



July/August • VOLUME 21 ISSUE 4

COMMUNITY WELLNESS

World Drowning Prevention Day: Keeping Kids Safe Around Water

Each year on July 25, World Drowning Prevention Day highlights a critical awareness for Florida families. Drowning is the leading cause of accidental death among children under age 5 in our state.

Thousands of open-water sites including pools, canals, lakes, retention ponds, and coastal waters, surround Florida communities, increasing risk. Alarming, drowning is often silent and swift, with 88% of childhood drownings occurring even when adults are nearby but distracted.

Prevention Tips for Florida Families

- **Supervise without distraction:** designate a “Water Watcher” and stay within arm’s reach.
- **Secure access to water:** install 4-foot pool fences, self-latching gates, and alarms on doors.
- **Enroll in swim lessons:** Florida’s voucher program offers free lessons to eligible families (ages 4 and under): [Swimming Lesson Voucher](#)
- **Learn CPR and rescue skills:** prompt action can save lives.



For more water safety resources and prevention strategies, visit FloridaHealth.gov/DrowningPrevention.

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Don't Be Beat by the Heat

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Summer in Florida brings incredible energy, outdoor activity, and community events — but also unique health challenges. Florida's summer temperatures continue to rise, and July and August are historically the hottest months of the year. Heat related illnesses can develop quickly and often without warning, especially among children, older adults, outdoor workers, and people with chronic health conditions.

It is important to know the warning signs: dizziness, headache, nausea, heavy sweating, and fatigue. If you begin to feel these symptoms when in the heat you should move to a cool area, drink water, and rest. Heat stroke can present with confusion, loss of consciousness, a quick pulse, or hot and dry skin. Call 911 immediately if heat stroke is suspected.

Heat Safety Tips

- Hydrate consistently throughout the day, not just when you feel thirsty
- Keep a filled water bottle with you when out of the house
- Avoid activities with high exertion between the hottest parts of the day, 10 a.m. – 4 p.m.
- Check on neighbors and family members who are at higher risk (elderly and those with chronic disease)
- Never leave a child or pet in a parked car
- Know where cooling centers are located and be aware of any public health alerts

Stay Hydrated

Children may not want to slow down to drink, so adding additional fluids during mealtimes can help reduce the risk of dehydration. Limit high sugar and high caffeine drinks, especially for children.

Water is the best source of hydration during the hot months but there are additional things you can do to help increase your fluid intake. Eating fruits and vegetables like watermelon, cucumbers, lettuce, and berries can help keep you hydrated due to their high-water content. If you are looking for something more flavorful than water, try adding slices of lemons and limes or a sprig of mint to your water bottle. Sports drinks are not necessary, but are recommended for activities longer than 60 minutes to help replace some energy and electrolytes that may have been lost in sweat.

Summers in Florida can be great, but overheating and dehydration can be a major concern. Taking preventative measures and knowing the signs and symptoms of heat exhaustion and heat stroke will help you enjoy the outdoors even during those really warm days.



Fresh & Flavorful: Build-Your-Own Summer Salad

The sizzling days of summer call for tasty, refreshing meals, and nothing beats a bright, crisp salad. Inspired by top summer salad ideas, here's a customizable recipe that keeps things cool, nutritious, and delicious.

Build-It-Your-Own Salad Style

1. Pick a Theme

- **Southwest:** Romaine + corn + tomatoes + jalapeños + avocado + black beans/chicken with chili-lime vinaigrette
- **Asian:** Cabbage mix + snow peas + cucumber + oranges + salmon/pork with sesame dressing
- **Tropical:** Spring mix + pineapple + green pepper + almonds + shrimp with citrus vinaigrette
- **Southern:** Butter lettuce + cucumber + tomato + peaches + salmon/chicken with balsamic vinaigrette
- **Mediterranean:** Your lettuce + cucumber + tomato + black olives + feta + chickpeas with balsamic vinaigrette

2. Top and Toss

- Add protein and crunchy toppings
- Garnish with cilantro (for tropical and southwest) or nuts/olives as you like

Why You'll Love It

- **Ultra-flexible:** Use any combination of bases, proteins, and toppings based on what's in your fridge or garden.
- **Refreshing and cooling:** Perfect for hot days—full of hydrating veggies and seasonal fruit.
- **Balanced nutrition:** Veggies, lean protein, healthy fats, and fiber-rich grains in one bowl.

