



**Public Health**  
Prevent. Promote. Protect.  
Dayton & Montgomery County



# Monthly Update

August 2019

*Our Mission: To improve the quality of life in our community by achieving the goals of public health: prevention, promotion and protection.*



## Back to School Immunizations

August is National Immunization Month and Public Health - Dayton & Montgomery County is reminding parents to have their school-age children vaccinated.

“Vaccination is one of the best ways we can protect ourselves, and parents can protect their children, from harmful diseases,” said Michael Dohn, MD, Medical Director, Public Health - Dayton & Montgomery County. “Vaccine-preventable diseases can be very serious, even deadly, especially in infants, young children, and the elderly.”

[Getting vaccinated](#), according to the recommended immunization schedule is one of the most important things a parent can do to protect their child’s health. Diseases can quickly spread among groups of children who aren’t vaccinated. Whether it’s a baby starting at a new childcare facility, a toddler heading to preschool, or a student going back to elementary, middle or high school or college, parents should check their child’s vaccination records.

Childcare facilities, preschool programs, and schools are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs, and other factors such as interacting in crowded environments.

When children are not vaccinated, they are at increased risk for disease and can spread diseases to others in their play groups, child care centers, classrooms and communities – including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

Additionally, the state of Ohio requires children who are entering childcare or school to be vaccinated against certain diseases. Colleges and universities may have their own requirements, especially for students living in a dormitory. Parents should check with their child’s doctor or school to learn about the requirements in their area.

If you haven’t already, check your child’s immunization record and schedule a visit to your physician or call (937) 225-4550 to schedule an appointment at Public Health – Dayton & Montgomery County’s immunization clinic.



## Breastfeeding Awareness Month

Montgomery County is celebrating [Breastfeeding Awareness Month](#) in August. This year's theme "*Empower Families, Support Breastfeeding*" focuses on the importance of supporting all members of a breastfeeding family as well as working to advocate for breastfeeding supportive environments in and around local communities.

The American Academy of Pediatrics and the World Health Organization recommend exclusive breastfeeding for the first six months of life and continued breastfeeding with the addition of appropriate solid food for the first year and beyond.

"In light of the monetary and life-saving benefits of breastfeeding, everyone should support breastfeeding," said "Jeff Cooper, Health Commissioner, Public Health – Dayton & Montgomery County. "Ultimately, our whole society benefits from having healthier mothers, babies, and children when breastfeeding is promoted, protected and supported."

One of the most important things businesses and the community can do is to allow mothers to feel comfortable nursing in public. Hungry babies need to eat and Ohio law allows breastfeeding in public. Businesses can show their support by placing the "Breastfeeding Welcome Here" universal sign for breastfeeding in their windows and educate their staffs on the acceptance of breastfeeding in their establishments. They can also encourage their employees and can provide a private space (other than a bathroom) to pump. This will increase employee retention and reduce medical costs.

For more information about breastfeeding in Montgomery County call Public Health's Women, Infants and Children program (WIC) at (937) 225-4491.



## Women Infants and Children (WIC) Relocation

Public Health will be relocating its West Carrollton WIC location to 8 Prestige Plaza in Miamisburg, the new space will be larger, more centrally located and be better able to serve their growing client base.

The [WIC program](#) provides supplemental food assistance, breastfeeding training and counseling and linkage to services for low income mothers, children and families.

WIC supplemental foods have shown to provide wide ranging benefits. They include longer, safer pregnancies, with fewer premature births and infant deaths; improved dietary outcomes for infants and children; improved maternal health; and improved performance at school, among others. In addition to health benefits, WIC participants showed significant savings in healthcare costs when compared to non-participants.

To find out more call (937) 859-7974.



## National Night Out Against Crime

Public Health, in partnership with the Residence Park Neighborhood Association, hosted a [“Night Out Against Crime”](#) on Tuesday, August 6, at Residence Park in Dayton.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a real sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

“A key part of living a healthy life is having a safe place to live, said Jeff Cooper, Health Commissioner, Public Health – Dayton & Montgomery County. “Exposure to crime and violence can increase the risk of smoking, alcohol and drug abuse; mental illness, anxiety disorders and chronic diseases like heart disease and diabetes.”



## Extreme Heat Safety

Extremely high or unusually hot temperatures can affect your health. The people most vulnerable include the elderly, those who work or exercise outdoors, infants and children, the homeless and individuals with a chronic medical condition.

***Public Health recommends that everyone pay particular attention to the following suggestions:***

### **Stay cool**

- Stay in air-conditioned buildings.
- Do not rely on a fan as your primary cooling device. Use air conditioning if available.
- Limit outdoor activity, especially midday when it is the hottest part of the day and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Adjust blinds, shades, and awnings to keep out the sun.
- Check on at-risk friends, family and neighbors at least twice a day.
- Children and pets should not be left unattended in closed vehicles. Temperatures can reach dangerous levels rapidly.

