

Summer Vacation

SURVIVAL GUIDE

It's summer vacation season! According to TripAdvisor, over two-thirds of Americans (67%) are planning to travel this summer. Whether you're traveling internationally or taking a road trip to a nearby state, be prepared when it comes to your health—and the health of others. Here are our top six wellness tips for vacationers this summer:

- I. Know your health status before you make travel plans. Make an appointment with your doctor at least a month before you leave to address any concerns. Postpone your travel and stay home if you feel unwell.
- II. Before take-off, check your destination to get country-specific health advice. Depending on where you'll be going and what you'll be doing, you may need vaccinations or medicines before you leave.
- III. Life is better in flip flops and with a health kit. A complete travel health kit includes first aid items, sunscreen, insect repellent, over-the-counter medicines and all your prescription medicines.
- IV. What happens in Vegas stays in Vegas but sexually transmitted infections are not a secret. Prevent STIs by always using condoms with new sex partners.
- V. If you are involved in a natural disaster during your international trip, seek advice from the nearest US embassy or consulate. [Visit travel.state.gov](https://travel.state.gov) for an official list of US Embassies.
- VI. Everyone knows calories don't count on vacation. It's important, however, to avoid over-consumption of alcohol, fried foods and dishes high in salt and fat. Keep some healthy snack options handy for when you're feeling peckish.

Enjoy your much-needed break!



Source: Center of Disease Control & Prevention, Cleveland Clinic



DID YOU KNOW?

An average person tell zero to two lies per day!
- **Play along on page 5**



In this Issue:

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- World Hepatitis Day
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Bereaved Parents Awareness Month

...because every picture tells a story...



July is annually recognized as Bereaved Parents Awareness Month, a month dedicated to raising awareness of the support necessary when one endures the loss of a child.

Immediately following the death of your child, you may feel shocked, devastated, immensely sad and numb, among many other things. In the midst of your grief, it can be difficult to know what to do, who to turn to and which immediate next steps to take. We understand that this can be overwhelming and unfair in the face of your loss. A few resources below:

- * **Forget Me Not® program** at Healthy Mothers, Healthy Babies Coalition of Broward County or by calling (954) 765-055 private peer bereavement support for pregnancy and infant loss.
- * **Children's Bereavement Center®** provides FREE grief support groups for children, teens and adults in South Florida who have experienced the loss of a loved one. [Visit childbereavement.org](http://childbereavement.org) for more information.
- * **211 Broward** is the live, 24-hour comprehensive helpline, providing all people with crisis, health and human services support, and connecting them to resources in our community.

Remember: You do not have to do all or any of this alone. Ask for help and share this with friends and family who can support you during this time.

To Family/Friends - The first few days after a child's passing can be an emotional blur for many families. And there will be a wide range of emotions for a long time. This is a time when grieving parents need your love, your caring and most of all, your acceptance!

'GROWING AROUND GRIEF'
(LOIS TONKIN, 1996)



NEXT PAGE

WHAT TO SAY

and not to say

Most of us haven't been taught what to say when someone we know is grieving, so it's easy to fall back on platitudes and clichés. Here are suggestions for what to say instead to a parent, caregiver, or colleague who is grieving. Of course, many of these questions can be adapted to use with children.

RATHER THAN...

I'm sorry for your loss.

There's nothing inherently wrong with this phrase, but it's hard to know how to respond and can feel like an afterthought phrase that starts to lose its meaning after hearing it so many times.

TRY...

Thank you for telling me about what happened. I know there are no words to make it better. Just know that I'm here and want to support you and your family however I can.

RATHER THAN...

I know what you're going through.

While you might want to let them know you get it, doing so puts the focus on you and can close the door on the grieving person's unique experience and connection with the person who died.

TRY...

Grief is so unique for each person. What is it like for you?

RATHER THAN...

How are you?

Under the best of circumstances this question can be difficult to answer. Add in loss and answering a casual, off-handed, "How are you?" might be overwhelming.

TRY...

Nice to see you. I'm glad you're here. How are things today/this morning/in this moment?

RATHER THAN...

Are you/they over it?

This implies pressure to be "better" or to go back to how someone was before a loss.

TRY...