Pro Tips

- Try grilling fruit like corn, pineapple, or peaches to deepen their flavor.
- Prep ahead: Chop veggies and fruit in advance, and keep toppings like beans or nuts ready.
- Serve dressings on the side to keep salads crisp and reduce added sugar.

With minimal effort and maximum freshness, this build-your-own salad station is a fun, nutritious way to stay cool all summer long. A simple idea that ensures every meal tastes like a seasonal treat!

Summer Salad Station: Choose Your Combo

Base

- Romaine • Spring mix • Red/green cabbage • Bok choy

Veggie and Fruit Mix-Ins

- Corn (fresh or grilled) • Tomatoes • Cucumbers • Snow peas • Avocado • Mango • Pineapple • Oranges • Fresh peaches

Protein

- Grilled chicken • Salmon • Shrimp • Pork • Chickpeas • Black beans

Add Crunch and Flavor

- Almonds • Peanuts • Sunflower seeds • Cilantro • Black olives • Feta cheese • Optional: Crushed tortilla chips



Homemade Salad Dressing Recipes

Chili-Lime Vinaigrette (Perfect for Southwest Salads)

Ingredients:

- 3 tbsp olive oil
- Juice of 1 lime
- 1 tbsp vinegar (white or apple cider)
- 1 tsp chili powder
- Pinch of salt and pepper
- Optional: ½ tsp honey for sweetness

Instructions:

Whisk all ingredients together until emulsified. Drizzle lightly over a salad with corn, tomatoes, avocado, and black beans.

Sesame Soy Dressing (Great for Asian-Inspired Salads)

Ingredients:

- 2 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tsp honey or agave
- 1 tsp grated ginger
- Optional: pinch of red pepper flakes

Instructions:

Combine ingredients and shake well in a jar. Perfect over cabbage mixes, cucumbers, oranges, and snow peas.

Tropical Citrus Vinaigrette (Bright & Summery)

Ingredients:

- 3 tbsp olive oil
- Juice of ½ orange
- Juice of ½ lime
- 1 tsp honey
- Dash of salt
- Optional: finely chopped cilantro

Instructions:

Mix thoroughly and toss with salads featuring pineapple, mango, green pepper, and shrimp.

