



# Epi Monthly Report

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## Summer Safety in Miami-Dade County

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### Introduction

As school draws to a close and summer begins, many families in Miami-Dade County are preparing for a time of swimming, outdoor barbeques, and fun in the sun. It is important, however, to remind residents of measures that will keep them and their families safe and healthy as they enjoy all of the opportunities for summer relaxation and recreation that Miami-Dade County has to offer.

### Swim Safety

According to the Centers for Disease Control & Prevention (CDC), about ten people die every day in the United States from unintentional drowning. In Miami-Dade County where swimming pools and easy ocean access are common, it is important to know the risk factors that contribute to unintentional drownings, and to employ the proper prevention measures to avoid an accident. Some risk factors that contribute to unintentional drownings are lack of swimming ability, lack of barriers (not having a fence to keep unguarded children away from pools), lack of adult supervision, location

(children ages 1-4 are more likely to drown in swimming pools, whereas the risk of drowning in natural water settings increases with age), failure to wear life jackets, the use of alcohol during water recreation, and having a seizure disorder.

Unintentional drownings, however, can be prevented:

- Taking part in formal swimming lessons can give adults and children the skills that they need to stay safe in the water and on boating or fishing trips.
- If a person does not have strong swimming skills, a well-fitting life jacket should be used (according to CDC, potentially half of all boating deaths could be prevented by using life jackets).
- Avoid swimming alone; use the buddy system.
- Designate a responsible adult to supervise young children when they swim in and play around water.
- Avoid drinking alcohol while swimming or boating.
- Check the local weather forecast before going swimming or boating. If you or a family member has a



Practice water safety while at the beach.

seizure disorder, be sure to provide one-on-one supervision around water, including swimming pools, and to wear life jackets when boating.

- Remember that air-filled or foam toys are not proper flotation devices. “Water wings,” foam noodles, and inner tubes should not be substitutions for life jackets.
- Learning CPR could help to save a life while waiting for paramedics to

arrive on the scene in the case of an accident.



### **Sun Safety**

While summer means fun in the sun, make sure you’re not getting too much of a good thing. Avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer—including melanoma—by practicing proper sun protection. UV rays are the greatest during the late spring and early summer in North America. CDC recommends the following easy options for sun protection:

#### **Sunscreen**

- Use sunscreen with sun protective factor (SPF) of 15 or higher, and both UVA and UVB protection.
- Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat.
- Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

#### **Clothing**

- Wear clothing to protect exposed skin.
- Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.

#### **Hats**

- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays.
- Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

Wearing long sleeves and hats can protect you from harmful UV rays





### Sunglasses

- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the US meet this standard.

### Shade

Seek shade, especially during midday hours.

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter.

It is best, however, to protect your skin by using sunscreen or by wearing protective clothing when you're outside—even when you're in the shade.

### **Food Safety**

Due to a variety of factors, including warmer temperatures, foodborne illness increases in the summer. Stay healthy and safe during warmer months by following these food safety recommendations:

#### **When bringing food to a picnic or cookout**

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one.
- When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

#### **When cooking on the grill**

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable foods cold until they are ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures:

◇ Beef, Pork, Lamb, & Veal (steaks, roasts, and chops): 145 °F with a 3 minute rest time

- ◇ Ground meats: 160 °F
- ◇ Whole poultry, poultry breasts, & ground poultry: 165 °F
- ◇ Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

### **When serving food outdoors**

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

### **Mosquito Bite Prevention**

Mosquitoes can leave behind more than just itchy, painful bites. Mosquitoes can spread illness caused by viruses like dengue, chikungunya, Zika or West Nile. While relaxing or playing outside during the summer months, it is important to take precautions in order to prevent mosquito bites and the diseases that they carry. Residents are encouraged to practice “Drain and Cover” techniques in order to prevent mosquitoes from biting, and to destroy their breeding habitats.