There is no timeline for grief. We are here to support you and your family over the long term.

RATHER THAN...

Don't feel that way.

Trying to wash away someone's difficult emotions can give the message they are wrong or bad for feeling how they feel.

TRY...

You're really struggling with feeling guilty. I'm here if you want to share more.

RATHER THAN...

Did you get closure?

Closure means something different to each person and for many, it's not the goal of grief.

TRY...

How does your family and culture mark major life transitions like this?

WORLD HEPATITIS DAY 28 JULY

Are You At Risk Of Hepatitis?



Unsafe injections,
drug use and
surgical
procedures



Unprotected
sex



Unscreened
blood
transfusion



Sharing
of razors
and
toothbrush



From the
mother to the new born

Take Immediate Action

Get Tested

Blood tests are
simple, quick and
painless



Get Treated

Recent medical advancement
cures 90-95% of hepatitis C

Hepatitis B cannot be
completely cured but can
be treated

Safe Sex

Personal hygiene and
sanitation



Get Vaccinated

Hepatitis B and A are
vaccines
preventable



**THE LIVER IS A BLOOD FILTER, LIKE THE
KIDNEYS, REMOVING TOXINS FROM
THE BLOOD.**



Source: Centers for
Disease Control &
Prevention, World
Health Organization,
Mayo Clinic

ABOUT HEPATITIS

Hepatitis is an inflammation of the liver. It may be caused by drugs, alcohol use, or certain medical conditions. But in most cases, it's caused by a virus. This is known as viral hepatitis, and the most common forms are Hepatitis A, B, and C.

Symptoms of all types of viral hepatitis are similar and can include jaundice, fever, fatigue, loss of appetite, nausea, vomiting, abdominal and joint pain. Symptoms can also include dark urine, clay-colored stool and diarrhea.

Hepatitis A virus (HAV), in particular, is present in the feces of infected persons and is most often transmitted through consumption of contaminated water or food. Infections are in many cases mild, with most people making a full recovery and remaining immune from further HAV infections. **Practicing good hygiene, including washing hands frequently, is one of the best ways to protect against Hepatitis A. Vaccines are also available for people most at risk.**

HEPATITIS B

Hepatitis B virus (HBV) is concentrated most highly in blood and is transmitted primarily through: birth to an infected mother, sexual contact with an infected person and sharing contaminated needles, syringes or other injection-drug equipment.

A vaccine can prevent Hepatitis B, but there's no cure if you have the condition. If you're infected, taking certain precautions can help prevent spreading the virus to others.

HEPATITIS C

Hepatitis C virus (HCV) is transmitted primarily through: sharing contaminated needles, syringes or other equipment to inject drugs. Long-term infection with the hepatitis C virus is known as chronic hepatitis C. Chronic hepatitis C is usually a "silent" infection for many years, until the virus damages the liver enough to cause the signs and symptoms of liver disease.

Today, chronic HCV is usually curable with oral medications taken every day for two to six months.

For prevention, practice safe sex, be cautious about body piercing or tattooing and never share needles.

TELL THE TRUTH DAY!

FDOH - Broward County

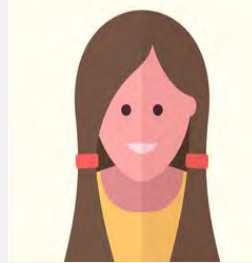
Liar, liar—no, your pants aren't going to catch on fire. But lying can still hurt. Research has linked telling lies to an increased risk of anxiety, addiction, poor work satisfaction, and poor relationships. Furthermore, being honest about your health status and concerns can do wonders for your overall wellbeing. So here comes "Tell The Truth Day." On July 7, the unofficial holiday encourages people to take a full 24 hours to honor the important facet of telling the truth, even if it is often times inconvenient and hard.

Your fellow co-workers below have shared three different facts about themselves—two of which are true and one of which is a lie. Guess which is the lie and let's come clean on page 10!



