Monthly Update
September 2022

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

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

COVID UPDATE

Montgomery County COVID-19 Level is High

As of August 26, Montgomery County continues at a **High Level** in the [CDC Community COVID-19 Levels Framework.](#)

The two-week incident case rate **decreased** from 418.7 per 100,000 last week to 390.8 per 100,000 this week. The two-week incident rate (390.8 per 100,000) is **more than 1.5 times lower** than the rate this time last year (686.1 per 100,000).

COVID-19 Community Levels are a tool to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area.

When a county is designated at a high level in the CDC's framework, the following actions are recommended:
· [Wear a mask indoors](#) in public regardless of vaccination status
· Stay [up to date](#) with COVID-19 vaccines
· [Get tested](#) if you have symptoms
· Additional precautions may be needed for people [at high risk for severe illness](#)

If you are immunocompromised or at high risk for severe disease, learn more about [how to protect yourself](#) with additional CDC recommendations for each COVID-19 Community Level.

Public Health along with our State and Federal partners will continue to monitor the status of the COVID-19 pandemic and make revised recommendations should conditions warrant.
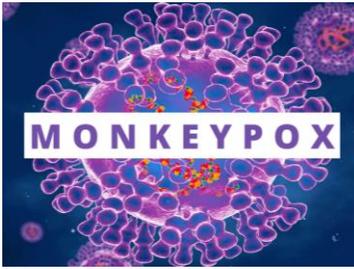
Monkeypox Continues

Public Health continues to work to stop the spread of Monkeypox in our community through education, case management and vaccination of close contacts of Monkeypox cases, as well as others at high risk of infection.

As of August 31, according to the CDC there were 51,257 global cases, 18,989 U.S. cases, 172 Ohio cases and 4 Montgomery County cases. There have been no U.S. deaths to date.

Monkeypox spreads through direct skin-to-skin contact with the infection rash, scabs, or body fluids. It can also be spread through respiratory droplets during prolonged, face-to-face contact or during intimate physical contact. At this time, data suggest that gay, bisexual, and other men who have sex with men make up the majority of cases in the current monkeypox outbreak. However, anyone, regardless of sexual orientation or gender identity, who has been in close, personal contact with someone who has monkeypox is at risk. Take steps to prevent getting monkeypox. If you have any symptoms of monkeypox, talk to a healthcare provider.

Public Health to Offer Monkeypox Vaccine to At-Risk Groups

Public Health is currently focusing on vaccinating those Ohio residents 18 years of age or older, at highest risk of getting Monkeypox, including those who fall into the following categories:

1) Men who have sex with men, or any male identified gender diverse people who, in the last 2 weeks, have had:
• Multiple Sexual Partners
• Anonymous Sexual Partners
• Attended a Sex Party

2) Persons of any gender or sexual orientation who exchange sex for money, shelter, food, and/or other goods or needs.

Individuals in these categories should register at the link below. Once registered, Public Health staff will contact you to schedule an appointment as vaccine becomes available.

Register for Waiting List Here

Blood Pressure Kit Library Lending Program

Public Health and the Dayton Metro Library are partnering to launch a Blood Pressure Kit Library Lending Program in October, with the goal of bringing awareness to the importance of knowing your blood pressure numbers. The incidence of high blood pressure is prevalent in our community and is often

undiagnosed in early stages. Prolonged untreated high blood pressure can lead to more severe heart diseases and stroke.

Data from the most recent Montgomery County Community Health Assessment reported that heart disease is the leading cause of death for Montgomery County residents. Decreasing the number of emergency and non-emergency hospital visits for heart attacks, strokes, and hypertensive disease was identified as a primary goal in the Montgomery County Community Health Improvement Plan.

This program is in collaboration with the Dayton Metro Library System and is beginning as a pilot at seven branch locations, including the Electra C. Doren Branch (45404), Huber Heights Branch (45424), Main Library Branch (45402), Northwest Branch (45406), Trotwood Branch (45426), West Carrollton Branch (45449), and West Branch (45417). Each library will be provided a kit that will include a blood pressure cuff monitor, a tracking card to record readings, and educational information. Public Health is hopeful that by offering this program to the community, it will provide individuals with the resources to identify high blood pressure early and take action to take control of their health.

September Is National Food Safety Education Month

Public Health's Office of Environmental Health provides routine inspections of local food service operations to help ensure the safety of the food you eat.

