



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



Monthly Update

March 2020

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



Coronavirus Disease 2019 (COVID-19) Update

Public Health, along with the Ohio Department of Health (ODH) and the Centers for Disease Control and Prevention (CDC), are closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus. The first case was identified in Wuhan, China. Additional cases have now been identified in a growing number of countries internationally. The United States now has 60 confirmed cases, with NO cases in Ohio. For the latest US case count, [visit the CDC's website.](#)

Public Health’s current response actions include:

- Continue to gather information and monitor ongoing developments.
- Minimize public anxiety and panic by providing education/information via communication with the media, website and social media.
- Continue information sharing with response partners and employees.
- Continue to update the media.
- Begin long-term planning.
- Continue to monitor returning travelers.
- Participate in scheduled ODH and CDC conference calls.
- Provide additional outreach to jails, schools, long-term care, homeless shelters, etc.
- Provide presentations to the community.

Global and China Case and Death Counts as of 2/27/2020.

| Global Cases | China Cases | Cases Outside of China | Deaths in China | Deaths Outside of China |
|--------------|-------------|------------------------|-----------------|-------------------------|
| 83396 | 78958 | 2858 | 2791 | 67 |

Public Information continues to provide updates to its website at the following address: <https://www.phdmc.org/features/311-coronavirus>



FAQ's about COVID-19

Need answers to Frequently Asked Questions about COVID-19?

The CDC has you covered. Find out answers to questions like:

Q: What is a novel coronavirus?

A: A novel coronavirus is a new coronavirus that has not been previously identified.

Q: How does the virus spread?"

A: The first infections were linked to a live animal market, but the virus is now spreading from person-to-person in some countries.

Q: Does CDC recommend the use of facemasks in the community to prevent COVID-19?

A: CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19.

See the full list of FAQ's [here](#).



What to do if You're Sick with the Flu

Most people with seasonal flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, you should stay home and avoid contact with other people.

Some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women and children younger than 5 years, but especially those younger than 2 years old.

People experiencing emergency warning signs of flu should obtain medical care right away.

Emergency warning signs in children

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever

- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

Emergency warning signs in adults

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

If your symptoms worsen, you are in a high-risk group or worried about your illness, contact your health care provider.



World TB Day

Each year, we recognize [World TB Day](#) on March 24. This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the bacillus that causes tuberculosis (TB).

World TB Day is a day to educate the public about the impact of TB around the world, share successes in TB prevention and control and raise awareness of the challenges that hinder our progress toward the elimination of this devastating disease.

Up to 13 million people in the United States have latent TB infection, and without treatment, they are at risk for developing TB disease in the future. We must continue to find and treat cases of active TB disease and also test and treat latent TB infection to prevent progression to disease. In 2019, Public Health performed 1194 Tuberculin Skin tests at our TB Clinic in the Reibold Building. Six confirmed cases of TB were documented in Montgomery County in 2019.

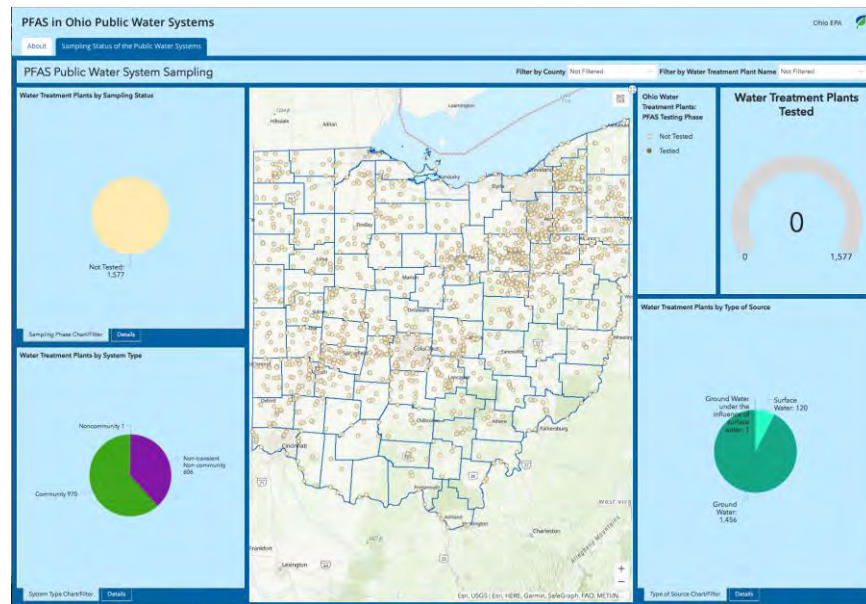


Ohio PFAS Action Plan Update

The Office of Environmental Health has participated on multiple statewide conference calls and webinars with the Ohio Department of Health and the Ohio Environmental Protection Agency regarding Governor DeWine’s “Ohio [Per- and Polyfluoroalkyl Substances \(PFAS\)](#) Action Plan for Drinking Water”. Under this plan, Ohio EPA is coordinating sampling and analysis, through contracted environmental firms and certified laboratories, of approximately 1,500 public water systems statewide for 6 PFAS. The sampling began in February with public water systems serving schools and daycares. Ohio EPA

will work with their contractors to schedule the remaining list of public water systems through the end of this calendar year. PFAS sampling results for public water systems will be published on Ohio’s PFAS web page to allow public access to the data on an interactive dashboard (see below).

