

Monthly Update

November 2022

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



Montgomery County COVID-19 Level is Medium

The Centers for Disease Control and Prevention (CDC) has designated Montgomery County as a Medium Level in its [COVID-19 Community Level Framework](#), driven by an increase in new COVID-19 hospital admissions per 100,000 population.

The COVID-19 Community Levels system is 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.

All individuals who are ages 5 years and up are encouraged to get vaccinated with the updated COVID-19 booster. Contact your local pharmacy, visit vaccines.gov or phdmc.org for vaccination opportunities near you.

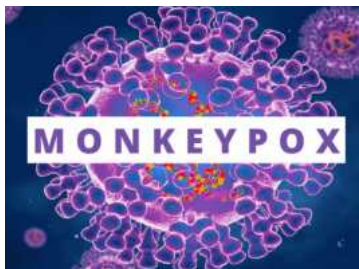
At medium COVID-19 Community Levels, individual decisions to wear a mask should be informed by individual risk. Individuals at high risk of getting sick should wear a mask indoors in public. Those with contact with someone who is at high risk should consider self-testing to detect infection before contact and wearing a mask when indoors with them. All individuals should wear a well-fitting mask if they have symptoms of COVID-19, if they had a positive SARS-CoV-2 test in the past 10 days, or if they had recent exposure to someone with SARS-CoV-2 infection.

When a county is designated at a medium level in the CDC's framework, the following actions are recommended:

- If you are [at high risk for severe illness](#), talk to your healthcare provider about whether you need to wear a mask and take other precautions

- Stay [up to date](#) with COVID-19 vaccines including boosters
- Get [tested](#) if you have symptoms
- Follow CDC recommendations if you test positive or are exposed to someone who has COVID-19

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 (MPX) Update

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

[According to the CDC](#) as of October 26, there were 28,087 total cases of MPX in the United States with 6 deaths. In Ohio there have been 325 cases and 8 cases in Montgomery County.

MPX 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 MPX outbreak. However, anyone, regardless of sexual orientation or gender identity, who has been in [close, personal contact](#) with someone who has MPX is at risk. Take steps [to prevent getting MPX](#). If you have any [symptoms of MPX](#), talk to a healthcare provider.

Public Health to Offer MPX 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 MPX, including those who fall into the following categories:

Those individuals who are ages 18 and up, residents of Ohio, and are any of the following:

- People of any sexual orientation or gender identity who have or may have multiple or anonymous sex partners, or who participate or may participate in group sex
- People of any sexual orientation or gender identity whose sex partners are eligible per the criteria listed above
- People who know or suspect they have been exposed to MPX in the last 14 days

- Anyone else who considers themselves to be at risk for MPX through sex or any other intimate contact.

Individuals in these categories should call the Public Health Clinic at 937-225-4550 to schedule an appointment for vaccination.



Benefits of Getting the Flu Vaccine

Influenza (flu) severity varies from year to year, but [flu season](#) always brings serious consequences. Flu outbreaks were limited in the 2020–2022 seasons due to widespread use of COVID-19 prevention measures like masks and social distancing. But flu viruses never went completely away.

As COVID-19 prevention measures were relaxed, flu viruses and flu-related complications like pneumonia and heart attacks resurfaced. Flu outbreaks are unpredictable; vaccination is the best preparation for any influenza season.

Flu vaccination is the best way to prevent flu and its complications. Everyone age 6 months and older is recommended to get a yearly flu vaccine. This can markedly lower the risk of influenza-related illness, hospitalization, and death. And because flu and COVID-19 share many symptoms, preventing flu means fewer people will need to seek medical care and testing for flu and COVID-19, saving time, money, and stress. Flu vaccine may be given at the same time as COVID-19 vaccine.

To get a flu vaccine contact your healthcare provider, a local pharmacy, or Public Health at (937) 225-4550.



Food Summit Registration Now Open

The 12th annual Montgomery County Food Summit is being held Thursday, November 10, 2022, from 8 a.m. to 12 p.m. at Sinclair Community College's Great Hall. The theme this year is: "Beyond the Plate – Celebrating Cultures in the Kitchen."

The Food Summit is free and open to anyone who is interested in learning more about Food Security in Montgomery County, and what steps they can take to help reduce food deserts in our community.

To register, [visit the Montgomery County Food Equity Coalition's website.](#)



Community Health Assessment Now Available Online

Montgomery County's Community Health Assessment (CHA) is [now available online](#). The CHA provides comprehensive information on the community's current and past health status, factors contributing to higher health risks and poorer health outcomes, disparities, needs in the community, and community resources available to improve health.

The new online format allows for a more interactive experience as data from different years and for different populations can be selected. This format will also allow Public Health to share more up-to-date information by updating dashboards as new data is released.

The CHA is a valuable resource to local governments, community agencies, healthcare providers and residents to help aid them in identifying priority health issues, developing goals, and selecting strategies to improve individual's health.

"We encourage organizations and community leaders who seek to improve health outcomes in our community to review the data and use it to help them make informed decisions about program goals and activities," said Montgomery County Health Commissioner, Jennifer Wentzel.

The data comes from multiple sources including surveys and surveillance systems. Using multiple data sources allows for a comprehensive picture of the community.

The CHA will be instrumental in developing the 2023 Community Health Improvement Plan (CHIP). This strategic plan will help guide health-related activities and will be created in consultation with community partners. It will also align with existing regional and state strategic plans. Data sets found in the CHA are centered around 4 broad categories: Population Characteristics, Behavioral Health, Physical Health, and the Social Determinants of Health. The CHA is produced and managed by Public Health's Epidemiology Program, data highlights may be found in the [Executive Summary](#).

