaccine.



Until you're fully vaccinated, keep using the COVID-19 protection layers: wear a mask, stay 6 feet apart from others, avoid crowds and poorly ventilated spaces, and wash your hands often.

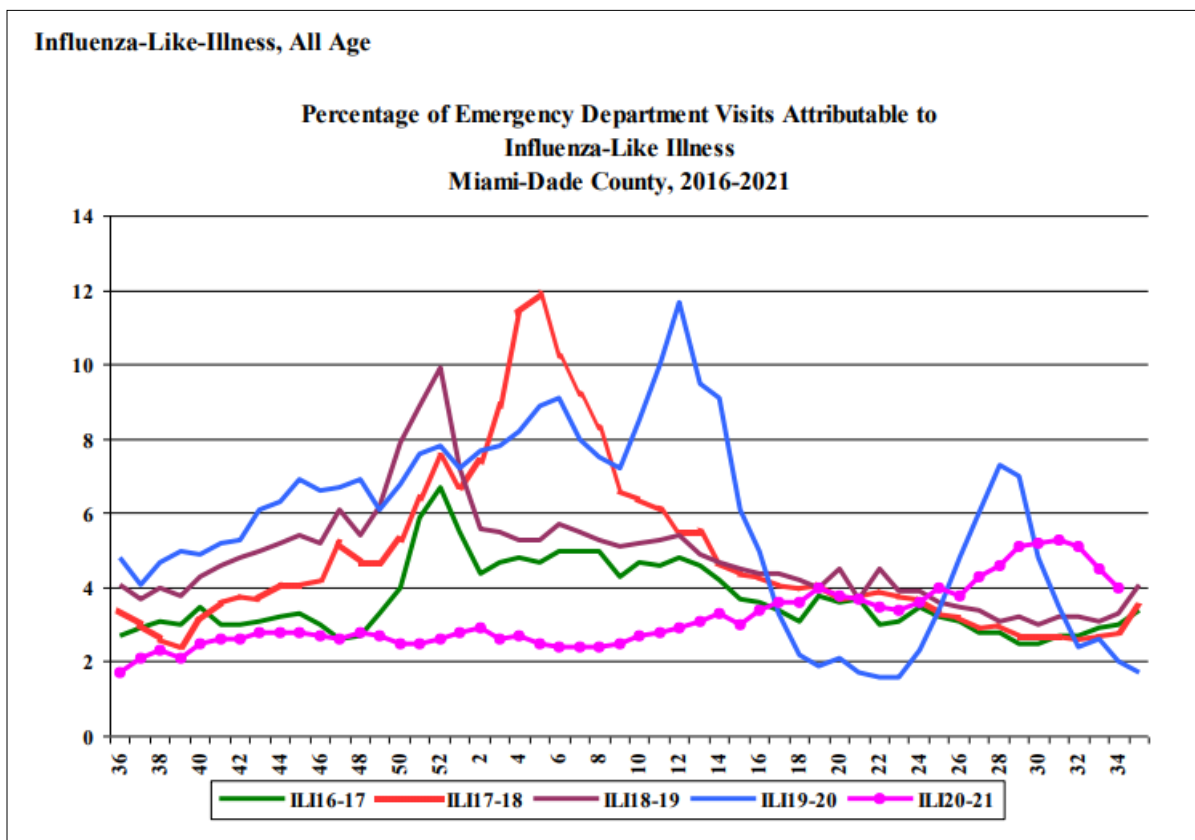
**Florida
HEALTH**

COVID-19 vaccine is free of charge to people living in the U.S. Learn more at [CDC.gov/Coronavirus/2019-nCoV/Vaccines/KeyThingsToKnow.html](https://www.cdc.gov/Coronavirus/2019-nCoV/Vaccines/KeyThingsToKnow.html).

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 2020-2021 data is compared to the previous 4 influenza seasons (2016-2017, 2017-2018, 2018-2019, 2019-2020).



Across all ages, there were 36,898 ED visits; among them 1,472 (4.0%) were ILI. During the same week last year, 2.0% 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
Stephanie Calle at 305-470-5660.



Miami-Dade County Monthly Report Select Reportable Disease/Conditions July 2021

Diseases/Conditions	2021	2021	2020	2019
	Current Month	Year to Date	Year to Date	Year to Date
HIV/AIDS				
AIDS*	39	246	193	252
HIV	100	752	614	876
STD				
Infectious Syphilis*	43	351	251	257
Chlamydia*	1201	8215	6251	8868
Gonorrhea*	526	3642	2250	2726
TB				
Tuberculosis**	9	59	47	76
Epidemiology, Disease Control & Immunization Services				
Epidemiology				
Campylobacteriosis	34	305	312	523
Chikungunya Fever	0	0	0	0
Ciguatera Poisoning	3	6	5	24
Cryptosporidiosis	3	26	13	31
Cyclosporiasis	5	8	2	17
Dengue Fever	0	1	10	42
Escherichia coli, Shiga Toxin-Producing	14	56	34	83
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	1	49	67	105
Influenza, Pediatric Death	0	0	0	0
Legionellosis	10	30	15	31
Leptospirosis	0	1	0	0
Listeriosis	0	4	4	1
Lyme disease	4	4	3	1
Malaria	1	2	2	3
Meningitis (except aseptic)	0	8	4	6
Meningococcal Disease	0	3	2	2
Salmonella serotype Typhi (Typhoid Fever)	0	0	0	2
Salmonellosis	132	455	425	493
Shigellosis	8	39	79	162
Pneumoniae, invasive disease	9	28	24	12
Vibriosis	1	12	2	10
West Nile Fever	0	0	7	0
Zika Virus (non-congenital)	0	0	0	17
Immunization Preventable Diseases				
Measles	0	0	0	0
Mumps	0	2	1	44
Pertussis	0	0	9	19
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	1	9	24	74
Hepatitis				
Hepatitis A	1	5	8	27
Hepatitis B (Acute)	1	7	34	18
Healthy Homes				
Lead Poisoning	18	64	40	80

*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.

Vaccinate
on time.
Getting vaccines at the recommended time is the best way to protect against **serious diseases.**



National Immunization
Awareness Month

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

What's New at DOH-Miami-Dade:

- To find the nearest vaccine site near you by county and city please visit: floridahealth-covid19.gov
- To pre-register for a vaccine and receive updates visit: myvaccine.fl.gov. Qualified individuals will receive notifications when vaccines are available in their area and receive assistance in scheduling an appointment.
- For more information on vaccines in Florida including the number of people vaccinated and updates on availability and prioritization please visit: floridahealthcovid19.gov

YOU CAN SUPPORT
Breastfeeding
ANYTIME, ANYWHERE



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 Yoselin Garcia at (786) 582-2266 or Yoselin.Garcia@flhealth.gov.