In coordination with Ohio EPA and ODH, Public Health will review public water system raw sample data to evaluate potential contamination of nearby private water systems. Upon a PFAS detection in a public water system, Public Health would notify affected private water system owners and provide information on potential PFAS health effects and ways to reduce exposures.



Was it Something I Ate?

CDC’s Division of Foodborne, Waterborne, and Environmental Diseases has produced a new video series, [“Was It Something I Ate?.”](#) The video series presents stories of people who developed serious enteric (intestinal) infections from food or animal contact. The stories include interviews with families who developed Salmonella infection from eating contaminated chicken or contact with backyard poultry. The stories also include a conversation with a CDC veterinarian who investigated an outbreak linked to working with farm animals. The documentary highlights the importance of preventing infections from food or animal contact.

Public Health’s Sanitarians investigate potential foodborne illness outbreaks within Montgomery County. The goal of an investigation is to determine the source of the disease and how it is spread. This information allows health officials to provide the public with precautions and/or effectively eliminate the source of an outbreak. The investigation process includes:

- confirming the diagnosis.
- verifying the disease.

- locating affected persons and providing them with information about the disease.
- looking for potential common modes of transmission among affected persons.
- establishing the source of the disease.
- providing the public with information about the disease, along with prevention measures.

If you have a suspected foodborne illness to report, contact Public Health immediately at (937) 225-4460.



How to Avoid Germs on an Airplane

It's the season for colds and flu — and a newly identified respiratory disease, COVID-19. To cut your risk of catching a respiratory illness on your next flight, experts offer two pieces of common-sense advice: Wash your hands frequently and distance yourself from people who are sick. [This NPR article](#) gives expert advice on how not to get sick on a plane. Statistically, people in window seats come into contact with fewer passengers because they leave their seats less often than those sitting near the aisle. They are also a few more feet away from the action in the aisle, where passersby could be coughing, sneezing and spreading germs.



Rocking Our Red Pumps

Public Health is hosting a free event, [“Rocking our Red Pumps,”](#) to recognize National Women & Girls HIV/AIDS Awareness Day, Friday, March 13 from 5:30 pm - 8:00 pm at The Brightside, 905 E. 3rd Street Dayton.

The evening features education about how to fight against HIV, fun activities, great entertainment, free HIV testing, delicious appetizers, healthy mocktails, and the “Cutest Red Shoes” contest! National Women and Girls HIV/AIDS Awareness Day is a nationwide event to inspire the much-needed dialogue around the impact of HIV on women and girls and encourages them to make the best choices when it comes to sexual health.

According to the [Centers for Disease Control and Prevention \(CDC\)](#), 1 in 9 women living with HIV are unaware they have the virus. The [CDC](#) further states, in 2017, Black/African American women accounted for over half of the HIV cases among women and continues to represent in disproportionate numbers.

The 2020 theme, "*HIV Prevention Starts with Me,*" reminds us that everyone, regardless of their HIV status, can make an impact on preventing new HIV infections in women and their partners. It also encourages women to take charge of their health by educating themselves, using condoms and taking a medicine called [pre-exposure prophylaxis \(PrEP\)](#) if they are at high risk of getting HIV.



Media Opportunities:

- Dayton 24/7 Now on **Coronavirus** (2/4/20)
- WHIO on **Flu** (2/4/20)
- WDTN on **Vaping** (2/6/20)
- WHIO on **Flu** (2/7/20)
- WDTN on **Flu** (2/10/20)
- WHIO on **Rabies** (2/14/20)
- Fox 45 on **Flu** (2/18/20)
- Fox 45 on **Food Access** (2/18/20)
- WDTN on **Community Overdose Action Team** (2/20/20)
- USA Today on **NaloxBox** (2/20/20)
- Dayton Daily News on **Flu** (2/21/20)
- Fox 45 on **COVID-19** (2/25/20)
- Dayton Daily News on **COVID-19** (2/26/20)
- WHIO and WDTN on **COVID-19** (2/26/20)



Outreach Opportunities:

- Valentine Bash** at Drew Health Center (2/14/20)
- Cape Off** at Central State West (2/22/20)
- Safe Sleep Ambassador Training** at Drew Health Center (2/29/20)

Symptoms of Coronavirus Disease 2019 (COVID-19)

Symptoms* can include

- FEVER**
- COUGH**
- SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.

If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

Submitted by:
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