

*Public Health Broward* is a quarterly newsletter for the community from the Florida Department of Health in Broward County. We will focus on public health issues and services offered by the Department.

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Issue #18 December 2018

## Public Health Broward

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### In this issue ...

[15 ways to have a stress-free holiday](#)

[SPOTLIGHT: Outreach campaign to fight the flu](#)

[It's easy to make your delicious holiday meals safe, too](#)

[FREE: Read a library book on your device in DOH waiting rooms](#)

[DOH helps our northern neighbors during Hurricane Michael](#)

[2 DOH colleagues receive Transgender Equality Awards](#)

[Broward's 8 Tobacco-Free Champions for 2018](#)

[Our Programs, Services and Locations](#)

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### [15 ways to have a stress-free holiday](#)

The end-of-year holidays are certainly a happy time for most of us, but the stress of the season puts some of us on edge.

The season often requires us to keep track of and pay attention to a greater number of responsibilities than usual, the brain's prefrontal cortex goes into overdrive. Over time, a high level of demand can decrease memory, halt production of new brain cells, and cause existing brain cells to die.

The workplace, too, can be similarly frantic and filled with anxiety during the season. The added pressures of holiday-shortened deadlines and end-of-year business demands takes a steep toll on already frayed nerves.



People who feel stressed during the holidays should evaluate how they spend their time, decide what they

want the holidays to mean to them, and keep their expectations for the season realistic.

Here are some tips to help reduce the stress:

- Start early on deadlines for work to minimize work-related stress.
- Shop early, when there is more of a selection.
- Stick to your gift budget.
- Ask others to bring their favorite dishes to holiday gatherings.
- Cook and freeze foods ahead of time.
- Simplify holiday commitments and traditions.
- Discuss with your family which traditions are most important. It's OK to re-evaluate traditions.
- Allow time for yourself and remember to do things that you enjoy.
- Take the time you need to finish tasks that are important to you.
- Don't try to complete everything at once.
- Ask others, including the kids, to help with chores.
- Rest when your body tells you to.
- Avoid time crunches by making plans to visit some friends and family soon after the holidays.
- Don't over-schedule yourself.
- Allow enough time to relax and recover after visiting with others.

Information sources: Harvard Medical, American Management Association, Cleveland Clinic

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## Spotlight on ...

### Outreach campaign to fight the flu

Get vaccinated, wash your hands -- and  
nasal spray vaccine is back

Like a visiting relative who arrives unannounced and early, the flu appeared in Broward County in September and continues to circulate.

Influenza is considered at mild levels, but it has claimed the lives of two Florida children and has forced children and adults to be admitted to the hospital in Broward. Small outbreaks have occurred in several local schools.

In response, the Florida Department of Health in Broward (DOH-Broward) launched a large-scale education campaign of nearly half a million items promoting six proven steps to prevent infection.

The message: Get a flu shot, wash hands often, cover coughs and sneezes, stay home when sick, avoid people who are sick and clean frequently touched surfaces.



In a bit of good news for parents, the Centers for Disease Control and Prevention has again permitted the use of nasal spray vaccine for healthy children and adults, ages 2 to 49. CDC vaccine advisors had recommended against nasal mist vaccine for two previous years due to concerns it was less effective than flu shots. But new figures showed both types of vaccine worked well.

“We encourage everyone to get vaccinated,” says Dr. Paula Thaqi, Director of DOH-Broward. “It’s the best way to protect the community, including older people, children, pregnant women and people with chronic illnesses, all of whom are more vulnerable to complications from the flu.”

The DOH-Broward outreach effort has focused most heavily on children. The staff bundled and shipped almost 390,000 packets of flu guides to parents, in English and Spanish.

Every public, charter and private school received enough packets for every student to take home. Packets also went to every child care center to give to families. Staff made personal deliveries to about 750 locations.



All those facilities plus libraries and community partners received 35,000 “Fight the Flu” and “Cover your Cough” posters to hang on bulletin boards and bathroom walls. More than 2,550 doctors and 200 urgent care clinics received more than 31,000 of the posters to hang up.

In several schools where flu occurred, DOH-Broward nurses made special visits to offer free flu shots to the students.



To order FREE flu posters and flyers : 954-213-0607.

