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Issue #8

May 2016

Public Health Broward

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[Prepare for June 1 hurricane season -- and a summer of mosquitoes](#)

One of these years, South Florida will be visited by another hurricane. Count on it. The region is overdue since Wilma arrived as a Category 3 storm in October 2005.

As Hurricane Season starts on June 1 and ends November 30, now is the time to get ready. Nothing eases stress during an emergency like having many of the details and decisions resolved in advance. Here are some tips for getting prepared from the Florida Department of Health:

- Make an emergency plan. It should include: a) All members of your household, b) Special medical conditions, c) When and to where you would evacuate, d) Special transportation needs, e) Emergency meeting place, f) An out-of-town contact



- who everyone can call to stay in touch, and g) Pet plan.
- Gather emergency supplies: a) A gallon of water per person for 7 days, b) Non-perishable foods such as canned meat, fish, veggies, fruits and nuts, c) Can opener, disposable plates and utensils, and d) Matches and cooking gel.
- Stock up on medical needs: a) 30 day supply of prescription medications from your doctor, b) Over the counter pain reliever, antacids, anti-diarrhea medicine and children's medicine, c) List of all medications and essential medical devices, d) Physician contact number, and e) Blood type and allergies for all household members.
- Assemble a first-aid kit with sterile bandages, cleansing agent, safety pins, gauze pads, scissors, sewing needle, moist towelettes and tape.
- Collect essential data in a waterproof container: a) Contact information for property insurer, official emergency agencies, family and friends, b) Credit card and bank information, c) Portable computer storage device with electronic copies of mortgage, home deed, car title, etc. d) Instructions for shutting off utilities, and e) Pet health records.
- List your major home belongings and back it up with photos.



2016 special consideration: Mosquito Protection.
To prevent the spread of Zika Virus and other diseases spread by mosquito bites, follow the practice of “Drain and Cover.”

Get rid of all standing water in and around your house, use repellent with DEET or other effective substance, wear long pants and sleeves when outdoors, and repair broken screens on windows and doors.

More emergency information: Florida Emergency Preparedness Guide in English, Spanish, Creole and large print. <http://www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/current-hazards/hurricane-info.html>

More Zika information: www.floridahealth.gov/diseases-and-conditions/zika-virus/index.html or 855-622-6735.

For mosquito protection materials: robert.lamendola@flhealth.gov or 954-213-0607.

Spotlight on ...

Taking aim at STDs, HIV/AIDS

DOH-Broward teams hit the streets, beach to educate and test the community



A busy corner lot near Dillard High School in Fort Lauderdale. A popular bodega in Pompano Beach. A small strip shopping center in Hollywood. The beach.

These were some of the front-line locations covered during a special awareness campaign by the Florida Department of Health in Broward County to spotlight sexually transmitted diseases.

DOH-Broward and partner agencies are disseminating information and giving free screenings on a mobile testing van in areas with high rates of STDs. As part of the effort, they handed out 45,000 condoms to people sunning at the ocean during a weeklong "Beach Blitz."

Broward has relatively high rates of syphilis, chlamydia,

gonorrhea, hepatitis B and HIV/AIDS. A key to reducing those STDs is for people to get tested and know their status so they can act accordingly. The mobile van tests for all those diseases.

"People want everything in one stop," says Rania Mills, who oversees the testing van. "There's a drop off if they can't get everything all at once. Well, if I can't find out about all of them, I'm not going to take the 20 minutes to just get one test for HIV."

That's why HIV advocates urge people to get tested during or after a flurry of activities surrounding the Annual National HIV Testing Day on June 27.

STD counselors also are promoting a prevention method called PrEP, or pre-exposure prophylaxis, which involves giving a daily HIV pill to people at high risk of contracting the virus. PrEP may be useful for some people, but not all.

Above photo: Public Health Assistant Shakina Wright (right) works the Beach Blitz

More information: <https://npin.cdc.gov/campaign/we-make-change> or www.hivtest.org or 954-467-4700 Ext. 5660.

[8,000 and counting: Kids receive free dental sealants, cleanings](#)

DOH-Broward's School-Based Dental Sealant Program for kids has achieved major results in its first six weeks.

As of late May, six traveling dental hygiene teams hit 50 schools and gave exams to 8,000 students. They applied protective sealant to the molars of 5,800 of them. And they referred to dentists 105 kids with serious dental issues.

The new dental sealant program is free to families and schools.



When classes end on June 9, the program hopes to have visited 63 schools in just two months – a volume that would make it the largest sealant program in Florida. Next school year, DOH-Broward has set a goal of seeing 50,000 children.

“The families we are serving have less opportunity to leave their workplaces to take their children to the dentist, so they are really benefitting,” says Dr. Paula Thaqi, Director of DOH-Broward.