Vanice Rolle
Community Health

- 1) I can complete a 5 mile walk in 60 minutes
- 2) Two years ago, I won 1st place in an amateur dance contest
- 3) I love to entertain; I sang once at the DOH Educational Conference



Irany Guimaraes
Administration Reception

- 1) When I'm greeted in the morning, I always respond: "I'm FABULOUS!"
- 2) I have 7 sisters and 3 brothers
- 3) I have two teenagers: My daughter, Victoria and son, Milo



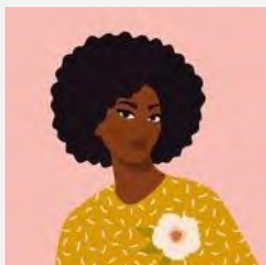
Nichole Webb
Kidcare

- 1) I competed in gymnastics
- 2) I exercise every single day
- 3) I am a registered dietitian



Morgan Flynn
Drowning Prevention

- 1) I moved to Florida from Bennington, Vermont
- 2) I am a Certified Ski/Snowboard instructor
- 3) I was a competitive swimmer



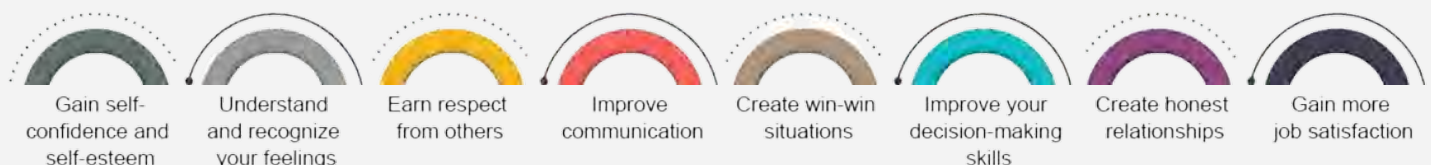
Cynthia Dawes
School Health

- 1) I was the head cheerleader in high school
- 2) I assisted in coaching weight training for a high school football team
- 3) I was first chair in the band playing clarinet

Wellness Tip

Your pants are on fire.

Your doctor needs to know the best way to treat you, so be honest. Don't lie about your drinking habits, sexual activity or drug use (including prescriptions). Family history is important as well for determining if certain procedures are needed.



Gain self-confidence and self-esteem

Understand and recognize your feelings

Earn respect from others

Improve communication

Create win-win situations

Improve your decision-making skills

Create honest relationships

Gain more job satisfaction



HOW TO RECOGNIZE HEAT STRESS?



6

HEAT EXHAUSTION



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

If you experience any of these symptoms during extreme heat, immediately **move to a cool place and drink liquids**; water is best.

What are the **SIGNS AND SYMPTOMS** of heat illness?

HEAT STROKE

High body temperature



Confusion and lack of coordination



Dizziness/ Fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:

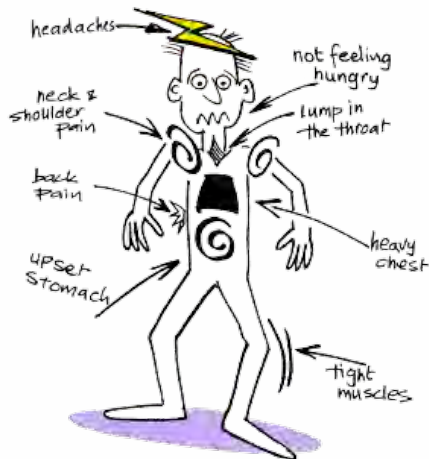
- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.

Feeling stressed?



You are not alone.

These are the physical signs of stress



Not all stress is created equal. Stress is a natural part of everyone's world. In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or Interview for a new job. However, chronic stress can be harmful and detrimental to one's health.

Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes and other illnesses, including mental disorders such as depression or anxiety. Taking steps to manage your stress can have many health benefits.

We encourage you to take the time to identify stressors in your life and how your body reacts to stress. Explore stress management strategies below! You can also consider seeing a professional counselor or therapist who can help you identify sources of your stress and assist you in learning new coping tools.