#### **Drain**

Mosquitoes need standing water in order to lay their eggs. As little as one teaspoon of water left standing for more than one week is enough for mosquitoes to breed and multiply. Breeding habitats can be destroyed by draining standing

water from any receptacle where water may accumulate:

- Put away items that are outside and not being used because they could accumulate standing water.
- Keep your flower pots free of standing water.
- Empty water from pets’ dishes, children’s toys or pools, tires, trash containers, etc.
- Use boat covers and pool covers, keeping them taut so that they do not accumulate water.
- Once a week, scrub out bird baths, buckets, roof gutters, and pet dishes. Some mosquito eggs can still hatch even if they have dried out, so it is important to scrub out receptacles weekly to remove any remaining eggs.

#### **Cover**

The mosquitoes that carry

illnesses caused by Zika, dengue, or chikungunya viruses are aggressive daytime biters. Protect yourself by covering exposed skin with light, long-sleeved clothing, and cover your clothes and skin with an EPA-approved insect repellent.

Always follow product label instructions.

To put repellent on your face or on a child’s face, spray the repellent on your hand



**Mosquitoes can spread viruses like Zika, dengue, and chikungunya.**



and then apply it.

If you use sunscreen, apply sunscreen first and your insect repellent second.

- It is safe for pregnant and nursing women to use EPA-approved repellents if they are used according to the product's instructions.
- Do not use insect repellent on children younger than 2 months.
- For extra protection, treat clothing and outdoor gear with permethrin, an insecticide. Do not put permethrin on your bare skin.

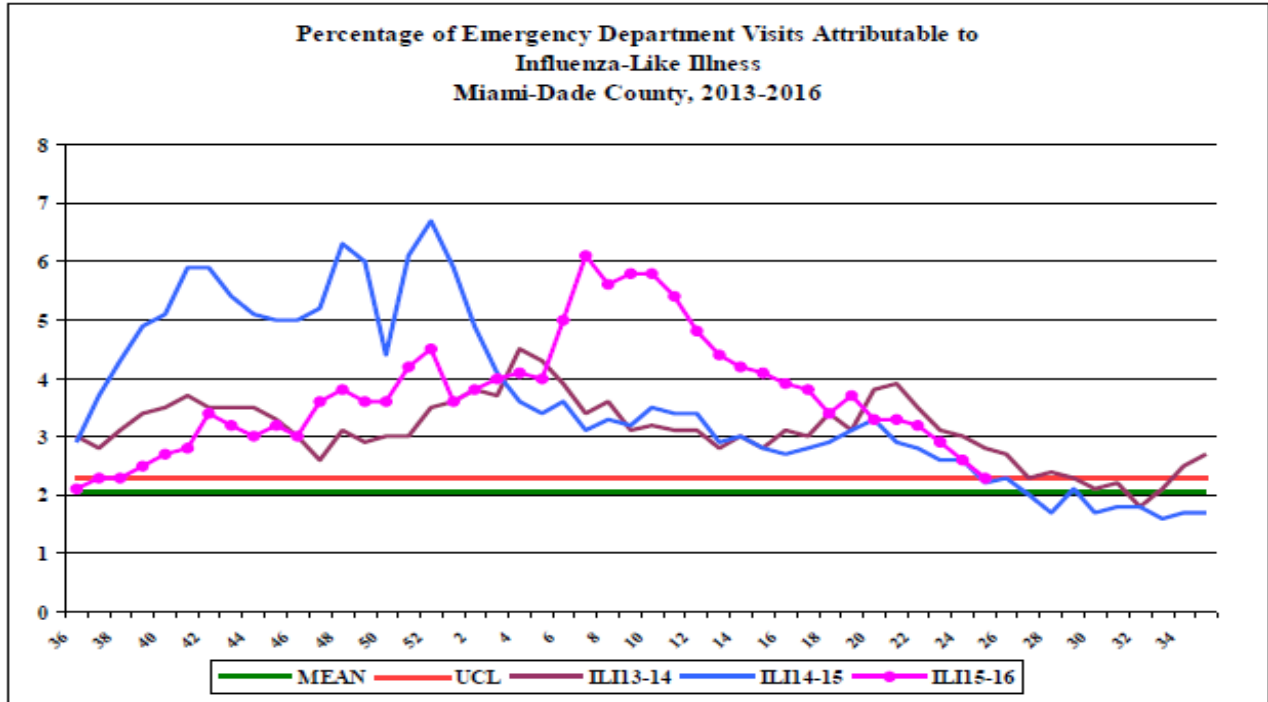
Repair screens on doors and windows to ensure that there are no holes or tears that could allow mosquitoes inside, and use air conditioning. Before traveling to other countries or territories, be sure to check CDC's Traveler's Health webpage to see if any travel alerts related to mosquito-borne diseases have been issued for the area you wish to visit.