Photo: Community Health Nurse Christine Philips vaccinates Zandra Kamperveen

## [It's easy to make your delicious holiday meals safe, too](#)



With the holiday season here, the Florida Department of Health encourages all Floridians to keep food safe by practicing basic food safety measures while preparing meals.

A majority of the reported cases of foodborne illness are caused by bacteria or toxins produced by bacteria. Bacteria can multiply extremely fast when food is kept at an unsafe temperature (above 41 and below 140 degrees Fahrenheit).

The Department recommends the following for reducing the chances of food contamination:

- Clean – Wash hands, utensils and surfaces before and after food preparation, especially after preparing meat, poultry, eggs or seafood. Be sure to keep all countertops and work areas clean using hot, soapy water.

- Cook to proper temperature – Read the cooking directions on packaging before preparing. The safest thawing method is in the refrigerator at 40 degrees. Make sure the food is cooked at the proper internal temperature and check for doneness with a food thermometer.
- Chill and refrigerate properly – Refrigerate or freeze perishables, prepared food and leftovers within two hours. Make sure the refrigerator is set at no higher than 40 degrees and the freezer is set at 0 degrees.
- Separate – Don't cross contaminate. Keep raw meats, poultry, eggs and seafood and their juices away from ready-to-eat food. We recommend that leftovers be heated to 165 degrees.

More information: [www.foodsafety.gov/](http://www.foodsafety.gov/)

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## [FREE: Read a library book on your device in DOH waiting rooms](#)

In partnership with Broward County Public Library, DOH-Broward has made it more fun to wait for an appointment at three of our health centers.

Clients can now use smart phones or tablets to read hundreds of books for children and adults while at the Department's Edgar Mills, Paul Hughes and Fort Lauderdale Health Centers.

The program is called the Pop-Up Library, a pilot project being offered in just eight locations in the country. Clients can download an app that connects to the streaming system, which is supplied by a special device in each location.

Clients do not wait long for service at DOH-Broward, but while they do, they can read a book on the spot, and save it on their phones for up to three weeks, to read later. It's free. Anyone can get the app. Instructions are posted at each site.

The service is available for clients on hand for immunizations, Woman Infants and Children (WIC) visits, pharmacy appointments and other services at the centers.

Thank you to the Public Library for inviting us to participate.

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## [DOH helps our northern neighbors during Hurricane Michael](#)

The devastating impact of Hurricane Michael was felt all the way down at DOH-Broward. The agency sent four of the staff to the Florida Panhandle to help those struggling to recover.

Environmental Administrator Anthony Vomero (right) volunteered to spend six days in three Panhandle counties.



Working 18-hour days, he helped assess what repairs were needed for water and sewer systems, mobile home parks and neighborhoods. His team inspected places serving emergency food to storm victims.

"We don't want people to get sick on top of losing their houses," Vomero said.

Likewise, Environmental Specialist III Wayne James spent five days assessing damages and needs of drinking water wells, assisted living facilities, mobile home parks and food service facilities in Calhoun County.

Community Health Nurses Sasha Thomas and Christine Annakie-Lewis, who work in Family Planning and Immunization at the Edgar Mills Health Center, spent five days helping people at special needs shelters.

They were dispatched to shelters serving people with medical needs that prevent them from staying at home. Both worked in Bay County – home to Mexico Beach and Panama City – and other locations.

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## Two DOH colleagues receive Transgender Equality Awards

Two HIV Prevention staffers at DOH-Broward have been honored with a Trans Equality Award 2018 named for Bishop S.F. Makalani Mahee, the late Transgender Program Coordinator at the Department.

His successor, Program Coordinator Regina Gerbier (left), and Health Services Representative Michael Greenstein took home trophies and heartfelt congratulations at the event.

Ms. Gerbier has continued the good work since his death a year ago at age 45. She works in the field informing the community about PrEP once-daily HIV medication and other HIV prevention messages. She also organizes transgender advocates in the DOH-Broward prevention efforts.

Mr. Greenstein was honored as a transgender ally who promotes, supports and assists transgender issues. "He understands the needs of the community," the award committee says. "Michael puts his Trans friends first when they are in need."

The event at the Stonewall Museum in Wilton Manors was sponsored by DOH-Broward, the Pride Center, Poverello Center and Courtyard Café.