Dental sealant is a thin coating of plastic that hygienists can paint on molars of children to protect against bacteria that causes cavities. DOH-Broward has wanted to start a traveling program for some time but had no funds until receiving a \$1.27 million grant from the Florida Agency for Health Care Administration.

Starting March 28, sealant crews began visiting Title 1 elementary schools where high levels of students receive free or reduced-price lunches. Hygienists clean the students' teeth and then apply sealant if warranted.

The children also get education: a Berenstain Bears dental book and a display of drinks graphically showing how much sugar they contain (14 packets in a soda, 10 in apple juice, 8 in sports drinks 8 and of course, 0 in water).

Above photo: Dental Hygienist Jackie Tufts applies sealant on the teeth of a third grader at Banyan Elementary School in Sunrise

More information: 954-467-4700 Ext. 5180 or Lisamarie.jones@flhealth.gov

[More schools become 'asthma-friendly' to help students](#)

For a third year, three Broward County schools are in line to receive the Florida Department of Health statewide recognition as “Asthma Friendly Schools” -- with help from DOH-Broward.

Maplewood Elementary in Coral Springs, Davie Elementary and Hollywood Hills Elementary are making the grade for 2016.

The Department bestows the honor on schools that undergo a significant process of improving the asthma

knowledge of everyone involved, so they can better help kids cope with asthma.

The biggest step is giving a regimen of asthma instruction to teachers, administrators, staff, parents and students themselves. They learn about symptoms, what triggers an attack, preventing attacks, what medicines are available and how to respond to an attack.

“When you talk to teachers after the training, they say how much better they recognize the symptoms of asthma, even in their own families,” says Cynthia Pierre, a School Health Nursing Specialist at DOH-Broward. “That tells you the training really helps.”

Schools also must identify all children with asthma, and work with their doctors to draft individualized care plans. In addition, some schools devise “no idling” plans to discourage drivers from running their cars while waiting to pick up children at school.

A year ago, Eagle Point Elementary in Weston achieved “gold” status, Maplewood reached “silver” and Northeast High in Oakland Park reached “bronze.” Schools reaching gold must train 75 percent of faculty and staff, silver 50 percent and bronze 25 percent.

This year, Ms. Pierre says Maplewood is in line for gold, while Davie and Hollywood Hills are completing their first year of the process.

[Training 'first responders' to help find unsafe swimming pools](#)



“If you see something, say something.”

Usually police are giving this message to the public, but now swimming pool safety specialists at DOH-Broward are asking uniformed officers and others to report hazards they see when duty brings them to public pools.

As part of a federal Pool Safety grant, the Department is training first responders – police, firefighters, paramedics, city inspectors – to spot pool violations that could lead to drownings.

They can possibly save a life if they call the Department when they see broken fences, unlocked gates, loose safety rails, missing rescue equipment and malfunctioning drains – all of which have contributed to children drowning in Broward.

“If you call us and we find a violation, we can close the pool until the owner makes it safe again,” Environmental Health Administrator Anthony Vomero tells the officers.

Drowning is the No. 1 cause of accidental death among children under age 5.

DOH-Broward has also been educating pool installers, pool supply companies, multi-family housing managers and members of the public about pool safety hazards.

Photo above: A training session in Lauderhill with (from left) Vomero, Inspectors Patricia Riley and

Zach Orthen, Officer Sam Ramos, Sgt. Mike Santiago and Officer George Pazybylski.

More information: 954-467-4700 Ext. 4200 or anthony.vomero@flhealth.gov

[Hollywood students sweep DOH radon art contest -- again](#)

For a second straight year, Broward County high school artists finished 1-2-3 in the Florida Department of Health radon poster contest.