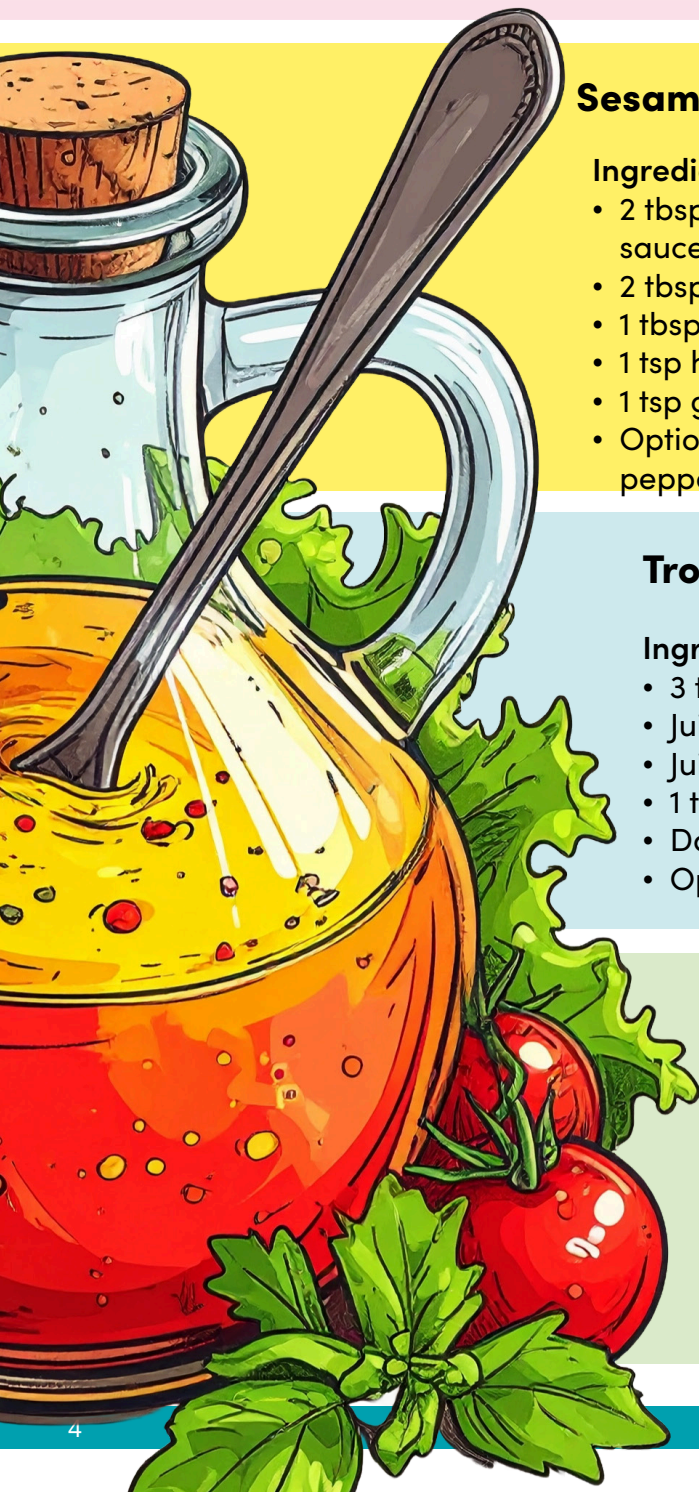
Balsamic Herb Vinaigrette (Classic & Versatile)

Ingredients:

- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- ½ tsp Dijon mustard
- Pinch of dried basil or oregano
- Salt and pepper to taste

Instructions:

Shake or whisk until smooth. Ideal for Mediterranean or Southern inspired salads with tomatoes, cucumbers, olives, peaches, or feta.



Swimming Safety to PREVENT PAM



Know the Risks

Primary amoebic meningoencephalitis (PAM) is a rare but serious infection caused by the amoeba *Naegleria fowleri*, found in warm freshwater environments, such as lakes, rivers, and hot springs.

Avoid Stagnant Water

Swim in well-maintained, properly chlorinated swimming pools or other treated recreational water venues. Avoid swimming in stagnant or untreated waterbodies where amoebae may thrive.

Minimize Water Entry

Keep water out of your nose by using nose clips, keeping your head above water, or holding your nose shut while jumping or diving into water.

Limit Submerging in Warm Freshwater

The amoeba thrives in warm temperatures, particularly in water temperatures above 77 ° F. Minimize prolonged or deep submersion in warm freshwater areas.

Supervise Children

Always supervise young children during water activities and teach them not to jump or dive into warm freshwater or other potentially contaminated water sources.

Be Vigilant for Symptoms

Be aware of symptoms, such as severe headaches, fever, nausea, vomiting, and changes in taste or smell after swimming in warm freshwater. Seek medical attention immediately if symptoms develop, especially if they occur within a week after swimming.

Spread Awareness

Educate family, friends, and community members about the risks of PAM and the importance of swimming safely in freshwater environments.



While PAM is rare, taking precautions can significantly reduce the risk of infection. Check with your local county health department advisories on water quality and safety.



