



Public Health LOOK OUT!

- December is **National Safe Toys and Gifts Month!** When deciding what toys to gift little ones this holiday season, it is critical to consider the safety of toys. This month is dedicated to increase awareness on gift-giving and encourage individuals to consider if the toys being gifted suit the age, skills, and abilities of the children receiving them. Doing this aides in preventing toy-related injuries and ensures children are safe, especially those under age 5! Visit [Child and Family Services](#) to learn more on guidelines to consider when purchasing toy gifts.
- **National Influenza Vaccination Week** is observed **December 5-11th** to highlight the importance of influenza vaccination. Influenza 'flu' is a contagious respiratory illness that infects the nose, throat, and lungs. The flu causes mild to severe illness and may also lead to death. Flu vaccination is a crucial step in preventing flu infection and reducing risk of serious complications. Receiving the flu vaccine and following preventive hygienic measures greatly reduces risk of infection and keeps you healthy! Visit the [Florida Dept of Health Miami-Dade](#) to locate a flu shot near you!
- **World AIDS Day**, founded in 1988, is commemorated on **December 1st** to raise awareness on HIV/AIDS and unite individuals globally in the fight against HIV. On this day people show support to individuals living with HIV/AIDS and remember those who have died from related illness. In 2019, there were 36,801 new HIV diagnoses in the US and dependent areas, highest among individuals aged 25 to 34. It is essential for individuals to know their HIV status so they may begin treatment and live the healthiest life possible. Visit [Test Miami](#) to find a testing site and learn more about HIV prevention and treatment.

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

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Click the image to the left to watch the video.

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ENJOY HOLIDAY TRADITIONS AND PROTECT YOUR LOVED ONES | COVID-19 |

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/this-holiday-season.pdf>

The best way to keep your family and friends safe is to get vaccinated.



Wear a mask in public indoor settings if you are not fully vaccinated, have a weakened immune system, are in an area of high transmission.



Avoid crowded, poorly ventilated spaces.



If you are sick or have symptoms, don't host or attend gatherings.



Delay travel until you are fully vaccinated.



www.cdc.gov/coronavirus

CS-22733-A | 11/01/2021

small steps **big**
difference



Prediabetes is a serious health condition that puts you at an increased risk for developing type 2 diabetes. Prediabetes affects more than 1 in 3 U.S. adults—that’s 88 million people—but most people don’t know they have it.

The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into type 2 diabetes.

Follow these tips to manage your prediabetes

01



Take small steps.

Making changes to your lifestyle and daily habits can be hard, but you don’t have to change everything at once. Start small.

02



Move more.

Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.

03



Choose healthier foods and drinks most of the time.

Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.

04



Lose weight, track it, and keep it off.

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.

05



Seek support from your doctor.

People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.

06



Stay up to date on vaccinations.

The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

Visit niddk.nih.gov for more information on managing prediabetes.

Website
niddk.nih.gov

Email
healthinfo@niddk.nih.gov

Phone
[1-800-860-8747](tel:1-800-860-8747)

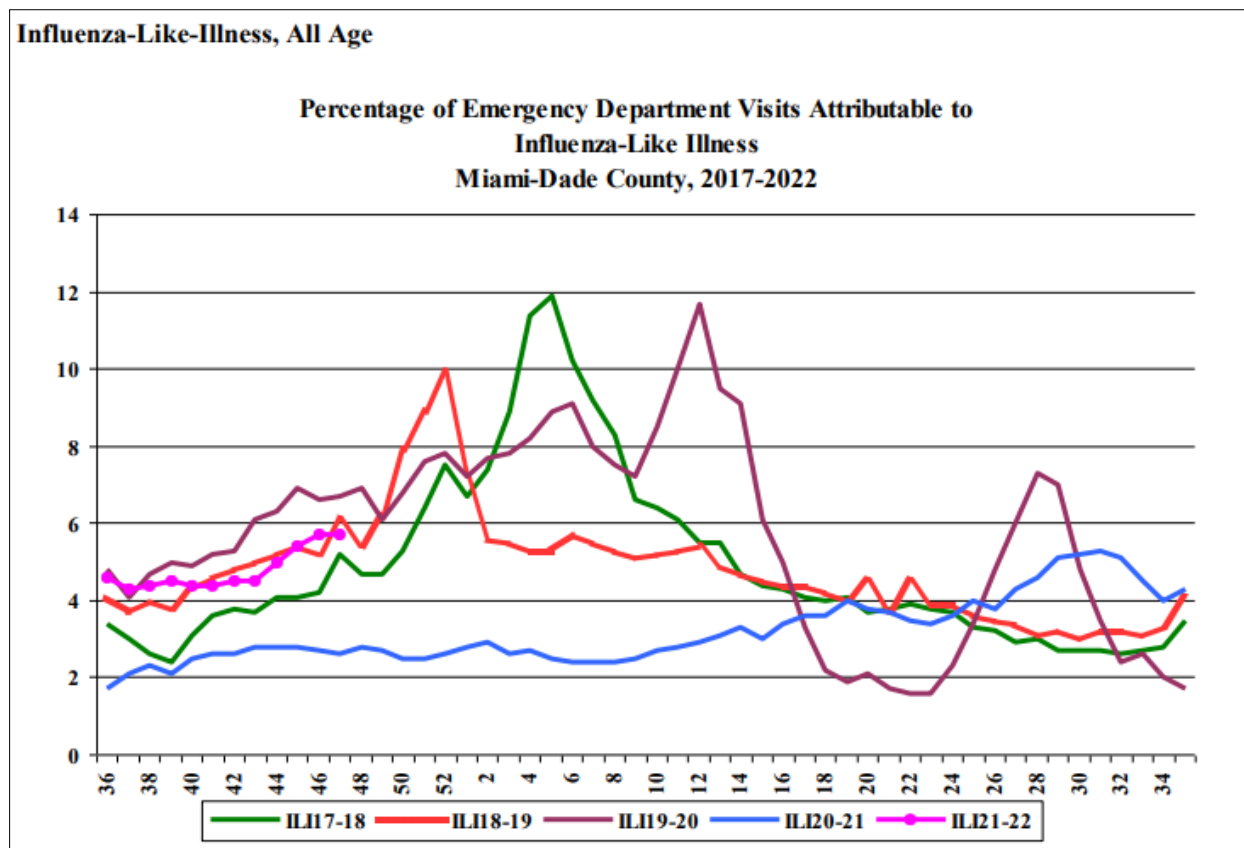
TTY
[1-866-569-1162](tel:1-866-569-1162)