The full Community Health Assessment may be viewed at www.cha.phdmc.org.



NaloxBox Program Makes Lifesaving Narcan Available to Local Businesses

The Community Overdose Action Team (COAT) is reintroducing a program that allows Montgomery County businesses to request a free lifesaving NaloxBox to be placed at an office or business location.

The NaloxBox contains the overdose-reversing drug naloxone ([Narcan](#)) and is similar to a mounted Automated External Defibrillator (AED), making this life-saving drug accessible to anyone in the event of an opioid drug overdose. The NaloxBox is designed to increase access to Narcan, reduce stigma, and save

lives. The NaloxBox units are easily identifiable plastic surface-mounted enclosures that can be placed in a central location in high-traffic or high-risk buildings.

“The use of Narcan has proved to be very effective in the reversal of overdoses caused by opioids,” said Jennifer Wentzel, Health Commissioner, Public Health – Dayton & Montgomery County. “The more places we can make Narcan available, the more lives we can save.”

The NaloxBox improves the capacity of bystanders to save the lives of victims of opioid overdose by increasing access to naloxone with easy-to-use instructions to administer the drug. In the event of an overdose, bystanders should call 911 immediately and then use the NaloxBox to administer Narcan as directed.

“Our community has come together to tackle the nationwide opioid crisis, and we’ve been successful in reducing accidental overdose deaths and improving access to addiction treatment services,” said Dawn Schwartz, Community Overdose Action Team Project Manager, Public Health - Dayton & Montgomery County “Having naloxone readily available for local businesses is another step in the right direction, reducing the stigma around opioid addiction and providing free, life-saving medication to reverse the effects of an accidental overdose.”

To obtain Narcan for your business, contact Dawn Schwartz, Community Overdose Action Team Project Manager, Public Health - Dayton & Montgomery County at (937) 225-6026. More information about the NaloxBox may be found here: <https://www.naloxbox.org/>



Volunteers Plant Trees in Areas Impacted by Memorial Day Tornadoes

On Saturday October 22, volunteers from Public Health joined with others in the community for a tree planting event in specific areas devastated by the 2019 Memorial Day tornadoes – Trotwood, Harrison Township and Old North Dayton. The event was organized by [RETREET](#) and [Keep America Beautiful](#).

Volunteers were taught proper tree planting techniques, then arranged into small groups and sent to home sites throughout the affected communities to plant trees for residents rebuilding in the wake of the damage.

The group planted a total of 140 trees throughout the afternoon. Many thanks to all who participated in this important volunteer effort.





25 Days of Fitmas Challenge is Back!

Put self-care and healthy living on the top of your Christmas list with Public Health's "25 Days of Fitmas Challenge".

The challenge is designed to help you start and maintain healthy habits during the holiday season. Amidst the chaos of the holiday season, this challenge will help you prioritize your health and well-being.

To participate in this free challenge, [individuals must register on Public Health's website](#) before November 28, 2022. The "25 Days of Fitmas Challenge" begins December 1, 2022.

For more information, please contact us at FitmasChallenge@phdmc.org



Holiday Tips for Healthy Celebrations

With the holiday gatherings approaching, Public Health is offering the following tips to help you and your loved ones stay healthy throughout the season.

- Stay home if you are sick.
- If you test positive for COVID-19, isolate for at least 5 days and until symptoms resolve, and wear a mask for 5 more days when around others.
- Stay up to date with vaccinations including the updated COVID-19 booster and the flu shot.
- Plan ahead when scheduling your vaccines, COVID-19 and flu shots take 2 weeks to be effective.
- Protect others by limiting the size of gatherings, wearing a facemask, and testing before gathering with vulnerable friends and family.
- Wash your hands often to avoid getting sick, especially after using the restroom and before preparing or eating food.
- Get tested if you have symptoms of COVID-19 or the flu. Talk to your doctor to learn if there are treatments to help you feel better sooner.
- Be accepting of others who wish to take added precautions to protect themselves or others.
- Ventilate your home by getting fresh air into your home, filtering the air that is there, and improving air flow.
- Consider wearing a mask on planes, trains, and buses during crowded holiday travel to avoid becoming infected or infecting others.

For more information visit www.phdmc.org or call 937-225-5700



Work for Public Health

Public Health invites you to think about serving your community by joining our team. There are several openings available. Public Health is a culturally diverse organization committed to providing an inclusive and equitable place of employment. We are dedicated to public service and committed to quality relationships with one another and the community we serve.

For a complete list of job openings visit our website
<https://www.phdmc.org/about/employment-postings>.



Salute to Veterans

During the month of November Public Health salutes its employees who are veterans of the United States Armed Forces, thank you for your service.

[Watch the video here.](#)



Media Opportunities:

- 10/3/2022 - DDN - Maternal Health
- 10/7/2022 - DDN - COVID-19 Low Level
- 10/10/2022 - WHIO - Scrap Fire
- 10/11/2022 - WYSO - COVID-19 and the Flu
- 10/11/2022 - DDN - Overdoses
- 10/12/2022 - DDN - Vaping
- 10/12/2022 - WHIO - LGBTQ Youth Discrimination
- 10/13/2022 - DDN - COVID-19 Misinformation
- 10/19/2022 - DDN - COVID-19 Boosters
- 10/20/2022 - DDN - Community Health Assessment
- 10/27/2022 - WDTN - COAT NaloxBox
- 10/27/2022 - ABC 22 - COAT NaloxBox
- 10/31/2022 - DDN - Gonorrhea cases

Get the
FLU  **SHOT**
 not the flu!

Submitted by:

Jennifer Wentzel, M.P.H., Health Commissioner and **Becky Thomas, MD, MPH, CHES, Medical Director**

