



# Epi Monthly

Florida Department of Health in Miami-Dade County

February 2022 Vol 23, Issue 2

## Public Health LOOK OUT!

- **National Nutrition Month** is observed in **March** to promote the incorporation of healthy dietary choices and physical activity into our daily lifestyle. As the prevalence of obesity continues to rise in the U.S. among children and adults, the risk of debilitating chronic diseases such as diabetes, heart disease, and cancer also increase. Learning new skills such as incorporating healthy, culturally-competent recipes, reading Nutrition Facts labels, and diversifying meals to include a variety of nutritious foods, is essential to reduce risk of chronic disease and improve health and overall quality of life. [Visit](#) to learn more.
- **National Poison Prevention Week, March 20-26<sup>th</sup>**, is dedicated to raising awareness on the dangers of poisonings for individuals of all ages and highlights the importance of poison control centers and the Poison Help Hotline 1 (800) 222-1222, 'A Number You Never Outgrow'. Accidental poisonings are a leading public health concern, as children 5 years and younger make up the majority of non-fatal poisonings in the U.S. Protecting young ones in the home and ensuring hazardous products are out of reach and safely stored aids in preventing poison-related injuries. [Visit](#) to learn more about poisonings in Florida.
- **World Tuberculosis (TB) Day** is commemorated on **March 24<sup>th</sup>**, the day in 1882 when Dr. Robert Koch discovered *Mycobacterium tuberculosis*, the pathogen that causes TB infection. This day raises awareness on TB and the burden that it places on impacted individuals and communities globally. The WHO estimates more than 1.5 million individuals died of TB in 2020 worldwide, and approximately 9.9 million people developed a TB infection. Visit the [CDC](#) to learn more about TB prevention.

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

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Florida Department of Health in Miami-Dade County  
 Epidemiology, Disease Control, and Immunization Services  
 1350 NW 14th St, Annex Building  
 Miami, FL 33125  
 Phone: 305-470-5660  
 Fax: 305-470-5533  
 eFax: 786-732-8714



# DON'T DELAY: TEST SOON AND TREAT EARLY

| COVID-19 |

If you are at high risk of getting very sick from COVID-19, and test positive, treatment may be available.



Get tested as soon as possible after your symptoms start.

Contact your healthcare provider right away if your result is positive.



Don't delay. Treatment must be started early to work.



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

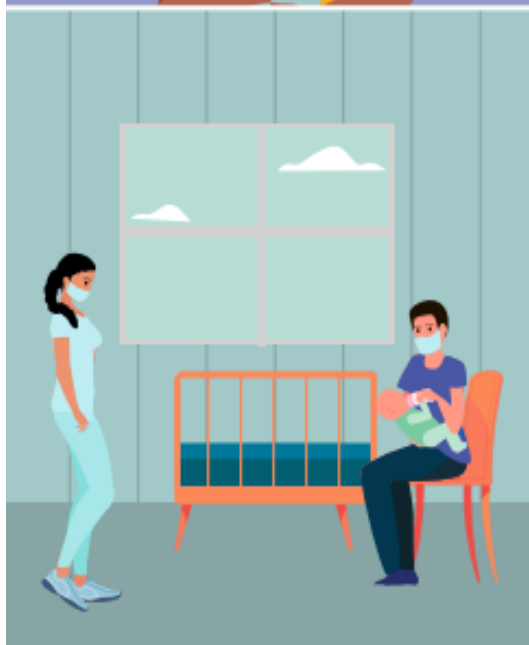
# HOW TO SAFELY BREASTFEED IF YOU HAVE COVID-19

We don't know for sure if mothers with COVID-19 can spread the virus to babies in breast milk, but based on what we do know, this is unlikely.



## If You Have COVID-19 and Choose to Breastfeed

- Wash your hands with soap and water for at least 20 seconds before breastfeeding.
- [Wear a mask](#) while breastfeeding AND whenever you are less than 6 feet away from your baby.
  - » Do not put a face shield or mask on your baby. A face shield or mask could increase the risk of [sudden infant death syndrome \(SIDS\)](#) or accidental suffocation and strangulation.



## If You Have COVID-19 and Choose to Pump or Express Breast Milk by Hand

- Use your own breast pump (do not share a breast pump).
- Wear a mask while pumping.
- Wash your hands with soap and water for at least 20 seconds before touching any pump or bottle parts.
- [Clean your pump](#) after you use it, every time.
- If possible, have someone who lives with you and is up to date with their COVID-19 vaccines feed the pumped breast milk to the baby. Make sure they do not have COVID-19 and are not [at increased risk](#).
- Any caregiver living with you might have been exposed, and should wear a mask when they are within 6 feet of the baby for the entire time you are in [isolation\\*](#) for COVID-19, and during their [quarantine\\*\\*](#).

