



*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 and responding to the COVID-19 (coronavirus) global pandemic.

As of November 1, 2020, The United States reported **9,105,230** cases with **229,932** deaths. Ohio reported **219,000** cases with **5,303** deaths. Montgomery County reported **12,156** cases with **190** deaths.

For the latest U.S. case count, [visit the CDC's website.](#)

For the latest Ohio and Montgomery County case counts, [visit the ODH Coronavirus website.](#)

### COVID-19 Vaccination Planning; Healthcare Providers Can Enroll to Become Vaccine Providers

In anticipation of a safe and effective COVID-19 vaccine, the Governor's Pandemic Recovery and Response Leadership Team has created a Vaccine Preparedness Office to coordinate a smooth and swift distribution and vaccination process statewide. We are closely monitoring guidance from the CDC - Operation Warp Speed, and the U.S. Food and Drug Administration on the status of each vaccine candidate and are hopeful that one or multiple vaccines might be authorized in the coming weeks and months.

Once a vaccine has been authorized, Ohio expects to receive shipments allocated by the federal government with guidance to first vaccinate high-risk populations including healthcare workers and older adults. In preparation for receiving a vaccine, Ohio has launched an inter-agency working team in collaboration with partners to create and execute a comprehensive vaccination program. A recorded webinar about the Ohio COVID-19 Vaccine Program and how you can participate is available at <https://attendee.gotowebinar.com/recording/7780950630613664012>.

ODH has launched a provider enrollment process with the goal of registering all interested vaccine providers in the coming weeks.

CDC offers a FAQ about COVID-19 vaccination at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

### **CDC Reverts to Previous Guidance Advising COVID-19 Testing for Asymptomatic Individuals**

CDC has reverted to previous guidance regarding testing for SARS-CoV-2 infection, stating that "Due to the significance of asymptomatic and pre-symptomatic transmission, this guidance further reinforces the need to test asymptomatic persons, including close contacts of a person with documented SARS-CoV-2 infection." CDC previously announced that it was up to state and local public health officials and health providers to decide whether close contacts of individuals with documented SARS-CoV-2 infection should be tested.

### **CDC on Retesting Individuals Previously Diagnosed with COVID-19**

At this time, there is limited information about reinfections with SARS-CoV-2. For individuals previously diagnosed with COVID-19 who remain asymptomatic after recovery, CDC does not recommend retesting within three months after the date of symptom onset for the initial COVID-19 infection. For individuals who develop new symptoms consistent with COVID-19 during the three months after the date of initial symptom onset, if an alternative etiology cannot be identified by a provider, then the person may warrant retesting; consultation with infectious disease or infection control experts is recommended. As a reminder, serologic (antibody) testing should not be used to establish the presence or absence of SARS-CoV-2 infection or reinfection, and the "gold standard" for clinical diagnostic detection of SARS-CoV-2 remains RT-PCR.

### **COVID-19 Prevalence Study**

ODH partnered with The Ohio State University to conduct COVID-19 testing across the state to assess how many Ohioans have already contracted COVID-19. The study was conducted over 20 days in July and included a sample of 727 adults. The study showed that during the study period in July, approximately 0.9% of Ohioans were likely infected with SARS-CoV-2, and approximately 1.5% had evidence of COVID-19 antibodies indicating a past infection with the virus that causes COVID-19. More information is available at <https://coronavirus.ohio.gov/static/dashboards/prevalence-covid19-ohioadults.pdf>.

### **Ohio Begins Deploying Abbott BinaxNOW COVID-19 Antigen Tests**

Ohio is deploying Abbott BinaxNOW COVID-19 antigen tests provided by the federal government to colleges and universities to help them implement

proactive screening testing. These tests will also be sent to nursing homes for both routine and outbreak testing requirements. Lab-based PCR tests are still considered the “gold standard” test for clinical diagnostic detection of SARS-CoV-2; it may be necessary to confirm a rapid antigen test result with a nucleic acid test, especially if the result of the antigen test is inconsistent with the clinical context. However, the opportunity to test more broadly and more often is an important step forward in combatting the spread of COVID-19, even with the lower sensitivity and specificity of antigen tests. General guidance for rapid antigen testing for SARS-CoV-2 is available at <https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/antigen-tests-guidelines.html>.

### **Ohio Coronavirus Wastewater Monitoring Network**

In a new initiative to help mitigate the spread of COVID-19, a network across Ohio is studying samples of wastewater to look for the presence of gene copies/fragments of SARS-CoV-2, the virus that causes the disease. Research in the U.S. and elsewhere has shown that non-infectious RNA (ribonucleic acid) from SARS-CoV-2 can be excreted in the feces of both symptomatic and asymptomatic infected people and can be detected in wastewater as many as three to seven days before those infections lead to increases in case counts or hospitalizations.

