



It's a New Day in Public Health.

The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

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Prepare Yourself and Your Family for Any Disaster

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Diseases and Other Threats

Our best defense against disasters is to have a well-informed and prepared public. The information and links below provide important information on what to do **before**, **during** and **after** public health emergencies.

General Emergency Preparedness

Disasters can strike at any time. There are steps you and your family can take to help minimize risks to known hazards. This [Emergency Preparedness Guide PDF](#) will help you make a plan and get the right supplies.

Preparedness instructions and tips for pregnant women and new parents:

<http://www.marchofdimes.com/news/2011-storm-season-dont-get-caught-unprepared-for-an-emergency.aspx>

Respiratory Disaster Planning Information and Guide—includes preparedness planning information that can assist oxygen users in getting ready for and being

Contact the Florida Department of Health

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prepared for evacuation in the event of a disaster.

Suggested Healthy Emergency Food—This website provides tips and items to consider when putting together your emergency food supplies.

Also, visit www.floridadisaster.org and www.ready.gov for the latest information on preparing for disasters.

Flu Season: Don't Get Caught

The single best way to protect against the flu is to get vaccinated each year. Your commitment is essential in the prevention of flu for yourself and those you are in contact with. For more information visit CDC's website for the flu season at

<http://www.cdc.gov/flu/about/season/>

[Flu Basics](#)

[Symptoms and Severity](#)

[How Flu Spreads](#)

[Prevention—Flu Vaccine](#)

Natural Disasters

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*Note: This page contains materials in the Portable Document Format (PDF). The free [Adobe Reader](#) may be required to view these files.

#HealthiestWeightFL

65% of adults in Florida are at an unhealthy weight.

Connect with DOH



FEATURED PROGRAMS

HealthiestWeight



FloridaHealth Across the State

Florida's State Surgeon General

Dr. John H. Armstrong

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www.floridacharts.com

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