4 ways to deal with stress



In the long-term

- ✓ Exercise regularly
- ✓ Eat well
- ✓ Practice Mindfulness
- ✓ Practice relaxation techniques



In the short-term

- ✓ Take a walk
- ✓ Practice deep breathing
- ✓ Use aromatherapy
- ✓ Get a hug from a loved one

Home

- ✓ Express yourself
- ✓ Take action
- ✓ Get organized
- ✓ Create your own space



Work

- ✓ Understand the expectations
- ✓ Avoid multitasking
- ✓ Minimize conflict
- ✓ Get comfortable



Relationships

- ✓ Remove external stressors
- ✓ Get to the root of the problem
- ✓ Save time for yourself
- ✓ Improve your communication skills

HEALTHY EATS⁸

Roast Chicken With Tomatoes

Summer/4th of July dish that deliver a whole lot of deliciousness in 30 minutes or less.

Ingredients

- 1 lemon
- 6 garlic cloves, finely grated
- 2 tsp. finely chopped oregano, plus leaves for serving
- 1/3 cup plus 4 Tbsp. extra-virgin olive oil, divided
- 2 1/2 lb. skin-on, bone-in chicken thighs and/or drumsticks
- 2 medium red onions, cut into 1"-thick wedges
- Kosher salt, freshly ground pepper (+ other desired seasoning)
- 1 cup plain whole-milk Greek yogurt
- 1/2 cup crumbled feta
- 2 large heirloom or beefsteak tomatoes, sliced into 1/2"-thick rounds and/or wedges

Preparation

- Place a rack in top third of oven; preheat to 450°. Cut lemon in half. Thinly slice one half into rounds and remove seeds; set other half aside for sauce.
- Whisk garlic, 2 tsp. chopped oregano, and 1/3 cup oil in a large bowl. Pat chicken dry with paper towels and transfer to bowl; add onions and lemon slices. Season with salt and pepper; toss to coat.
- Heat 2 Tbsp. oil in a large heavy skillet, preferably cast iron, over medium-high. Cook chicken (leave onion and lemon behind in bowl), skin side down, until deep golden brown and crisp, 5–7 minutes. Transfer to a plate (chicken won't be cooked through yet)
- Cook onions and lemon slices in the same pan, turning occasionally, until onions have taken on some color and lemon slices have shriveled slightly, about 5 minutes.
- Arrange chicken in pan, skin side up; transfer pan to oven. Roast until chicken is cooked through and onions are softened but still hold their shape, 16–20 minutes.
- Meanwhile, stir yogurt, feta, and remaining 2 Tbsp. oil in a medium bowl to combine. Squeeze in juice from reserved lemon half and add 2 Tbsp. water; mix well. Season feta sauce with salt.
- Arrange tomatoes on a platter; season with salt. Using tongs, arrange chicken, onions, and lemon slices on top. Pour any pan juices over and top with oregano leaves. Serve with feta sauce alongside.

Source: *bon appetit*



Blackberry Limeade

This summer cooler is great to bring along on a picnic or to serve at a backyard party

Ingredients

- 6 cups water, divided
- 3 cups fresh blackberries
- 1 cup sugar
- 3/4 cup fresh lime juice (about 4 limes)
- 8 thin lime slices
- Fresh blackberries (optional)

Preparation

Place 1 cup water and 3 cups blackberries in a blender; process until smooth. Press blackberry puree through a sieve into a large pitcher; discard seeds. Add remaining 5 cups water, sugar, and juice to pitcher; stir until sugar dissolves. Place 1 lime slice and a few blackberries, if desired, into each of 8 glasses; pour about 1 cup limeade over each serving.

Source: MyRecipes





KEEP YOUR PETS



Healthy and Safe This Summer

By Dr. Barbara Royal, DVM, CVA, owner of the Royal Treatment Veterinary Center



120 Degrees

The inside of your car can heat up to 120 degrees within 10 minutes (even with the windows cracked). Never leave your pet in the car even if just for a few minutes.



Play Time!

Exercise and socialization are important to your pet's health. Encourage interaction but remember to keep them hydrated and have a resting place in the shade.

Say NO to Chemicals



Avoid pesticides, herbicides and fungicides for lawn care, pest control and flea and tick medications. Natural is better!

Be Cool



Avoid any treats with carbs or grains that can increase heat and inflammation. Try our recipe below to make "cool" treats for your pet.

Shhhhhh!!!



Loud noises like fireworks can scare or confuse your pet. Be sure to leave them at home to reduce their anxiety. If the outdoor noises still scare them, try NOW® Pets Relaxant 30-60 minutes before the big kick off.



