



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](https://www.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.



WHO renames monkeypox as “mpox”

Following a series of consultations with global experts, the World Health Organization (WHO) will begin using a new preferred term “mpox” as a synonym for monkeypox. Both names will be used simultaneously for one year while “monkeypox” is phased out.

According to the WHO, “When the outbreak of monkeypox expanded earlier this year, racist and stigmatizing language online, in other settings and in some communities was observed and reported to WHO. In several meetings, public and private, a number of individuals and countries raised concerns and asked WHO to propose a way forward to change the name.”

Assigning names to new and to existing diseases is the responsibility of WHO under the International Classification of Diseases (ICD) and the WHO Family of International Health Related Classifications through a consultative process which includes WHO Member States.

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

[According to the CDC](#) as of December 1, there were 29,603 total cases of mpox in the United States with 17 deaths. In Ohio there have been 380 cases with 14 cases in Montgomery County.

The disease 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 mpox outbreak. However, anyone, regardless of sexual orientation or gender identity, who has been in [close personal contact](#) with someone who has mpox is at risk. Take steps

[to prevent getting mpox](#). If you have any [symptoms of mpox](#), talk to a healthcare provider.

Public Health to offer mpox 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 mpox, 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 mpox in the last 14 days
- Anyone else who considers themselves to be at risk for mpox 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.



Public Health Reminds Parents to Have Children Vaccinated for Measles

Due to an ongoing measles outbreak in Columbus, the first in Ohio since 2014, Public Health reminds parents about the importance of children being vaccinated to protect them from getting measles.

“Immunization is the most important way to keep people safe from vaccine preventable diseases like measles,” said Dr. Becky Thomas, Medical Director, Public Health - Dayton & Montgomery County. “But unfortunately, the rates of routine childhood vaccinations have been declining in the United States.”

[Unvaccinated individuals are at risk of infection and severe disease](#). Measles is very contagious and spreads to about 9 out of 10 unvaccinated children who are exposed, even before children have symptoms. Measles virus **can live for up to two hours in an airspace after an infected person leaves an area**. In addition, **1 in 5** children with measles will need to be hospitalized.

If people do not get recommended vaccinations, diseases like measles, polio, and whooping cough will once again become more common, putting children at risk of serious complications from diseases that can be prevented by available vaccines.

[The Centers for Disease Control and Protection recommends](#) all children get two doses of MMR (measles-mumps-rubella) vaccine, starting with the first

dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age.

The measles vaccine is safe and effective with hundreds of millions of doses given safely over the last 50 years. Contact your local pharmacy or healthcare provider. In addition, Public Health is providing measles vaccinations at its clinic located in the Reibold Building, 117 S. Main St. in downtown Dayton.

To schedule an appointment call 937-225-4550.



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.

Holiday Tips for Healthy Celebrations



STAY HOME 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.

Be kind Protect others by limiting the size of gatherings, wearing a facemask, and testing before gathering with vulnerable friends and family.

Wash YOUR Hands Wash your hands often to avoid getting sick, especially after using the restroom and before 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

10/25/22



National Influenza Vaccination Week

National Influenza Vaccination Week (NIVW) is an annual observance in December to remind everyone 6 months and older that there's still time to get vaccinated against flu. Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including young children. Millions of children get sick with flu every year, and thousands will be hospitalized as a result.

Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to prevent flu. Flu vaccines are the only vaccines that protect against flu and are proven to reduce the risk of flu illness, hospitalization, and death.

Together, we can use NIVW as a nationwide call to action to encourage everyone 6 months and older to get their annual flu shot, especially young children and others at higher risk. More people vaccinated against flu, means more people are protected from flu.

[Public Health's Immunization Clinic](#) provides [routine vaccines](#) for infants, children, teens, and adults. The clinic also provides vaccines for international travelers, those with occupational risk, medical indications, and for post-exposure disease control efforts. The clinic is located on the 3rd floor of the Reibold Building at 117 South Main Street in Dayton.

To schedule an appointment to get your flu shot or other vaccinations, call (937) 225-4550 during regular business hours.



Ohio Infant Mortality Summit

Public Health leadership and staff attended the [Ohio Infant Mortality Summit](#) held December 2 at the University of Dayton.

The theme of the summit was “Mobilizing Communities, Keeping Ohio Babies Safe.” The workshops and discussion focused on community engagement, best practices, optimizing data, legislation and policies and racial disparities.

The information provided will help inform Public Health's Child and Maternal Health team as they plan and execute strategies designed to improve health outcomes for mothers, children and their families.

For more information about maternal health call Public Health's Mom's & Babies First program at 937-224-3696 or visit www.phdmc.org.



Ohio's Imagination Library

Clients of Public Health's Maternal and Child Health programs including WIC, Mom's & Babies First and the EveryOne Reach One Maternal and Child Health Task Force can now receive information and assistance in registering for [Ohio's Imagination Library](#).

The program is open to all Ohio children, up to age 5. Every month, the program provides children a free age-appropriate book that is mailed directly to their homes. [Enrollment](#) is required.

According to the Imagination Library, "Across the state of Ohio, there are men and women who struggle to read a food label, follow their doctor's written instructions, or read a bus schedule. Each of these individuals is just one of the 36 million American adults who are considered functionally illiterate. This simple fact of literacy is one of the single greatest predictors of a person's ability to succeed."

Currently, 358,550 kids in Ohio are signed up for the Imagination Library's book lending program. Public Health is pleased to add the library's resources to its programming.



