



Epi Monthly

Florida Department of Health in Miami-Dade County

January 2022 Vol 23, Issue 1

Public Health LOOK OUT!

- **American Heart Month** is observed in February, spotlighting heart disease, the leading cause of death in the United States among men and women, regardless of racial and ethnic group. According to the CDC, an estimated 659,000 people die from heart disease each year in the U.S. Factors such as hypertension, smoking, diabetes, and obesity, increase risk of developing heart disease. This month is dedicated to raising awareness, promoting healthy lifestyle choices and preventive efforts to reduce risk of heart disease. Visit the CDC's [website](#) to learn more about heart disease prevention!
- February is also **International Prenatal Infection Prevention Month**, with the goal of educating and increasing awareness on preventing prenatal infections. Prenatal infections are caused by an invasive growth of germs that can affect the health of a pregnancy, the pregnant mother, and may also affect the baby after birth. These infections may lead to serious illness, birth defects, and lifelong disabilities such as hearing loss or learning impairments. Visit the CDC's [website](#) to learn about preventing infections before and during pregnancy!
- **World Cancer Day**, a global initiative, is observed February 4th to raise worldwide awareness and improve education on preventable cancer deaths. In 2018, approximately 1.7 million new cancer cases and an estimated 600,000 cancer deaths were reported in the United States. Maintaining a healthy lifestyle, regular screening tests and vaccines, all lower risk of developing many common types of cancer. Visit to learn more about this [global initiative!](#)

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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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 or might become pregnant in the future stay up to date with their COVID-19 vaccines.

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

CERVICAL CANCER



There are five main types of cancer that affect a woman's reproductive organs: cervical, ovarian, uterine, vaginal, and vulvar. As a group, they are referred to as gynecologic (GY-neh-kuh-LAH-jik) cancer. (A sixth type of gynecologic cancer is the very rare fallopian tube cancer.)

This fact sheet about cervical cancer is part of the Centers for Disease Control and Prevention's (CDC) *Inside Knowledge: About Gynecologic Cancer* campaign. The campaign helps women get the facts about gynecologic cancer, providing important "inside knowledge" about their bodies and health.

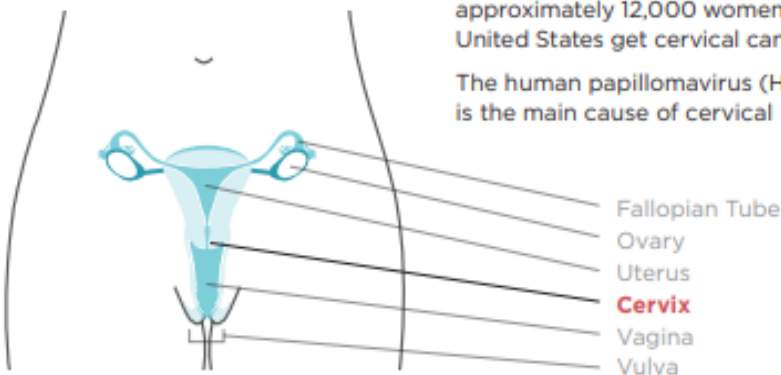


What is cervical cancer?

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.

When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (the birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.



cdc.gov/cancer/knowledge

800-CDC-INFO

Are there tests that can prevent cervical cancer or find it early?

There are two tests that can either help prevent cervical cancer or find it early:

- Depending on your age, your doctor may recommend you have a Pap test, or an HPV test, or both tests together.
- The Pap test (or Pap smear) looks for precancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. The Pap test also can find cervical cancer early, when treatment is most effective.
The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.
- The HPV test looks for HPV—the virus that can cause precancerous cell changes and cervical cancer.

Who gets cervical cancer?

All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year, approximately 12,000 women in the United States get cervical cancer.

The human papillomavirus (HPV) is the main cause of cervical

cancer. HPV is a common virus that is passed from one person to another during sex. Most sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

What are the symptoms?

Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

When should I get tested for cervical cancer?

The Pap test is one of the most reliable and effective cancer screening tests available. The Pap test is recommended for all women between the ages of 21 and 29 years old. If your Pap test results are normal, your doctor may say that you will not need another Pap test for three years.

If you are 30 years old or older, you may choose to have a Pap test, or an HPV test, or both tests together. If the results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say that you can wait up to five years for your next screening.

The HPV test is also used to provide more information when women aged 21 years or older have unclear Pap test results.