Beat the Heat With This Cooling Treat

1 Cup Plain Organic Yogurt
1 Cup Hot Organic Chicken Broth
1 Pinch Black Pepper
1 Jar of Meat Baby Food

2 Tablets NOW® Pets Relaxant, Crushed
1/2 Tsp Turmeric Powder
1 Tbsp Raw Honey

Optional:

1 Tbsp Apple Cider Vinegar
1 Tsp Aloe Juice

1 Tbsp Peppermint, Chamomile or Sage Tea

Mix together, spoon into ice cube tray and freeze. Your pet will love them.



Health, White & Blue

Independence Day commemorates the Declaration of Independence of the United States, on July 4, 1776. As we get together to celebrate the 4th of July with burgers, beers, and fireworks, it is also a good time to reflect on our overall health and make an effort to make the holiday as healthy as possible. To help celebrate our independence, we will provide you with some tips below to make your day the healthiest July 4th possible.

Stay safe in the sun. When enjoying time outdoors, be sure to stay smart by using sunscreen with SPF 30 or above with UVA and UVB protection to reduce your risk for skin cancer. Don't forget to protect your eyes by wearing sunglasses!

Enjoy some healthy competition. Organize a fun group activity to keep everyone active and entertained. For example, a game of capture the flag, frisbee games, scavenger hunts, volleyball or kickball.

Eat smart. It's okay to indulge in some of your favorite foods on the holiday, but try to eat smart. Be mindful of your eating and drinking habits—swap out burgers for chicken, chips for fruit and veggies, and sugary drinks for water or tea.

According to Pew Research, on average, more than 45,000 people visit U.S. hospital emergency rooms for treatment of injuries on July 4 and 5. That's nearly 91,000 in total, by far the highest daily numbers in the entire year. There are some steps we can take to prevent injuries during this holiday season. When using sparklers and fireworks, always keep a portable fire extinguisher close by. **Never allow young children to handle fireworks or sparklers to prevent firework-related injuries.** In terms of water and pool safety, never consume alcohol while driving a boat. Before boating, always check that there are enough life preservers on hand for every passenger. If you plan on using the pool, set water safety rules for your family, especially if there are young children around. Finally, if you plan on grilling on the 4th of July, check gas grill hoses for cracks, holes and leaks. Do not grill indoors, in the garage, in any enclosed area or on a surface that might catch fire.

We hope you have a great, healthy and safe 4th of July weekend!

4th of July Safety Tips



Best way to enjoy fireworks is to leave them to the professionals.



Keep young children away from the grill, and never leave the grill unattended.



Only drive if you are sober, make sure all your vehicle occupants are buckled up and take your time.



Check on the legal use of backyard fire pits with your local municipality.

Lehigh Valley Health Network

[ANSWERS]

Vanice Rolle - "Truth is, I did not win the dancing contest"

Irany Guimares - "Milo is our beloved family dog"

Nichole Webb - "I am not a registered dietitian"

Morgan Flynn - "I'm not a I am a Certified Ski/Snowboard instructor"

Cynthia Dawes - "I was never the head cheerleader in high school"

Join Us!



Florida Department of Health in Broward County

Employee Wellness Committee

Join our

Next Meeting



Friday, July 8, 2022

at 10:00AM

Administration Building

(Room: TBA)

We are working towards our vision to be the **Healthiest State** in the nation. And we need your help! Join the Employee Wellness Committee at our next monthly meeting to plan activities for the year!

Please contact Nickey Lewin at nickey.lewin@flhealth.gov or (954) 847-8020.



SARCOMA AWARENESS MONTH

Sarcoma is the general term for a broad group of cancers that begin in the bones and soft tissues. Soft tissue sarcoma forms in the tissues that connect, support and surround other body structures. This includes muscle, fat, blood vessels, nerves, tendons and the lining of your joints. **There are more than 70 types of sarcoma. Treatment for sarcoma varies depending on sarcoma type, location and other factors.**

According to Sarcoma Foundation of America, sarcoma is a rare cancer in adults but rather prevalent in children, accounting for about 20% of all childhood cancers.