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



Across all ages, there were 31,723 ED visits; among them 1,798 (5.7%) were ILI. During the same week last year, 2.6% 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 Ramirez at 305-470-5660.



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

Diseases/Conditions	2021 Current Month	2021 Year to Date	2020 Year to Date	2019 Year to Date
HIV/AIDS				
AIDS*	35	347	278	358
HIV	130	1099	826	1165
STD				
Infectious Syphilis*	67	531	394	314
Chlamydia*	1188	11880	9661	12638
Gonorrhea*	551	5214	3871	3993
TB				
Tuberculosis**	4	77	59	95
Epidemiology, Disease Control & Immunization Services				
Epidemiology				
Campylobacteriosis	76	482	460	739
Chikungunya Fever	0	0	0	2
Ciguatera Poisoning	4	17	12	41
Cryptosporidiosis	12	49	19	59
Cyclosporiasis	0	19	9	26
Dengue Fever	2	3	19	191
Escherichia coli, Shiga Toxin-Producing	11	100	41	127
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	9	93	102	156
Influenza, Pediatric Death	0	0	0	1
Legionellosis	4	49	24	41
Leptospirosis	0	1	0	0
Listeriosis	0	9	9	5
Lyme disease	1	5	3	3
Malaria	0	5	2	4
Meningitis (except aseptic)	1	11	5	6
Meningococcal Disease	2	5	2	3
Salmonella serotype Typhi (Typhoid Fever)	0	1	0	3
Salmonellosis	149	927	863	860
Shigellosis	9	59	88	227
Pneumoniae, invasive disease	8	48	39	18
Vibriosis	3	19	14	16
West Nile Fever	1	2	27	0
Zika Virus (non-congenital)	0	0	0	22
Immunization Preventable Diseases				
Measles	0	0	0	0
Mumps	0	3	2	59
Pertussis	0	0	9	32
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	4	0	0	0
Hepatitis				
Hepatitis A	2	7	12	34
Hepatitis B (Acute)	5	27	38	25
Healthy Homes				
Lead Poisoning	12	94	65	109

*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.

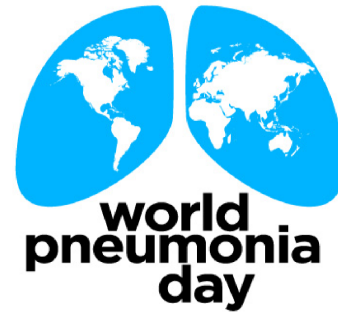
Data on EDC-IS includes Confirmed and Probable cases.

What's New at DOH-Miami-Dade:

- COVID-19 Vaccine booster recommendations are now available for all three available COVID-19 vaccines in the US. Visit the [CDC's website](#) for eligibility criteria and to find a COVID-19 vaccine near you!
- Pfizer-BioNTech COVID-19 Vaccine is now available to individuals 5 years of age and older. The Florida Department of Health in Miami-Dade is offering pediatric vaccination. Visit the [COVID-19 Vaccine Scheduling Portal](#) to book an appointment.
- Monoclonal Antibody Therapy treatments are widely available in Florida. Individuals 12 years and older who are high risk and have contracted or been exposed to COVID-19 are eligible. Please visit [floridahealthcovid19.gov](#) to find a site near you and schedule an appointment today!

WORLD PNEUMONIA DAY

12 NOVEMBER 2021



EVERY 13 SECONDS  SOMEONE DIES FROM PNEUMONIA IN THE WORLD

THE MORE PEOPLE KNOW ABOUT PNEUMONIA, THE SAFER EVERYONE WILL BE.
AWARENESS AND EDUCATION ARE AN IMPORTANT PART OF PNEUMONIA PREVENTION



www.NEUMOAI.ORG/INICIO/NEUMONIA

Happy Thanksgiving!



Hoping your Thanksgiving is filled with happiness, good food, and joy!

~Dr. Villalta

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

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.