For women aged 21-65, it is important to continue getting a Pap and/or HPV test as directed by your doctor—even if you think you are too old to have a child or are not having sex anymore. However, your doctor may tell you that you do not need to have a Pap or HPV test if either of these is true for you:

- You are older than 65 and have had a normal Pap or HPV test for several years.
 - You have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids.
-

What raises a woman's chance of getting cervical cancer?

Almost all cervical cancers are caused by HPV. You are more likely to get HPV if you started having sex at an early age, or if you or your partner have had sex with several others. However, any woman who has ever had sex is at risk for HPV.

There are many types of HPV. Usually HPV will go away on its own, but if it does not, it may cause cervical cancer over time.

In addition to having HPV, these things also can increase your risk of cervical cancer:

- Smoking.
- Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems.
- Using birth control pills for a long time (five or more years).
- Having given birth to three or more children.

How can I prevent cervical cancer?

- See your doctor regularly for a Pap and/or HPV test.
- Follow up with your doctor if your cervical cancer screening test results are not normal.
- Get the HPV vaccine. It protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years, but can be given as early as age 9 and until age 26. The vaccine is given in a series of either two or three shots, depending on age. It is important to note that even

women who are vaccinated against HPV need to have regular Pap tests to screen for cervical cancer. To learn more about the HPV vaccine visit www.cdc.gov/hpv.

- Don't smoke.
- Use condoms during sex.*
- Limit your number of sexual partners.

* HPV infection can occur in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. While the effect of condoms in preventing HPV infection is unknown, condom use has been associated with a lower rate of cervical cancer.

What should I do if my doctor says I have cervical cancer?

If your doctor says that you have cervical cancer, ask to be referred to a gynecologic oncologist—a doctor who has been trained to treat cancers like this. This doctor will work with you to create a treatment plan.

Where can I find free or low-cost cervical cancer screening tests?

If you have a low income or do not have insurance, you may be able to get a free or low-cost cervical cancer screening test through the National Breast and Cervical Cancer Early Detection Program. To learn more, call 800-CDC-INFO or visit www.cdc.gov/cancer/nbccedp.

Where can I find more information about cervical and other gynecologic cancers?

Centers for Disease Control and Prevention: 800-CDC-INFO or www.cdc.gov/cancer/gynecologic
National Cancer Institute: 800-4-CANCER or www.cancer.gov



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CDC Publication #99-9123, Revised January 2019