It's still not clear what causes most sarcomas. In general, cancer forms when changes (mutations) happen in the DNA within cells. According to the Mayo Clinic, family history of cancer can increase your risk to develop sarcoma. In addition, the virus called human herpesvirus 8 can increase the risk of a type of sarcoma called "Kaposi's Sarcoma" in people with weakened immune systems.

Signs and symptoms of sarcoma include a lump that can be felt through the skin that may or may not be painful, weight loss, abdominal pain, pain and/or swelling in an arm or leg, the trunk, the pelvis or the back; swelling may or may not feel warm to the touch. Another sign is a bone that breaks from no apparent cause.

Be mindful that these symptoms could be signs of many other medical conditions. Always check with your doctor for a proper diagnosis. If you're diagnosed with Sarcoma, there are treatment options available. Sarcoma is treated with a combination of chemotherapy, radiation therapy and surgery. Reconstruction of the surgical area typically takes place at the same time the tumor is removed.

So why do we have a Sarcoma Awareness Month? Well, Sarcoma is still considered to be the "forgotten cancer." It is one of the rarest forms of cancer. To commemorate Sarcoma Awareness month, we are encouraging you to **raise awareness to your community! Visit curesarcoma.org for more information.**



Source: Mayo Clinic, Sarcoma Foundation of America, Johns Hopkins University



Healthy Employees



Healthy Workplaces

THROWBACK GET MOVING

I use fitness video workouts at home 6 times a week for about 30 minutes a day to remain fit and maintain weight loss.

LaRhonda Adger



I use my standing desk to remain active while working. I will play some music, dance and march in place for about 30 minutes during the workday.

Rania Mills



I walk and play with my grandson to get moving at home. I also stretch and exercise in my office 10 minutes a day.

Deborah Goldstein



A few of us WIC Administrators do stretching exercises together at least 2-3 times during the workday.

Georgia Wade



I found out that I was prediabetic and overweight last year so I decided to make a lifestyle change. After just 3 months of walking 30 minutes a day, my labs improved! I continued by working with a personal trainer. Now, I remain physically active to maintain my health and weight loss. | Marie Thernival



I try not to remain seated for long periods of time. To remain physically active, I walk around throughout the work day.

Christopher Agrippa



I ride my bike most days to work, which is about a three mile ride. I also remain physically active playing with my four little boys at home.

David Wallace



To remain physically active, I do stretching exercises and practice yoga poses at home.

Lakisha Thomas-DeVlugt



I walk to and from work every day. After lunch, I also take a walk around the perimeter of our campus.

Lucy Louis



After losing my mother last year, I drastically lost 30 pounds. It wasn't under the best circumstances, but I've made the best of it. To remain physically active, I run regularly. I also ride the bike with my dad once or twice a week. | Chalayna McGee



What Makes Good *Summer Activewear?*

Outer layers: freer cuts.

Inner layers: tighter fits.

Strap patterns that don't create annoying tan lines.

Light colors that won't absorb heat.

Mesh inserts with **ultraviolet protection factor** (UPF) when possible.

Protected seams or seamless.

Proprietary wicking fabrics.

Built-in odor fighters.



The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Sunscreen is just one of the defenses against the harmful effect of UV radiation. Please see below for other UV safety strategies.



FIND SHADE

The sun's rays are strongest between 10AM to 4PM... Look for access to a shaded area during these times.

WEAR A HAT

Accessorize with a hat that shades your face, neck, and ears. Avoid straw hats with holes that can let sunlight through!



SPORT SUNGLASSES

Sunglasses with lenses that have UV absorption provide optimal protection for the eyes and the surrounding skin.

COVER UP

Wear a long-sleeved shirt and long pants. Dark clothing with tightly woven fabric blocks more sun.



DON'T FORGET SUNSCREEN

Use everyday - even if it's cloudy! Reapply sunscreen every two hours or every hour if you are swimming or sweating.

VISIT YOUR DERMATOLOGIST TO LEARN MORE!



**Why can't male
ants sink?**

**They're
buoy-ant.**

We hope you enjoyed this month's newsletter. We want to hear from you! If you have any question or suggestions, please contact us.

Contact:

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