As such, monitoring raw wastewater in sewage collection systems can provide an early warning of disease increase in a community. Community and public health leaders can use this early warning information to make decisions about protective actions to help limit further spread of the disease before more cases are identified.

This wastewater monitoring initiative is a collaboration among ODH, the Ohio Environmental Protection Agency, the U.S. Environmental Protection Agency, the Ohio Water Resources Center at The Ohio State University, and other participating universities, including The University of Toledo, Kent State University, and The University of Akron. As the network expands, sampling and analysis will include other universities with laboratory capabilities.

More information and data from participating sites are available at <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/dashboards/wastewater>.

### **ODH Updates COVID-19 Reporting Requirements by Clinical Labs to Provide Additional Data**

Previously, clinical labs reported positive COVID-19 results at the individual level and as an aggregate count for all other test results (e.g., negative results). After developing a technology solution to allow its systems to track negative test results for COVID-19, ODH now requires all clinical labs to report all positive, negative, inconclusive, and invalid test results. This will enable

ODH to gather additional data for a more complete picture of how COVID-19 is spreading in Ohio communities, including county-level positivity data in the near future. Detailed guidance for the electronic submission of COVID-19 testing results is available at <https://odh.ohio.gov/wps/portal/gov/odh/known-our-programs/electronic-laboratory-reporting/COVID-19-Reporting/COVID-19-Reporting>.

### **Ongoing Investigation of Multisystem Inflammatory Syndrome (MIS-C) in Children**

In partnership with state and local health jurisdictions, CDC is investigating multisystem inflammatory syndrome in children (MIS-C), a rare but serious complication associated with COVID-19. MIS-C is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs.

According to CDC, children with MIS-C may have a fever and various symptoms, including abdominal pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or fatigue. It is not yet known what causes MIS-C, but many children with MIS-C had the virus that causes COVID-19 or had been around someone with the disease. As of October 15, the number of confirmed MIS-C cases in the U.S. surpassed 1,000 with between 21 – 30 cases in Ohio. More information is available at <https://www.cdc.gov/mis-c/cases/index.html>.

### **Promoting Importance of Child Well Visits and Vaccination During COVID-19 Pandemic**

In Ohio and across the country, there has been a decrease in child well visits and vaccinations administered to protect against diseases like measles, chickenpox, whooping cough, and polio. The Ohio Department of Medicaid will launch several initiatives to encourage childhood immunizations among its members. These efforts will be aimed at increasing safe, convenient access to vaccinations by providing mobile vaccination clinics and reducing administrative barriers for providers. A new public service announcement has been developed to stress the importance of childhood vaccines. The spot is available at <https://www.youtube.com/watch?v=fkqjzW-Wpc0>.

### **Long-Term Health Effects of COVID-19**

CDC is actively working to learn more about the range of short and long-term health effects associated with COVID-19. As the pandemic unfolds, we are learning that many organs besides the lungs are affected by COVID-19 and there are many ways the infection can affect someone's health. One of the health effects that CDC is closely watching and working to understand is heart damage. Click [here](#) for more information

**The hours for the Public Health Clinic have changed due to the COVID-19. Call 937-225-4550 to schedule an appointment.** The Clinic provides specialty services for Sexually Transmitted Diseases (STD), Tuberculosis (TB), and

Refugee Health and is located in the Reibold Building at 117 S. Main St. in Dayton. This change will be in effect until further notice.

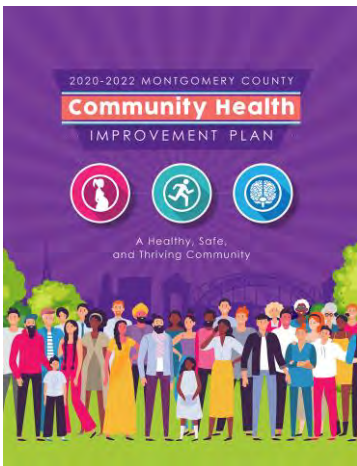
As a reminder, Public Health's specialty clinics are limited to those services and **cannot provide COVID-19 diagnosis, testing, or treatment. If you have been tested for COVID-19, contact your physician to obtain the results.**



### Free COVID-19 Testing Day

Public Health will be hosting another day of free COVID-19 testing for the community, on Tuesday, Nov. 10 from Noon to 5pm at the Montgomery County Fairgrounds, 645 Infirmary Road in Dayton. No appointment or doctor's recommendation required. Please wear a mask.