Discover your **HEALTHIER** **YOU**



The Florida Department of Health is providing free access to WeightWatchers® to support you on your journey to a **HEALTHIER YOU.**

This program will provide you with a free membership that includes access to:

- Nutritious eating plans, recipes, and meal-planning tools
- Physical activity trackers and on-demand workouts for all activity levels
- 24/7 coaching support and networking with others that share your goals



Free memberships available to Florida residents of Leon, Hillsborough, and Palm Beach counties.

Learn more about eligibility at **FloridaHealth.gov/WW.**

**START YOUR
JOURNEY**



**Florida
HEALTH**

On the Road Again...

Traveling and Picnics

When eating outside while traveling or picnicking away from home, it's important to take along the basic food safety necessities and follow these tips to reduce risk of food-borne illness:



- **Soap and water are essential to cleanliness.** Bring your own soap and water to your picnic or campsite. If water for hand washing is not available, disposable wipes or hand cleanser will do. Wash your hands before and after handling food.
- **Take foods in the smallest quantity needed.** Pack only the amount of food you think you'll use. Consider taking along non-perishable foods and snacks that don't need to be refrigerated.
- **Pack foods in your cooler in reverse-use order.** Pack foods first that you are likely to use last. Pack plenty of ice or freezer packs to ensure a constant cold temperature. If meat and poultry need to stay cool for a long period of time, they may be packed while still frozen. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits.
- **Fill cooler to capacity.** A full cooler will maintain its cold temperatures longer than one that is partially filled.
- **Keep drinks in a separate cooler from foods.** The beverage cooler will be opened frequently while the food cooler stays cold. When traveling, transport the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Keep the cooler out of direct sun. At the picnic or campsite keep your cooler covered with a blanket or tarp.
- **Don't let food sit out for more than two hours.** On a hot day (90° F or higher), reduce this time to one hour.
- **Bring a food thermometer in your grilling supplies.** Use it to make sure meat and poultry have reached a safe internal temperature. When the picnic is over, discard all perishable foods if there is no longer sufficient ice in the cooler or if gel packs are no longer frozen.

Source: [Partnership for Food Safety Education](#)

Beat the Heat: Swim-Style!

Your Guide to Staying Cool and Safe in the Water This Summer

When temperatures rise, few things feel better than jumping into a cool pool or heading to the beach. Swimming is not only refreshing, it's one of the best low-impact exercises for staying active while staying cool. Here's how to make the most of your swim time while keeping safety front and center.

Stay Cool in the Water

- **Hydrate well.** Even while swimming, your body loses fluids. Drink water before you get in, take breaks to hydrate, and continue drinking afterward.
- **Pick the right time of day.** Early mornings and evenings offer cooler temperatures and reduced sun exposure.
- **Take shade breaks.** Step out of the sun between swim sessions to prevent overheating.
- **Protect your skin.** Use waterproof, broad spectrum sunscreen and reapply often. Don't forget UV-filter goggles and a swim cap for added protection.



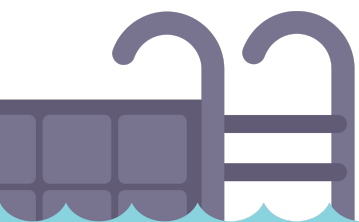
Swim-Smart Tips

- **Choose cooler water.** Pools under roughly 82°F help keep your body temperature down.
- **Listen to your body.** If you start feeling dizzy, nauseous, overly tired, or confused, get out immediately and cool off.
- **Be mindful of the sun's reflection.** Water reflects UV rays—sunburn can happen faster in the pool than on land.

Swim Safety for Everyone

The Basics

- **Never swim alone.** Use the buddy system—always.
- **Know your environment.** Check pool depth markers, avoid drains, and be cautious of currents or hidden hazards in natural waters.
- **Learn CPR.** Quick action saves lives—being prepared matters.
- **Use life jackets when needed.** Opt for U.S. Coast Guard-approved jackets, especially in open water or with weaker swimmers.



Extra Important *Kids' Swim Safety*

Children are naturally drawn to water—so layered safety is essential.

Supervision

- **Designate a “Water Watcher.”** This adult should stay alert, sober, and distraction-free.
- **Keep little ones within arm’s reach.** Young children and inexperienced swimmers need “touch supervision” at all times.



