



Public Health LOOK OUT!

- November is **American Diabetes Month**, bringing awareness to diabetes, a chronic disease that affects more than 34.2 million people in the United States. Diabetes can lead to serious health concerns such as high blood pressure, high cholesterol, and increased risk of certain cancers. Individuals with diabetes also have an increased risk of severe COVID-19 infection and complications. As the number adolescents living with diabetes continues to increase, it is essential to incorporate preventive lifestyle habits to lower the risk of diabetes and improve overall quality of life. [Click](#) to learn more on managing your condition and lowering the risk of diabetes!
- November is also **Lung Cancer Awareness Month!** According to the CDC, more individuals in the United States die from lung cancer than any other type of cancer, in both men and women. Lung cancer is the third most common type of cancer in the US. Smoking tobacco products, exposure to radon, hazardous chemicals, and particle pollution increase your risk of developing lung cancer. [Click](#) to learn more about lung cancer screening options for early detection!
- **World Pneumonia Day**, observed on **November 12th**, was established by the Stop Pneumonia Initiative in 2009 to raise awareness and propagate global advocacy on this deadly lung infection. In 2019, pneumonia took the lives of 2.5 million individuals, including 672,000 children, globally. Viral, bacterial, and fungal infections can all cause pneumonia and lead to severe illness. Pneumonia is treatable, and largely preventable through vaccination and hygienic practices. [Click](#) to learn more about lowering risk through vaccination.

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

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PREGNANT OR JUST HAD A BABY? TAKE THESE STEPS TO PROTECT YOURSELF FROM COVID-19 | COVID-19 |

Pregnant and recently pregnant people are more likely to get severely ill from COVID-19 compared to people who are not pregnant.

Severe illness means that a person with COVID-19 may need:

- Hospitalization
- Intensive care
- A ventilator or special equipment to help them breathe

People with COVID-19 who become severely ill can die.



If you are pregnant or recently had a baby, here's what you can do to protect yourself:



Get a COVID-19 vaccine. The CDC recommends that people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future get vaccinated against COVID-19.

Avoid interacting in person with people who might have been exposed to COVID-19 as much as possible. If you or someone in your household is sick with COVID-19, follow recommendations for isolation.



If you go out or interact with people who don't live with you, you should:

- [Wear a mask.](#)
- Stay at least 6 feet away from anyone who doesn't live with you.
- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Avoid crowds and indoor spaces that do not offer fresh air from the outdoors.

✓ **Keep all of your recommended healthcare appointments during and after your pregnancy including your prenatal care appointments.**

- Some of these appointments can be done virtually, like on a phone or on a computer.

✓ **Get recommended vaccines, including the flu vaccine and the whooping cough (Tdap) vaccine.**

✓ **Ask your healthcare provider if you can get a 30-day (or longer) supply of your medicines, so you can make fewer trips to the pharmacy.**

- If possible, ask someone to go to the pharmacy for you.

✓ **Call your healthcare provider if you have any health concerns.**

- If you need emergency help, call 911 right away. Don't delay getting emergency care because of COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

SIDS

by Baby's Age

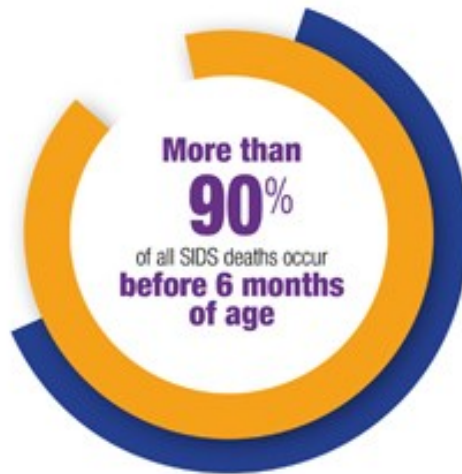
Sudden Infant Death Syndrome (SIDS) is the leading cause of death among infants between 1 month and 1 year of age.