\* Isolation refers to keeping someone who is infected with the virus away from others, even in their home.

\*\*Quarantine refers to keeping someone who might have been exposed to COVID-19 away from others.



## Breastfeeding if You Are Separated from Your Newborn

If you have COVID-19, you may choose to temporarily separate from your newborn to reduce the risk of spreading COVID-19 to your baby. However, you may find it hard to start or continue breastfeeding. There are steps you can take that can help build your milk supply:

- Pump or feed every 2-3 hours (at least 8-10 times in 24 hours, including at night), especially in the first few days. This signals the breasts to produce milk and prevents blocked milk ducts and breast infections.
- If you are unable to establish milk production or have to temporarily stop breastfeeding for any reason, consider getting help from a [lactation support provider](#).
- **COVID-19 vaccination is recommended for people who are breastfeeding.** COVID-19 vaccines are effective at protecting you from getting sick even after you have had COVID-19. In addition, everyone who is eligible should get a [booster shot](#).

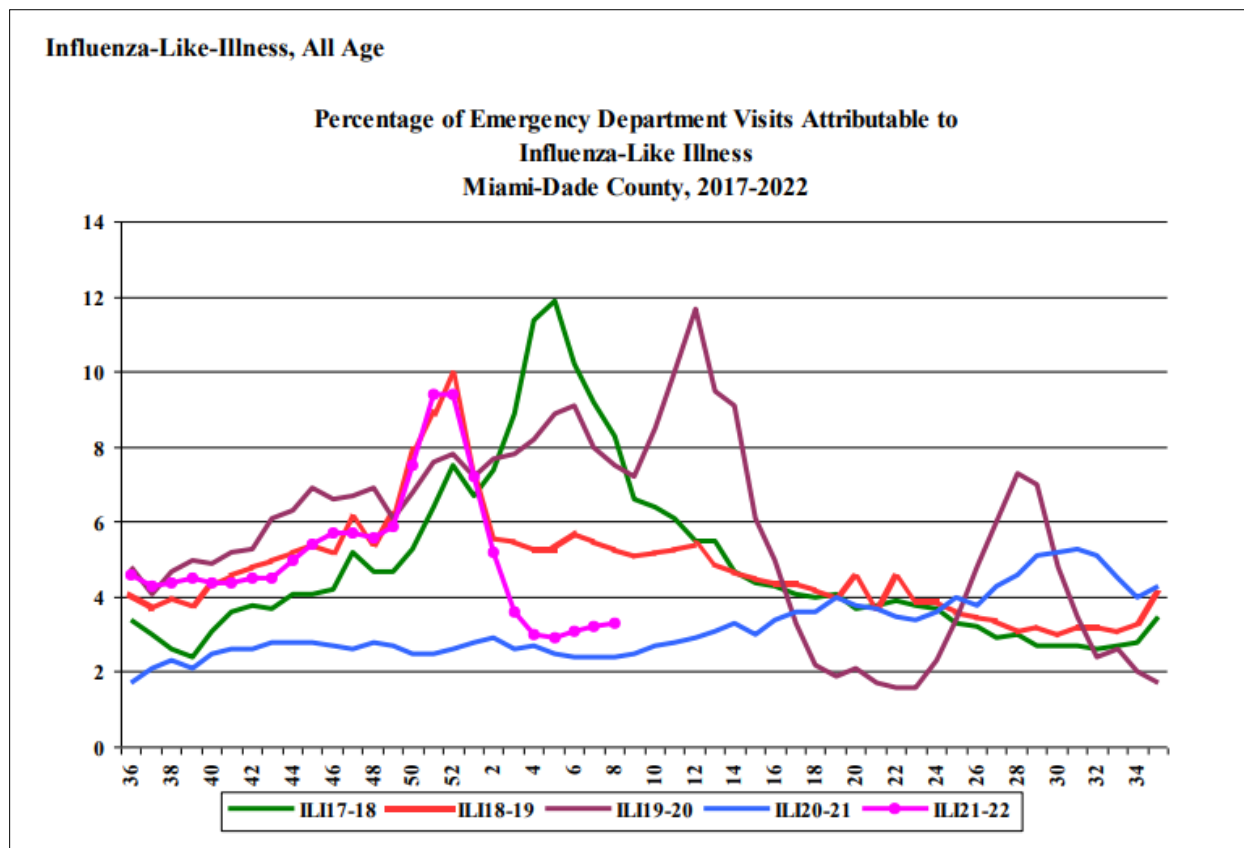


[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# 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 31,421 ED visits; among them 1,026 (3.3%) were ILI. During the same week last year, 2.4% 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 January 2022