Swim Skills

- **Start lessons early.** Formal swim lessons beginning at age 1 can significantly reduce drowning risk.
- **Build skills steadily.** By ages 4–6, most children can learn floating, treading water, and how to exit safely.

Barriers and Safety Tools

- **Fence your pool.** A four-sided fence with a self-closing, self-latching gate is one of the most effective drowning-prevention tools.
- **Remove temptations.** After swimming, take toys out of and away from the pool to reduce unsupervised curiosity.
- **Skip inflatable floaties.** They’re not reliable. Use properly fitted life jackets instead.



Teach Smart Pool Rules

Keep messages simple and repeat often:

- Walk, don’t run
- No diving in shallow water
- Stay away from drains
- Always ask permission before getting into any water

Swim Safe. Stay Cool. Have Fun.

Whether you're cooling off after work or spending time with family, swimming can be the perfect summer activity—as long as it's done safely. With a few smart habits and safety layers, you can stay cool, confident, and ready to enjoy each splash of the season.

Float First: For Infants and Toddlers

FREE SURVIVAL SWIM LESSONS



8 PRIVATE LESSONS

FOR AGES 6 MONTHS TO 5 YEARS



SCAN HERE
FOR MORE INFORMATION



WATERSMARTTOTS.ORG

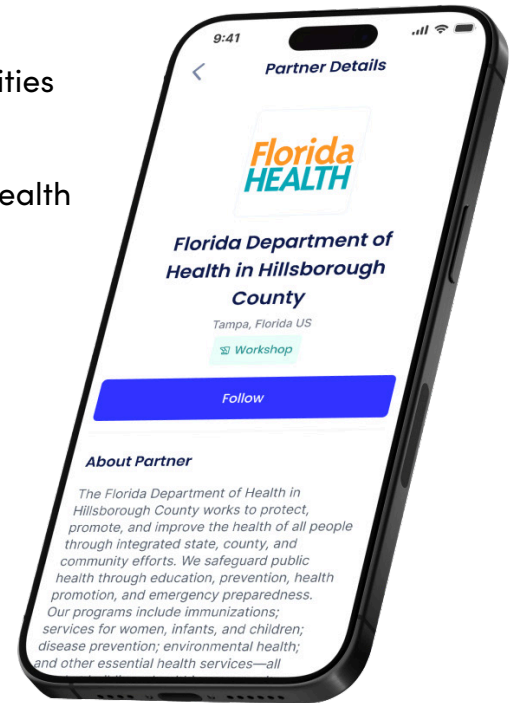


We're Now on the TampaWell App!

We're thrilled to announce that the Florida Department of Health in Hillsborough County is now part of the TampaWell app, giving you an exciting new way to connect with everything we offer! From discovering our programs and events to finding inspiration for your wellness journey, the app makes it easier than ever to stay engaged and motivated.

Here's what you'll love about the TampaWell app:

- **Customized Activity Feed:** Discover wellness events and activities tailored just for you.
- **Daily Challenges:** Take on fun, daily tasks that support your health and wellbeing.
- **Progress Tracking:** Stay on top of your goals with tools that help you measure your progress.
- **Points and Rewards:** Earn points for healthy choices and redeem them for exciting rewards.
- **Event Discovery:** Explore local fitness classes, wellness workshops, and more.
- **Social Connections:** Meet and connect with others on a similar wellness journey.
- **Smart Notifications:** Get alerts about events and activities that match your interests.



We're excited to feature all our health education programs for diabetes prevention and management, including healthy eating, physical activity, and blood pressure control, along with our presentations, events, and articles on health topics on the app, so you can easily stay in the loop and on track with your goals.

Join the thousands of Tampa Bay residents who are transforming their health journeys with TampaWell.

Download the app today from the App Store or Google Play and take the first step toward a healthier, happier you. Let's make wellness a rewarding adventure together!

Learn more about our free health education programs by calling 813-307-8009 to register or visit Hillsborough.FloridaHealth.gov.