Age by Month

1 2 3 4 5 6 7 8 9 10 11 12

Even though SIDS can occur any time during a baby's first year, **most SIDS deaths** occur in babies between **1 and 4 months** of age.

SIDS is less common after 8 months of age, but parents and caregivers should continue to follow safe sleep practices to reduce the risk of SIDS and other sleep-related causes of infant death until baby's first birthday.



72%
of SIDS deaths occur in
Months 1-4

To reduce the risk of SIDS and other sleep-related causes of infant death:

- ▶ Always place baby on his or her back to sleep, for naps and at night.
- ▶ Share your room with baby. Keep baby close to your bed, on a separate surface designed for infants.
- ▶ Use a firm and flat sleep surface, such as a mattress in a safety-approved crib*, covered by a fitted sheet with no other bedding or soft items in the sleep area.
- ▶ Breastfeed your baby to reduce the risk of SIDS.



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

<http://safetosleep.nichd.nih.gov>

*For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.



NIH

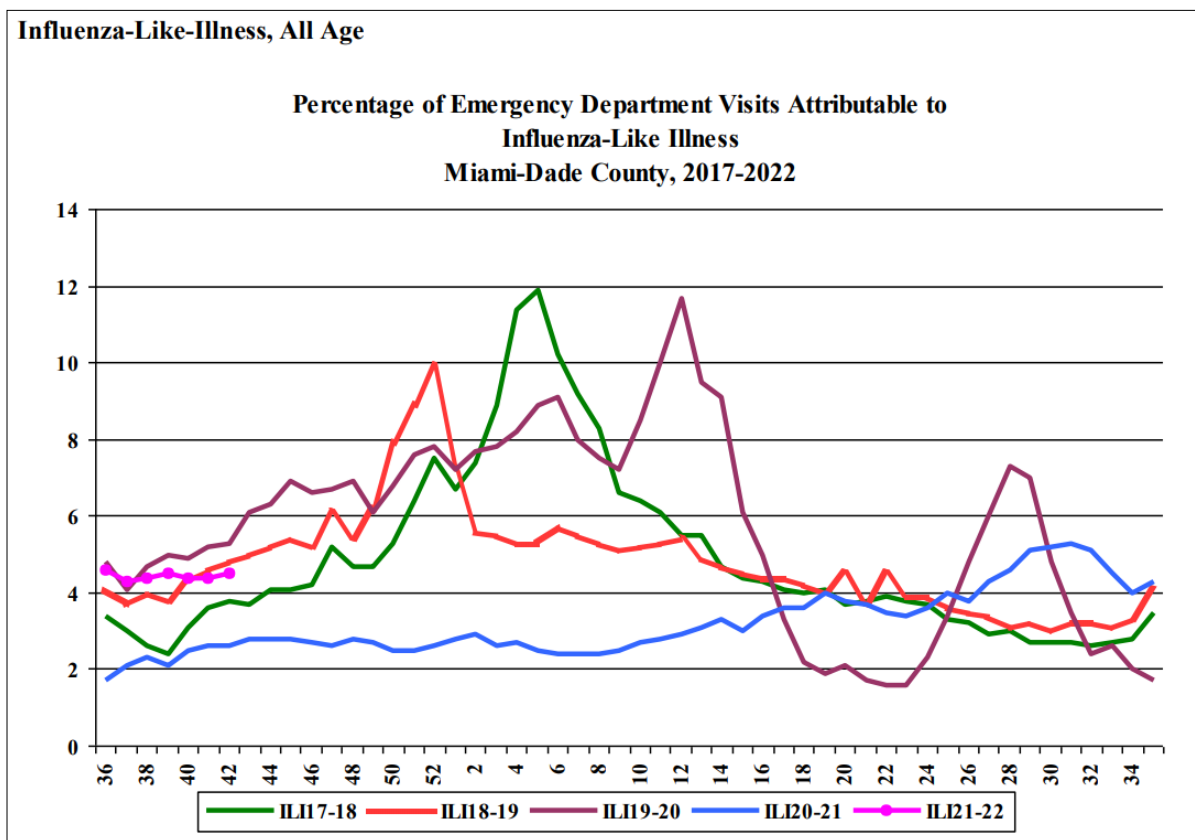
Eunice Kennedy Shriver National Institute of Child Health and Human Development



**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 33,945 ED visits; among them 1,528 (4.5%) 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 Calle at 305-470-5660.