Diseases/Conditions	2022 Current Month	2022 Year to Date	2021 Year to Date	2020 Year to Date
<b>HIV/AIDS</b>				
AIDS*	28	28	24	38
HIV	153	153	70	123
<b>STD</b>				
Infectious Syphilis*	48	48	34	49
Chlamydia*	919	919	1031	1115
Gonorrhea*	379	379	436	382
<b>TB</b>				
Tuberculosis**	11	11	9	7
<b>Epidemiology, Disease Control &amp; Immunization Services</b>				
<b>Epidemiology</b>				
Campylobacteriosis	28	28	25	35
Chikungunya Fever	0	0	0	0
Ciguatera Poisoning	0	0	0	0
Cryptosporidiosis	2	2	2	3
Cyclosporiasis	0	0	0	1
Dengue Fever	0	0	0	1
Escherichia coli, Shiga Toxin-Producing	10	10	2	11
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	7	7	1	8
Influenza, Pediatric Death	0	0	0	0
Legionellosis	1	1	0	2
Leptospirosis	0	0	0	0
Listeriosis	1	1	0	0
Lyme disease	0	0	0	1
Malaria	0	0	0	1
Meningitis (except aseptic)	0	0	0	3
Meningococcal Disease	0	0	0	0
Salmonella serotype Typhi (Typhoid Fever)	0	0	0	0
Salmonellosis	59	59	31	49
Shigellosis	7	7	1	22
Pneumoniae, invasive disease	5	5	2	8
Vibriosis	1	1	0	1
West Nile Fever	0	0	0	0
Zika Virus (non-congenital)	0	0	0	0
<b>Immunization Preventable Diseases</b>				
Measles	0	0	0	0
Mumps	0	0	0	0
Pertussis	0	0	0	1
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	0	0	0	9
<b>Hepatitis</b>				
Hepatitis A	0	0	2	1
Hepatitis B (Acute)	6	6	0	4
<b>Healthy Homes</b>				
Lead Poisoning	11	11	7	6

\*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.

Hepatitis B frequency for last month has been corrected. There were 15 cases for the month of December 2021.



# 8 STEPS TO PREVENT HEART DISEASE AND STROKE

These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They're part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).



## 1. Know your risk

[heart.org/cccccalculator](http://heart.org/cccccalculator)

- If you're 40-75 years old and have never had a heart attack or stroke, use our Check. Change. Control. Calculator™ to estimate your risk of a cardiovascular event in the next 10 years.
- Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.



## 2. Eat a healthy diet

[heart.org/eatsmart](http://heart.org/eatsmart)

- Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
- Limit sweetened drinks, refined carbohydrates, added sugars, processed meats, sodium and saturated fats. Avoid trans fat.



## 3. Be physically active

[heart.org/movemore](http://heart.org/movemore)

- Adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
- If you're already active, increase your intensity for more benefits.
- If you're not active now, get started by sitting less and moving more.



## 4. Watch your weight

[heart.org/weight](http://heart.org/weight)

- If you're overweight, lose weight by eating fewer calories and moving more.
- Check your body mass index (BMI) online or talk to your team about a healthy weight for you.



## 5. Live tobacco-free

[heart.org/tobacco](http://heart.org/tobacco)

- Don't smoke, vape or use tobacco products.
- If you don't think you can quit for good on your own, ask for help.
- Avoid secondhand smoke, too.



## 6. Manage conditions

[heart.org/conditions](http://heart.org/conditions)

- Work closely with your health care team if you have high blood pressure (hypertension), high cholesterol, diabetes or other conditions that put you at greater risk.
- Many conditions can be prevented or managed by eating better, getting active, losing weight and not smoking.



## 7. Take your medicine

- Your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed.
- Don't take daily aspirin unless your doctor tells you to.



## 8. Be a team player

- Your health care team can help you build a prevention plan that works for you.
- Make decisions together. Ask questions.
- Talk about challenges in your life that may affect your health – like stress, sleep, mental health, family situations, tobacco use, food access, social support and more.

## What's New at DOH-Miami-Dade:

- On January 24, 2022, the FDA reissued the emergency use authorizations for *Eli Lilly's bamlanivimab-etesevimab* and *Regeneron's REGEN-COV* monoclonal antibody therapy treatments, which states that these treatments are not authorized for use in any U.S. state, territory, or jurisdiction at this time. Unfortunately, as a result of this abrupt decision made by the federal government, all state-supported monoclonal antibody therapy treatment sites will be closed until further notice.
- COVID-19 Vaccine booster recommendations are now available for all three available COVID-19 vaccines in the US. Visit the [CDC's website](https://www.cdc.gov) 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](https://www.floridahealth.gov) to book an appointment.
- Every home in the United States is eligible to receive 4 free at-home COVID-19 rapid antigen tests. Test results given within 30 minutes, no lab drop off required! Visit [COVIDtests.gov](https://www.covidtests.gov) to order your free at-home tests!

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

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

## 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](mailto:Yoselin.Garcia@flhealth.gov).