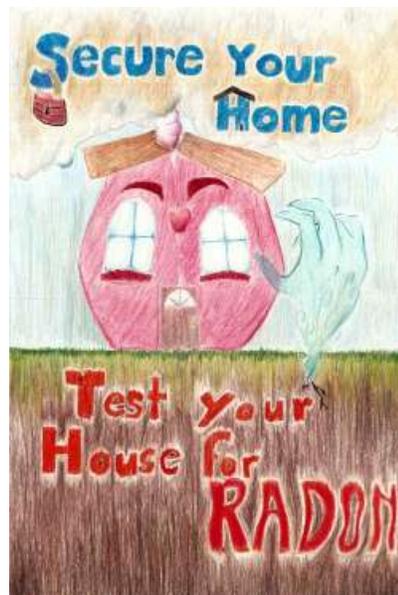
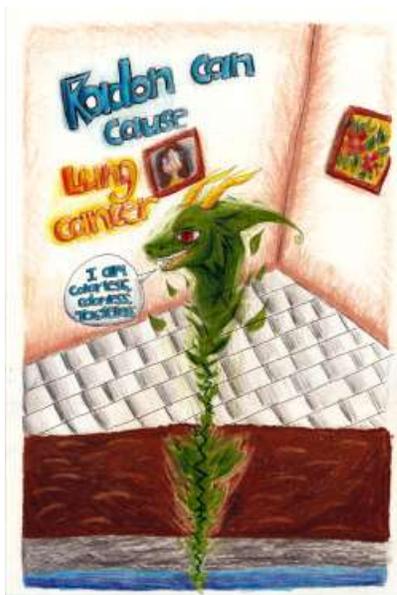
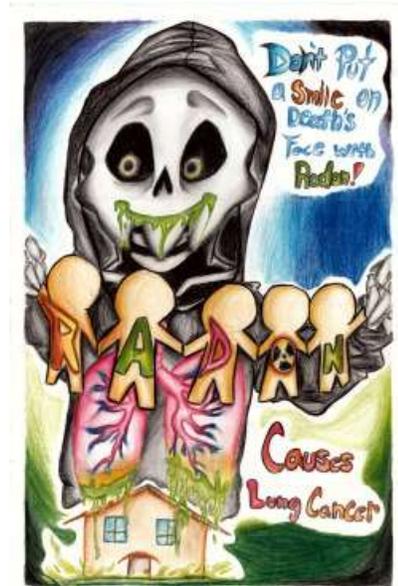
All three of the winners are students at Hollywood Academy of Arts and Science – just like last year – and all were sponsored by the DOH-Broward Environmental Health program.

The nationwide contest uses the art of students ages 10 to 14 to spotlight the dangers of radon, a colorless and odorless gas found naturally in soil and earthen construction materials.

Radon is the second leading cause of lung cancer after tobacco smoking.

And the winners were:

- First place, Stephanie Salgado, “[Don't Put a Smile on Death's Face with Radon](#)” (right)
- Second place, Laila Benotmane, “[I Am Colorless, Odorless, Tasteless](#)” (below left)
- Third place, Analee Hyacinthe, “[Secure Your Home](#).”



More information: [DOH Radon website](#) or 800-543-8279.

[DOH honors 9 local governments for healthy weight efforts](#)

Nine local governments in Broward County were recognized by the Department of Health for their efforts to promote physical activity, healthy eating and healthy lifestyles.

Here are steps the communities took to promote healthy eating and exercise, and to become Healthy Weight Community Champions:

- Broward County – Expanded a bicycle-sharing system to 25 locations.
- Coconut Creek – Hosted a “Let’s Go Biking” 10K ride for the public.
- Deerfield Beach – Added more fitness and sports to its after-school programs in parks.
- Fort Lauderdale – Created a network of bicycle routes to major destinations.
- Hallandale Beach – Started addressing walking, tobacco cessation and “food desert” areas lacking healthy grocery stores.
- Hollywood – Started a “Get Walking” program on its 6.5 miles of trails.
- Tamarac – Began work on a bikeway running from Everglades to the ocean.
- Weston – Sponsored an exercise event for elementary school students, and upgraded recreation facilities for developmentally disabled children.
- Wilton Manors – Began a healthy eating program along with its child care service.



Above photo: Renee Podolsky, Director of Community Health, presents award to Weston Mayor Daniel Stermer.

[Our Programs, Services and Locations](#)

* [Breast and Cervical Cancer](#) – Mammograms, pap smears, diagnostic testing, medical referrals and education for eligible women

* [Dating Matters](#) -- Pilot program to prevent teen dating violence

* [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
 - * [Emergency Management](#) -- Planning, training and response to address emergencies
 - * [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 Testing](#) – At our locations or in the community
 - * [Immunizations](#) – All childhood and adult vaccines
 - * [KidCare Outreach](#) -- Recruiting and enrolling families in state-sponsored health coverage for children
 - * [Pharmacy](#) – Medications for clients enrolled in AIDS Drugs Assistance Program, Ryan White Part A program and our services
 - * [Refugee Health](#) – Testing, immunizations and medical referrals
 - * [School Health](#) -- Nursing care and health service in schools
 - * [Sexually Transmitted Diseases](#) (STD) – Surveillance and partner services. Testing and treatment provided by the Broward Wellness Center under contract with DOH-Broward
 - * [Tobacco Prevention](#) -- Education and advocacy to reduce tobacco usage
 - * [Tuberculosis](#) – Testing, diagnosis, treatment and directly observed therapy
 - * [Vital Records](#) -- Birth and death certificates
 - * [Women, Infants and Children \(WIC\)](#) – Breastfeeding support, nutrition counseling, nutritious foods and referrals

HEALTH CENTERS and WOMEN INFANTS AND CHILDREN (WIC) OFFICES



Fort Lauderdale Health Center | 2421 SW 6th Ave.

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

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

North Regional Health Center | 601 W. Atlantic Blvd., Pompano Beach

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

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

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

Editor's note on Issue #8

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

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