Miami-Dade County Monthly Report

Select Reportable Disease/Conditions

September 2021

Diseases/Conditions	2021 Current Month	2021 Year to Date	2020 Year to Date	2019 Year to Date
HIV/AIDS				
AIDS*	31	310	254	314
HIV	143	990	782	1053
STD				
Infectious Syphilis*	53	464	341	285
Chlamydia*	1255	10692	8502	11239
Gonorrhea*	494	4663	3246	3557
TB				
Tuberculosis**	3	73	54	91
Epidemiology, Disease Control & Immunization Services				
Epidemiology				
Campylobacteriosis	48	406	416	664
Chikungunya Fever	0	0	0	0
Ciguatera Poisoning	3	13	11	39
Cryptosporidiosis	8	37	14	50
Cyclosporiasis	4	0	0	0
Dengue Fever	0	1	16	128
Escherichia coli, Shiga Toxin-Producing	16	90	34	111
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	29	84	85	135
Influenza, Pediatric Death	0	0	0	0
Legionellosis	8	45	21	39
Leptospirosis	0	1	0	0
Listeriosis	2	9	9	1
Lyme disease	0	4	3	3
Malaria	2	5	2	4
Meningitis (except aseptic)	1	10	4	6
Meningococcal Disease	0	3	2	3
Salmonella serotype Typhi (Typhoid Fever)	1	1	0	3
Salmonellosis	184	778	722	743
Shigellosis	4	50	86	213
Pneumoniae, invasive disease	1	40	37	17
Vibriosis	2	16	14	15
West Nile Fever	1	1	22	0
Zika Virus (non-congenital)	0	0	0	22
Immunization Preventable Diseases				
Measles	0	0	0	0
Mumps	1	3	2	55
Pertussis	0	0	9	28
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	2	12	26	128
Hepatitis				
Hepatitis A	0	5	10	30
Hepatitis B (Acute)	5	22	35	21
Healthy Homes				
Lead Poisoning	3	81	59	91

*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:

- Monoclonal Antibody Therapy treatments are now 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/monoclonal-antibody-therapy to find a site near you and schedule an appointment today!
- Pfizer-BioNTech COVID-19 Vaccine Booster Shot is now available for eligible persons! Visit www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot to see if you are eligible for a booster shot.
- To find the nearest vaccine site near you by county and city, or for more information on vaccines in Florida including the number of people vaccinated and updates on availability and prioritization please visit: floridahealthcovid19.gov

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.



Prevent Childhood Lead Poisoning

Exposure to lead can seriously harm a child's health.



Damage to the brain and nervous system



Slowed growth and development



Learning and behavior problems



Hearing and speech problems

This can cause:



- Lower IQ
- Decreased ability to pay attention
- Underperformance in school



The good news:

Lead poisoning is **100% preventable.**

Take these steps to make your home lead-safe.



Talk with your child's doctor about a simple blood lead test. If you are pregnant or nursing, talk with your doctor about exposure to sources of lead.



Talk with your local health department about **testing paint and dust in your home for lead** if you live in a home built before 1978.



Renovate safely. Common renovation activities (like sanding, cutting, replacing windows, and more) can create hazardous lead dust. If you're planning renovations, use contractors certified by the Environmental Protection Agency (visit www.epa.gov/lead for information).



Remove recalled toys and toy jewelry from children and discard as appropriate. Stay up-to-date on current recalls by visiting the Consumer Product Safety Commission's website: www.cpsc.gov.