This month, take an active role in preventing foodborne illness, also known as "food poisoning." The Federal government estimates that there are about 48 million cases of foodborne illness annually – that's about 1 in 6 Americans each year. Each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

Following simple food safety tips can help lower your chance of getting sick.

- Safe Food Handling – Follow these four key steps to food safety.

- Food Safety in Your Kitchen – Get tips for food safe shopping, storage, and meal prep.

- People at Risk of Foodborne Illness – Learn what groups are more at risk for foodborne illnesses.

- Food Safety for Pregnant Women – Find food safety information for before, during, and after pregnancy.

Everyday Food Safety for Young Adults – Learn about food safety whether you're cooking at home, dining out, or eating ready-made meals on the go.

Annual Montgomery County Environmental Services Tire Buy Back

It's that time again, the 9th Annual Montgomery County Environmental Service (MCES) Tire Buy Back Event will be on Sunday September 18, 2022. The MCES will pay $2 dollars per tire, and each vehicle load is limited to a maximum of 10 tires. Hauling more than 10 tires without an approved registration from the state is in violation of ORC 373.83 and is a felony. The MCES works closely with Public Health, City of Moraine Streets and Police Departments, City of Dayton Public Works, MC Sheriff's Office, and The Ohio EPA for this huge undertaking. The collection of tires is limited to passenger vehicle tires only. Last year at the 8th annual Tire Buy Back Event They collected 11,754 tires. In total this event has collected 131,712 tires.

Used tires cause a major impact on the environment. Globally nearly 1 billion tires are scrapped per year. Nearly 279 million tires are scrapped in the United States annually. Tires that have not been recycled can take valuable space in landfills. Scrapped tires that are not disposed of in a landfill or recycled cause other environmental impacts.

Piles of tires have a possibility of catching on fire and once they ignite, they release toxic smoke and are very difficult to extinguish. Scrap tires with no rims also are a source of mosquito breeding. Mosquito borne diseases that currently occur in Ohio are eastern equine encephalitis virus, La Crosse virus, St. Louis encephalitis and West Nile virus. Ohio department of Health currently tests mosquito pools throughout Ohio for the presence of West Nile virus.

Currently 19 counties in Ohio have mosquito pools that have tested positive for West Nile Virus. Montgomery County is not one of those counties, but positive pools were identified in Clark County.

National Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

Public Health's Emergency Preparedness program reminds you to make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

This comprehensive guide provides detailed information on how best to prepare for disasters within families and communities. Learn general disaster preparedness tips and best practices to inform your planning.

Grief Recovery Specialists

Public Health Addiction Services employees Gary Gonnella and William C. Roberts, II recently completed a 4-day training session to became Grief Recovery Method (GRM) Specialists, Certified by the Grief Recovery Institute. The training was the brainchild of GRM trainer Lois Hall, a retired Ohio Department of Health Epidemiologist and former Director of the Ohio Public Health Association.

Montgomery County has had numerous traumatic events occur within the past few years and many people are living with unresolved grief. *The Grief Recovery Method* is a comprehensive evidence-based program that helps people recover and heal from loss. Most people can easily identify grief through the loss of a loved one but have never been able to identify nor grieve about other significant losses in their lives.

The Grief Recovery Method provides a pragmatic effective way to heal from loss. It is an 8-session class that requires participants to complete homework in between sessions and be prepared to work through their issues of grief.

When individuals experience grief in their lives, they sometimes turn to alcohol or drugs as an artificial relief. The Grief Recovery Method can help counselors identify when an individual is suffering from grief and provide them with ways to cope, beyond the use of drugs or alcohol.

Media Opportunities:

8/5/2022 - DDN - COVID-19
8/8/2022 - DDN - Monkeypox
8/8/2022 - WHIO - Monkeypox
8/10/2022 - WKEF - Monkeypox
8/10/2022 - WHIO - Monkeypox
8/10/2022 - WDAO - Men's Health Lecture Series
8/11/2022 - WKEF - COVID-19 Back to School
8/12/2022 - WYSO - COVID-19 Back to School
8/15/2022 - DDN - COVID-19 CDC Recommendations
8/16/2022 - ABC 22 - Monkeypox
8/18/2022 - DDN - Infant Formula Bill
8/18/2022 - ABC 22 - Infant Formula Bill
8/18/2022 - Spectrum News - Infant Formula Bill
8/18/2022 - Flyer News - Monkeypox
8/25/2022 - DDN - COVID-19 Case Update
8/29/2022 - DDN - COVID-19 Home Tests
8/31/2022 - WDTN - Overdose Awareness Day

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU

CDC

Submitted by:
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