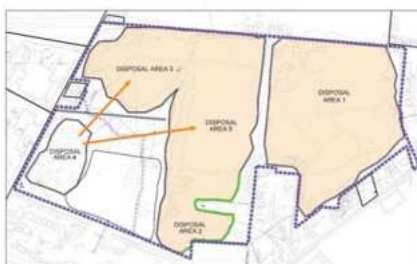
Valleycrest Landfill Superfund Site - November Update

Work continues to be made at the North Sanitary Landfill Superfund site along Valley Pike in Old North Dayton, also known as the Valleycrest Landfill. Designated as a federal superfund site in 1994, this project will ultimately provide more protection for residents and the environment as well as new land uses for the area. Crews have completed the relocation of material, liner installation and sand drainage layers in Disposal areas 3 and 5. Six inches of topsoil will be placed on top of these layers for vegetative growth. Perimeter air monitoring for dust and odors continues and no readings have registered above the federal standards. Work will continue into next year and all activities are scheduled to be completed by fall 2023. This project is being overseen by the USEPA and Ohio EPA.

For a complete update from the EPA visit

<https://semspub.epa.gov/work/05/978531.pdf>

Valleycrest Landfill Superfund Site





Legal Sports Betting Could Lead to More Gambling Addiction

With the January 1 launch date of legalized sports betting in Ohio, the chances will increase that more people may become addicted to gambling.

According to the National Council on Problem Gambling, “nationally between 1% and 3% of the general adult population, or over 5.1 million people, experience a gambling problem every year. In addition, gambling problems are often hidden, and many people may not be aware of them”.

In many people, a gambling addiction also co-exists alongside other problems such as an alcohol disorder or substance abuse.

“As more States continue to legalize sports betting the chances are even greater for individuals to develop a gambling addiction,” said William Roberts, Recovery Services Senior Manager, Public Health - Dayton & Montgomery County. “The ease of mobile betting increases the temptation to bet more than you can afford to lose and makes it easier to hide your betting from concerned loved ones.”

Help yourself and your friends by knowing the signs of problem gambling:

- Borrowing money to gamble
- Lying about time or money spent on gambling
- Betting more over time to feel the same sense of excitement
- Exaggerating wins and minimizing losses
- Spending a lot of time gambling or thinking about gambling
- Hiding bills or debts
- Becoming irritable when not gambling

Gamblers may take this confidential self-assessment quiz to help them understand if they may have a problem, <https://www.beforeyoubet.org/the-quiz/>

Public Health’s [Recovery Services](#) program offers FREE help for gambling disorders. To schedule an appointment with one of Public Health’s counselors call 937-461-5223 or visit www.phdmc.org.



2023 Environmental Justice Inspections

During 2023, the [Regional Air Pollution Control Agency \(RAPCA\)](#) will begin targeted inspections and compliance assistance programs for environmental justice areas. Environmental justice is the fair treatment and meaningful involvement of all people regardless of race, color, national origin, or income with respect to the development, implementation and enforcement of environmental laws, regulations, and policies.

Environmental justice is a priority of U.S. EPA, and RAPCA will be incorporating the concept into its everyday inspection work. In collaboration with the Office

of Health Promotion, and using infant mortality as the primary risk factor, a targeted area in the West Dayton, Jefferson Township, 45417 zip code has been established.

Public Health will canvas the area to ensure all businesses that are required to have a valid air permit are properly registered and then inspected. The 2023 goal is to ensure that the regulated industrial companies within that zip code comply with all state and federal air rules and emissions standards. RAPCA is working to build strong relationships with the regulated community that will in turn contribute to a stronger and healthier West Dayton.



Public Health Launches New Podcast

Public Health - Dayton & Montgomery County (Public Health) has launched a new podcast called “Public Health Cares” the programming is designed to provide the community another way to learn about how Public Health helps to keep Montgomery County healthy, safe, and thriving.

The podcast may be found on many popular podcast platforms including Apple Podcasts, Spotify, iHeartRadio and Google Podcasts. It can also be found online at www.publichealthcares.org.

“Our new podcast will help Public Health share information about our many programs, initiatives and community partnerships,” said Dan Suffoletto, Public Information Manager, Public Health - Dayton & Montgomery County. “Our goal is to bring our message directly to the people in as many platforms as possible.”

The first three episodes, available now, feature The EveryOne Reach One - Maternal and Infant Vitality Task Force, Recovery Services, and the LGBTQ+ Health Initiatives programs.



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>.



Media Opportunities:

11/4/2022 - DDN - Flu

11/7/2022 - DDN - Flu

11/8/2022 - DDN - Recovery Services

11/9/2022 - DDN - 25 Days of Fitmas

11/10/2022 - WHIO, WDTN, ABC 22 - Food Summit
11/10/2022 - WYSO - Food Summit
11/15/2022 - DDN - RSV and the Holidays
11/21/2022 - WDTN - Food Safety
11/21/2022 - DDN - Overdose Deaths
11/23/2022 - WYSO - Measles
11/28/2022 - DDN - Measles
11/29/2022 - ABC 22 - Measles
11/30/2022 - WDTN - World AIDS Day
11/30/2022 - WHIO - Measles
11/30/2022 - WYSO - World AIDS Day

MEASLES



is **highly contagious** and spreads through the air when an infected person **coughs or sneezes**.



It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

Submitted by:

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