For more information call 937-225-5700 or visit [phdmc.org](http://phdmc.org).



### 2020-2022 Community Health Improvement Plan

The Community Health Improvement Plan (CHIP) is the second part of a two-part health improvement planning process. The first step was the completion of the 2019 Community Health Assessment (CHA) which evaluated health status and issues impacting Montgomery County's population.

Representatives from a variety of organizations throughout the county met to first select health priorities based on the issues identified in the CHA and then worked to collaboratively create workplans to select strategies to address these issues. The CHIP is a three-year community-driven plan that outlines goals and strategies that will be used by coalitions, task forces, organizations, and citizens to address the identified health priorities in the community.

A PDF copy of the CHIP can be downloaded [here](#).



### World Diabetes Day

World Diabetes Day (WDD) was created in 1991 by the International Diabetes Federation (IDF) and the World Health Organization (WHO) in response to concerns about the fast-growing health threat triggered by diabetes. In 2006, WDD became an official United Nations Day and it is marked every year on November 14.

WDD has become the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The theme for 2020 campaign is The Nurse and Diabetes which will focus around the crucial role that nurses play in supporting people living with diabetes. On World Diabetes Day 2019, the IDF released figures that highlight the shocking growth rate of diabetes around the world. The findings, published in the 9th Edition of the IDF Diabetes Atlas, show that there are now 463 million adults (1-in-11) with diabetes worldwide and it is expected to rise to 578 million by 2030!



What does that look like for Montgomery County? According to the 2019 Community Health Assessment, adults diagnosed with Diabetes (2016-2017) was 13.6% with 15.5% being Male and 12% being Female which revealed a key finding that men were more likely to diagnosed with diabetes than women. Another key finding was that the death rate for Diabetes for Black men was 2 times the rate of all Montgomery County.

**Call to Action:** What can you do? The power of one is great when we all band together! How can you can get involved?

#### **EXERCISE IN BLUE on November 14**

Whichever way you choose to exercise, make sure to take all the recommended precautions and WEAR BLUE to show your support for #WorldDiabetesDay and the #NursesMakeTheDifference campaign.

#### **PUT A BLUE CIRCLE IN YOUR WINDOW on November 14**

Display a blue circle in your home or workplace to show support for people affected by diabetes.

#### **SHINE THE LIGHT ON DIABETES with BLUE LIGHTING**

Since the introduction of the blue circle in 2006, monuments, buildings and homes around the world have been lit blue for diabetes awareness on World Diabetes Day. This year keep the tradition going by lighting your homes and businesses on November 14.

For more information please visit <https://worlddiabetesday.org/>



### **Food Safety Tips for your Holiday Turkey**

**Due to the high rate of spread of COVID-19 in our community, Thanksgiving celebrations should be limited to only members of your household that live together.**

Handling poultry (chickens and turkey) incorrectly and undercooking it are common problems that lead to foodborne disease outbreaks linked to poultry. Follow these tips to help you safely prepare your next holiday turkey meal.

#### **1. Thaw Your Turkey Safely**

- In the refrigerator in a container
- In a leak-proof plastic bag in a sink of cold water (change the water every 30 minutes), or
- In the microwave, following the microwave oven manufacturer's instructions.

Never thaw your turkey by leaving it out on the counter. A thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than 2 hours, its temperature becomes unsafe. Bacteria can grow rapidly in the “danger zone” between 40°F and 140°F.

## **2. Handle Your Turkey the Right Way**

Raw poultry can contaminate anything it touches with harmful bacteria. Follow the four steps to food safety—[clean, separate, cook, and chill](#)—to prevent the spread of bacteria to your food, family, and friends.

## **3. Cook Stuffing Thoroughly**

Cooking stuffing separately from the turkey in a casserole dish makes it easy to be sure it is thoroughly cooked. If you cook stuffing in the turkey, put the stuffing in the turkey **just before** cooking.

With either cooking method, use a food thermometer to make sure the stuffing’s center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and may then cause food poisoning. If you cook stuffing in the turkey, wait 20 minutes after taking the bird out of the oven before removing the stuffing; this allows it to cook a little more. Use a food thermometer to check for a safe internal temperature.

## **4. Cook Your Turkey Thoroughly**

Set the oven temperature to at least 325°F. Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the turkey. Use a food thermometer to make sure the turkey has reached a safe internal temperature of 165°F. Check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Even if your turkey has a pop-up temperature indicator, you should still use a food thermometer to check that it is safely cooked.

Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

## **5. Take Care of Leftovers**

The bacteria [Clostridium perfringens](#) grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning. The major symptoms are vomiting and abdominal cramps within 6 to 24 hours after eating.

- *Clostridium perfringens* outbreaks occur most often in November and December.
- Many of these outbreaks have been linked to foods commonly served during the holidays, such as turkey and roast beef.

Refrigerate leftovers at 40°F or colder as soon as possible and within two hours of preparation to prevent food poisoning. Slice or divide big cuts of meat, such as a roast turkey, into small quantities for refrigeration so they will cool quickly. Reheat all leftovers to at least 165°F before serving.

For more information about holiday food safety, [click here](#).



### **Public Health Offering More Options for Tobacco Cessation**

Public Health's [Tobacco Cessation Program](#) provides free tobacco cessation programming to all residents of Montgomery County. Public Health expanded our services to not only include in-person group cessation but also one-on-one telephonic cessation, and virtual group cessation that will launch in November 2020. This will allow participants to choose which cessation format they would like to participate in to ensure success with their quit. The program follows an adaptation of the 8-week LIFT (Living Independently From Tobacco) curriculum.

Each week will focus on a different topic that ranges from “Thinking About Quitting” to “Staying Quit for Good.” The last two sessions are designed to give participants additional weeks of support and can be attended at any time throughout the year. Public Health's Tobacco Cessation Program recently began working with The Enhanced Recovery After Surgery and Perioperative Surgical Home group at Kettering Health Network to provide an accelerated cessation program for KHN Neurosurgery Group patients. The goal of the program is to get patients nicotine free prior to their procedures in effort to reduce risk for complications associated with nicotine. The program launched in October 2020.

New to the Tobacco Prevention and Cessation Program is The Community Conscious Retailer Program. This is a community-based program that will work with alcohol, tobacco, and lottery retailers with the goal of having them adopt practices that reduce early initiation of substance use and gambling. The program has 4 tiers that are based on adherence to best prevention practices in the categories of: signage, product placement, transactions, procedures, and workplace. Public Health will work with retailers in identified neighborhoods to recruit businesses to enroll in the program and continue to monitor businesses to ensure they are adhering to program standard. Retailers who participate in the program will receive advertising, store safety upgrades, media coverage, and branded material showing participation in the program. The goal for the first year of the program is to have 10 retailers enroll in the program.





### Media Opportunities:

- 10/2/2020 – DDN, Fox 45, WDTN - COVID-19 Trump Positive
- 10/5/2020 – CNN Fox 45 - COVID-19 Contact Tracing
- 10/5/2020 - DDN - COVID-19 Schools
- 10/7/2020 - Fox 45 - COVID-19 Contact Tracing
- 10/8/2020 - Fox 45 - COVID-19 University of Dayton
- 10/13/2020 - Columbus Dispatch - COVID-19 Bars & Restaurants
- 10/14/2020 - DDN - COVID-19 City of Dayton
- 10/14/2020 - WHIO - COVID-19 Rise in Cases
- 10/16/2020 - Spectrum News - COVID-19 Testing
- 10/19/2020 - WYSO - LGBT Her/History Rubi Awards
- 10/19/2020 - Spectrum News - LGBT Her/History Rubi Awards
- 10/19/2020 – DDN, WHIO, WDTN, Fox 45 - COVID-19 Testing
- 10/19/2020 - WHIO - COVID-19 DORA
- 10/19/2020 - DDN - COVID-19 DORA
- 10/19/2020 - Stringer - COVID-19 Testing
- 10/19/2020 - DDN - COVID-19 10,000 Cases
- 10/19/2020 - DDN - COVID-19 Schools
- 10/21/2020 - Fox 45 - COVID-19 Halloween
- 10/21/2020 - Fox 45, WDTN - COVID-19 Rise in Cases
- 10/22/2020 - WDTN - COVID-19 Mask Contest
- 10/23/2020 - DDN - COVID-19 UD Death
- 10/27/2020 - WHIO - COVID-19 Halloween
- 10/27/2020 - I Heart Radio - COVID-19
- 10/28/2020 - DDN - COVID-19 MonDay
- 10/28/2020 - WDTN - COVID-19 Advisory System
- 10/30/2020 - WDTN – COVID-19 Testing
- 10/30/2020 - Fox 45 - Halloween



For answers to your COVID-19 questions, call Public Health at 1-937-225-6217 or the Ohio Department of Health at 1-833-4-ASK-ODH (1-833-427-5634).

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