### Want to Learn More?

To learn more about how to protect your health and the health of your family this summer, visit <http://www.cdc.gov/family/kids/summer/>



**Influenza-Like-Illness, All Age**



During this period, there were 25,803 ED visits; among them 601 (2.3%) were ILI. At the same week of last year, 2.2% of ED visits were ILI.

TO REPORT ANY DISEASE AND FOR INFORMATION CALL:  
Epidemiology, Disease Control & Immunization Services

- Childhood Lead Poisoning
- Prevention Program .....305-470-6877
- Hepatitis .....305-470-5536
- Immunizations or outbreaks .....305-470-5660
- HIV/AIDS Program .....305-470-6999
- STD Program .....305-575-5430**
- Tuberculosis Program .....305- 575-5415**
- Immunization Service .....305-470-5660
- To make an appointment.....786-845-0550

**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  
**Lakisha Thomas** at 305-470-5660.

**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 Emily Moore at (305) 470-6918.



# Miami-Dade County Monthly Report

## Select Reportable Disease/Conditions

### May 2016

Diseases/Conditions	2016 Current Month	2016 Year to Date	2015 Year to Date	2014 Year to Date
<b>HIV/AIDS</b>				
AIDS*	42	251	177	230
HIV	129	706	563	499
<b>STD</b>				
Infectious Syphilis*	28	192	125	126
Chlamydia*	1101	5166	3983	3974
Gonorrhea*	284	1168	715	804
<b>TB</b>				
Tuberculosis**	15	41	45	54
<b>Epidemiology, Disease Control &amp; Immunization Services</b>				
<b>Epidemiology</b>				
Campylobacteriosis	30	112	225	139
Chikungunya Fever	0	0	8	0
Ciguatera Poisoning	0	0	5	7
Cryptosporidiosis	2	8	5	11
Cyclosporiasis	0	0	0	0
Dengue Fever	0	7	5	7
Escherichia coli, Shiga Toxin-Producing	0	3	8	6
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	33	107	66	85
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	0	0	0
Legionellosis	1	3	10	8
Leptospirosis	0	0	1	0
Listeriosis	1	4	0	1
Lyme disease	0	0	0	0
Malaria	0	2	1	1
Meningitis (except aseptic)	1	3	2	10
Meningococcal Disease	0	0	4	4
Salmonella serotype Typhi (Typhoid Fever)	0	0	2	1
Salmonellosis	45	188	180	185
Shigellosis	2	30	45	435
Streptococcus pneumoniae, Drug Resistant	1	2	0	34
Vibriosis	1	1	6	3
West Nile Fever	0	0	0	0
<b>Immunization Preventable Diseases</b>				
Measles	0	0	0	0
Mumps	0	2	2	0
Pertussis	1	10	11	12
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	8	40	23	23
<b>Hepatitis</b>				
Hepatitis A	4	12	10	13
Hepatitis B (Acute)	0	2	6	5
<b>Healthy Homes</b>				
Lead Poisoning	3	47	24	23

\*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.