BP For Me

Blood Pressure Management Education

A five week program helps participants understand blood pressure numbers and how high BP can increase your risk for heart attack, stroke, heart disease, heart failure, kidney disease, and more. With the guidance and education from our registered dietitian, learn how to control your blood pressure through the foods you eat and how you prepare them.

Diabetes Self Management Education

A six week program that gives participants tools to monitor glucose at home, make lifestyle changes, learn about medications and insulin, and make informed choices about foods and carbohydrates to manage diabetes.

The program is accredited by the Association of Diabetes Care and Education Specialists and participants in the program have an average reduction in A1C of 1.15!

Diabetes Prevention Program

A year-long program (26 sessions) designed around behavior modification and resources to cope with stress, choosing healthy meals, and getting into an exercise routine. This program is great for those looking for ongoing accountability, support, and permanent lifestyle changes. This evidence-based weight loss program has a participant average weight loss of 6% of their body weight. Those who lose 5%-7% of their body weight, it can reduce the risk for developing type 2 diabetes, heart disease, and some cancers, along with lowering cholesterol, and improving blood glucose levels.

Get Into Fitness Today

A 12-week program for health and wellness, using science-based information to reduce chronic diseases through obesity prevention. This program is great for those who already know the basics of wellness and just need a refresher and motivation to lose weight. Our GIFT program has helped 90% of participants increase their physical activity, and is for anyone who is looking for a starting point to lose weight. You'll learn tools for healthy eating and how to be more physically active.

Get Into Fitness Together - a Learning Emotional Activity Program (GIFT-LEAP)

Designed to encourage children ages 5-9 years in making healthy choices so that they can lead a healthy lifestyle into adulthood. The program is six weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join in the program.

BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **free** mammogram and Pap smear testing. For more information and to schedule an appointment, call 813-307-8082.

Tampa Family Health Center
To schedule an appointment, call
813-284-4529

Fl♥rida KidCare

The Florida health insurance for children for those that are eligible, birth through age 18, even if one or both parents are working. To apply by phone, call 888-540-5437, or TTY-877-316-8748.

FL HEALTH CHARTS

Have you ever wondered about the health of your community or state and how it compares to other Floridians? If so, Florida Health Charts is a great resource for accurate health data.

Learn more at **FLHealthCHARTS.gov**

PARKS AND RECREATION

Florida State Park
FloridaStateParks.org

Hillsborough County Parks, Recreation, and Conservation
HillsboroughCounty.org

Plant City Parks and Recreation
PlantCityGov.com/ParksRec

Tampa Parks and Recreation
TampaGov.net/parks-and-recreation

Temple Terrace Parks and Recreation
TempleTerrace.com

CONTACT US

* All numbers are area code, 813, unless otherwise indicated.

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and director's office 813-307-8000

COMMUNITY HEALTH

Behavioral Health 235-3273
Breast/Cervical Cancer 307-8082
Community Health Director 307-8071
Compass Program 267-6103
Diabetes 307-8009
Epidemiology 307-8010
Health Education 307-8009
Health Literacy 307-8071
Insulin Program 307-8009
Lead Poisoning Prevention 307-8071
Office of Minority Health 307-8066
School Health 307-8071
Tobacco Prevention 559-4760
Weight Management 307-8009

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064
Immunizations 307-8077
Sexually Transmitted Diseases 307-8058
Anonymous Testing 307-8058
Tuberculosis (TB) 307-8047

ENVIRONMENTAL HEALTH 307-8059

HUMAN RESOURCES 307-8031

NUTRITION/WIC 307-8074

PHARMACY

(HIV/AIDS care clients only) 307-8072

PUBLIC HEALTH PREPAREDNESS 307-8042

PUBLIC INFORMATION OFFICER 307-8044

VITAL STATISTICS

(birth and death records) 307-8002

Have a question or comment, email us at
DLCHD29WebsiteDistribution@FLhealth.gov



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

**Florida Department of Health in
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