### **Stay hydrated**

- Drink more water than usual and don't wait until you're thirsty to drink.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water.

**Stay informed**

- Check your local news for extreme heat warnings and safety tips.
- Visit [phdmc.org](http://phdmc.org) to find local information and tips for preventing heat sickness.
- Keep your friends, family and neighbors aware of weather and heat safety information.

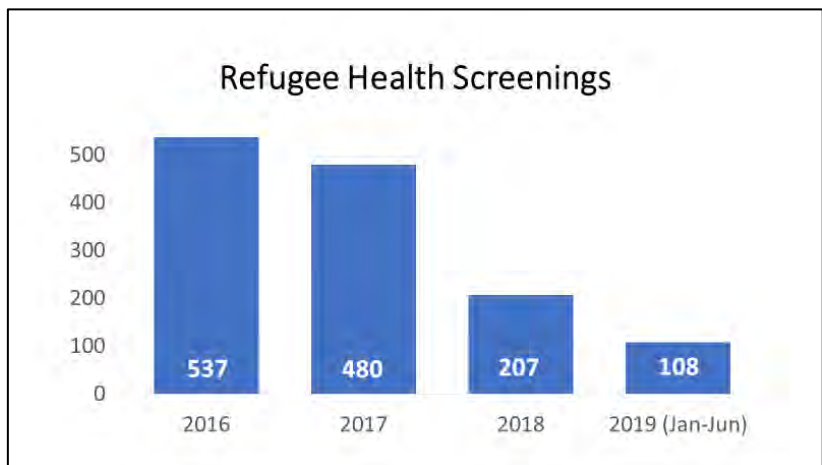
For more information on extreme heat, visit [www.phdmc.org/extreme-heat](http://www.phdmc.org/extreme-heat)



**Refugee Health Screening Program**

Public Health serves as a Civil Surgeon for the United States Citizenship and Immigration Services of the Department of Homeland Security. The [Refugee Health Screening Program](#) completes the “Report of Medical Examination and Vaccination Record” for people referred by Catholic Social Services.

The refugee assessments include a routine history and physical examination, an evaluation for tuberculosis and other infectious diseases, and determination of the individual’s vaccination status. Changes in immigration policy have impacted the number of refugees that Public Health has evaluated during recent years (see graph). After falling for three years, the number of refugee evaluations may increase in 2019. Public Health anticipates about 150 more referrals before the end of the year in addition to the 108 people already seen in 2019. People referred for Refugee Health Screenings are predominately from East Africa.





## Upcoming Events

### Westown Health Fair

Saturday, August 24, 10:00 am to 2:00 pm

Westown Shopping Center

4237 West Third St. Dayton

For more info call (937) 225-5700

Free health screenings including; Mammogram, Blood Pressure, Blood Sugar, Confidential HIV, Hepatitis C and Bone Density.

### Black Breastfeeding Week

Friday, August 30, 1:00 to 3:00 pm

Charles Drew Health Center

1323 W. Third St., Dayton

For more info call (937) 225-5700

The celebration is free and open to all and will include door prizes, refreshments, a photo booth and educational material.



## Media Opportunities:

WKEF for **Safe Sleep** (7/1/19)

WDTN for **Tornado Recovery** (7/1/19)

WKEF for **Extreme Heat** (7/1/19)

WHIO for **Cryptosporidium** (7/2/19)

WKEF for **Mosquitoes** (7/2/19)

WDTN for **Mosquitoes** (7/3/19)

WDTN for **Water Bacteria** (7/9/19)

WDTN for **Vaping** (7/9/19)

Dayton 24/7 Now for **Cryptosporidium** (7/10/19)

DDN for **Overdose Deaths** (7/10/19)

DDN, WDTN, Dayton 24/7 Now for **Measles** (7/12/19)

Dayton 24/7 Now for **Ozone Alert** (7/12/19)

DDN, WDTN for **Measles** (7/15/19)

WYSO for **Measles** (7/18/19)

DDN for **Workplace Smoking** (7/30/19)



## Outreach Opportunities:

**McKinley UMC Health Fair** at McKinley United Methodist (7/13/19)

**MVHO Carnival** at Oak & Ivy Park (7/19/19)

**Mud Volleyball for Epilepsy** at Wegerzyn Garden Center (7/20/19)

**Dayton VA Baby Shower** at Dayton VA Campus (7/20/19)

**Milat Industries Health Fair** at Milat Industries (7/20/19)

**Stat of the Month...**

**97%**

*Two doses of the measles, mumps and rubella (MMR) vaccine  
is 97% effective against the measles.*

*Submitted by:*

**Jeff Cooper**, *Health Commissioner*

**Michael Dohn, MD MSc**, *Medical Director*