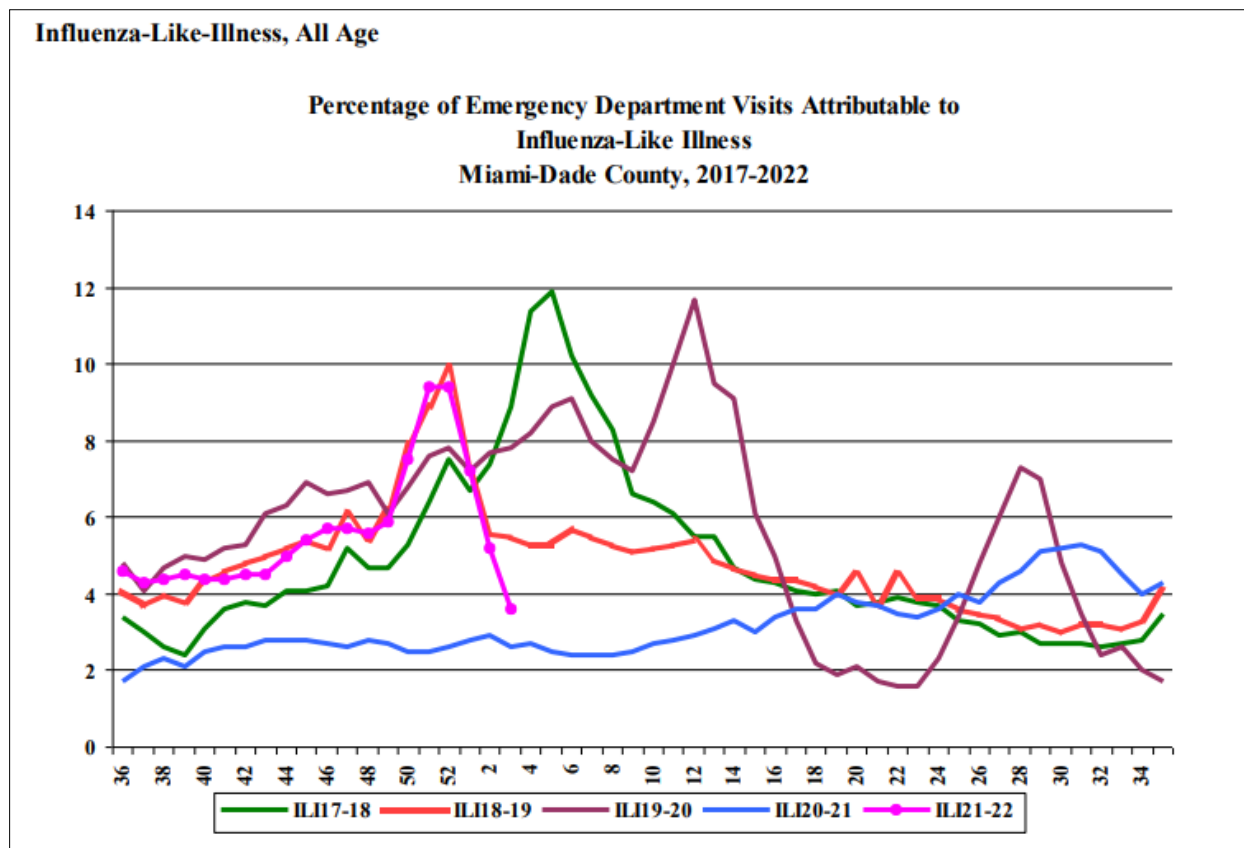
cdc.gov/cancer/knowledge
800-CDC-INFO



**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 30,345 ED visits; among them 1,096 (3.6%) 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 December 2021

Diseases/Conditions	2021 Current Month	2021 Year to Date	2020 Year to Date	2019 Year to Date
HIV/AIDS				
AIDS*	30	404	333	420
HIV	112	1285	967	1327
STD				
Infectious Syphilis*	44	631	504	401
Chlamydia*	1212	14269	11763	15019
Gonorrhea*	494	6213	4884	4857
TB				
Tuberculosis**	18	102	72	118
Epidemiology, Disease Control & Immunization Services				
Epidemiology				
Campylobacteriosis	133	665	571	861
Chikungunya Fever	0	0	0	2
Ciguatera Poisoning	0	21	12	42
Cryptosporidiosis	10	62	32	76
Cyclosporiasis	0	19	9	31
Dengue Fever	6	11	25	233
Escherichia coli, Shiga Toxin-Producing	11	119	56	163
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	22	126	115	181
Influenza, Pediatric Death	0	0	0	2
Legionellosis	7	60	35	52
Leptospirosis	1	2	0	0
Listeriosis	2	11	9	6
Lyme disease	1	8	3	5
Malaria	1	6	2	5
Meningitis (except aseptic)	1	12	10	9
Meningococcal Disease	1	7	4	3
Salmonella serotype Typhi (Typhoid Fever)	0	1	0	3
Salmonellosis	160	1162	1130	1028
Shigellosis	23	87	104	265
Pneumoniae, invasive disease	9	69	46	21
Vibriosis	4	29	18	22
West Nile Fever	0	2	28	0
Zika Virus (non-congenital)	0	0	0	24
Immunization Preventable Diseases				
Measles	0	0	0	0
Mumps	0	5	2	61
Pertussis	5	5	9	36
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	17	36	29	161
Hepatitis				
Hepatitis A	1	9	13	42
Hepatitis B (Acute)	60	92	42	32
Healthy Homes				
Lead Poisoning	17	125	76	135

*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.
- 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](#) to order your free at-home tests!

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

MAKING HEALTHY CHOICES TO HELP PREVENT BIRTH DEFECTS

Make a PACT for Prevention

PLAN AHEAD



Get as healthy as you can before you get pregnant



Get 400 micrograms (mcg) of folic acid every day



AVOID HARMFUL SUBSTANCES



Avoid smoking



Avoid drinking alcohol



Be careful with harmful exposures at work and home



CHOOSE A HEALTHY LIFESTYLE



Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, and lean proteins



Be physically active



Work to get medical conditions like diabetes under control



TALK TO YOUR HEALTHCARE PROVIDER



Get a medical checkup



Discuss all medications, both prescription and over-the-counter



Talk about your family history



Making a PACT to get healthy before and during pregnancy can help you have a healthy baby.

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.