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## Broward's 8 Tobacco-Free Champions for 2018

The Tobacco Free Partnership of Broward recognized eight people and organizations for making the biggest contributions to the fight over the past year.

The Partnership's annual Breakfast of Champions Awards brought together DOH, community partners and volunteers from Students Working Against Tobacco (SWAT).

Winners of the annual Champion awards were (from left): Bruce Wigo of the International Swimming Hall of Fame; Western High School SWAT Advisor Paula Wood and student Andrei Santos; longtime Partnership Chair Donald Torok; Partnership Member of the Year Dr. Barry Hummel, now Chair; SWAT Advisor Janet Morales of New Renaissance Middle School, and Heather Schuler of North Beach Condominiums, which adopted a new tobacco policy.

The Partnership is organized by the DOH-Broward Tobacco Prevention staff.

Photo: Sybil Cherian

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## [Our Programs, Services and Locations](#)

- \* [Breast and Cervical Cancer](#) – Mammograms, pap smears, diagnostic testing, medical referrals and education for eligible women
- \* [Broward Dental SEALS](#) -- Hygienists apply coating of tasteless, colorless plastic on students' teeth during visits to schools
- \* [Dental Care](#) – High-quality dental services for children and for adults in the Ryan White Part A program.
- \* [Drowning Prevention](#) -- Information and advocacy to prevent childhood drownings
- \* [Environmental Health](#) -- Inspections, permits and sanitary nuisance complaints
- \* [Epidemiology](#) -- Monitoring, investigation and control of infectious disease outbreaks, and data collection
- \* [Family Planning](#) -- Exams, counseling, birth control and sterilization
- \* [Hepatitis](#) – Testing, vaccination, diagnosis and medical referrals
- \* [HIV/AIDS Prevention and Testing](#) – Prevention in the community, testing at our locations or by community partners
- \* [Immunizations](#) – Childhood and adult vaccines in our locations and in the community
- \* [KidCare Outreach](#) -- Recruiting and enrolling families in state-sponsored health coverage for children
- \* [Pharmacy](#) – Medications for clients enrolled in AIDS Drug Assistance Program, Ryan White Part A program and our services
- \* [Public Health Preparedness](#) -- Planning, training and coordinating health system response to address emergencies
- \* [Refugee Health](#) – Testing, immunizations and medical referrals for federally designated refugees
- \* [School Health](#) -- Nursing care and health services for students in public schools
- \* [Sexually Transmitted Diseases](#) (STD) – Surveillance and partner services. Testing and treatment provided by Broward Wellness Center under contract with DOH-Broward
- \* [Tobacco Prevention](#) -- Education and advocacy to reduce usage of inhaled nicotine products

\* [Tuberculosis](#) – Testing, diagnosis, treatment and directly observed therapy

\* [Vital Records](#) -- Birth and death certificates

\* [Women, Infants and Children \(WIC\)](#) – Nutrition counseling, aid buying nutritious foods, breastfeeding support and referrals

## HEALTH CENTERS and WOMEN INFANTS AND CHILDREN (WIC) OFFICES



Edgar P. Mills Health Center | 900 NW 31st Ave., Fort Lauderdale

Fort Lauderdale Health Center | 2421 SW 6th Ave.

Paul Hughes Health Center | 205 NW Sixth Ave., Pompano Beach

North Regional Health Center | 601 W. Atlantic Blvd., Pompano Beach  
(No WIC)

South Regional Health Center | 4105 Pembroke Rd., Hollywood

## WIC-ONLY OFFICES

Coral Springs | 10077 NW 29th Street

Lauderdale Lakes | 4481 North State Road 7

Pembroke Pines | 8374 Pines Boulevard

## OTHER

Administrative Center | 780 SW 24th Street, Fort Lauderdale FL 33315

Operations Center | 2421-A SW 6th Avenue, Fort Lauderdale

CALL FOR APPOINTMENTS: [Health centers](#) 954-467-4705 or [WIC](#) 954-767-5111

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## Editor's note on Issue #18

Public Health Broward is published by the Florida Department of Health in Broward County. Content by DOH-Broward except as noted.

Mission: To protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Vision: To be the Healthiest State in the Nation

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