



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



Montgomery County Elevated to Level High in the CDC Community COVID-19 Levels Framework

The Centers for Disease Control and Prevention has designated Montgomery County as a High Level in its [COVID-19 Community Level Framework](#).

The number of new COVID-19 cases in Montgomery County has increased this week from 184 per 100,000 population per 7 days to 206 per 100,000 population per 7 days. The number of new admissions in Montgomery County hospitals and the percentage of hospital beds being used by COVID-19 patients has also increased.

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 ages 5 years and up who have completed the primary series, children 6 months – 4 years who completed the Moderna primary series, 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.

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

- [Stay up to date](#) on vaccination, including recommended booster doses.
- Wear a [high-quality mask](#) indoors in public regardless of vaccination status.
- Maintain [ventilation improvements](#).

- Avoid contact with people who have suspected or confirmed COVID-19.
- Follow recommendations for [isolation](#) if you have suspected or confirmed COVID-19.
- Follow the recommendations for [what to do if you are exposed](#) to someone with COVID-19.
- If you are at [high risk of getting very sick](#), consider avoiding non-essential indoor activities in public where you could be exposed, and talk with a healthcare provider about additional prevention actions.

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.



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 at located in the Reibold Building, 117 St. Main St. in downtown Dayton.

To schedule an appointment call 937-225-4550.



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.



Overdose Deaths Decrease by 8.9%

As of December 30, there have been 307 suspected overdose deaths in Montgomery County. This would mark a preliminary decrease of approximately 8.9% since 2021 when there were 337 deaths. Public Health's Recovery Services program and the [Montgomery County Community Overdose Action Team](#) continue their work in the community to help those who are ready to start their road to recovery. Public Health's team brings their lived experience to help understand the problems people have and offer to help you break the cycle of addiction and take control of your life. For more information about recovery options in Montgomery County call 937-461-5223.



National Radon Action Month

January is National Radon Action Month. Radon is an invisible and odorless gas. It comes from the soil, rock and water under homes and other buildings. It moves up through the ground and into a home through cracks and other holes in buildings. Breathing radon gas for a long time can cause lung cancer, it is the leading cause of lung cancer among non-smokers. Elevated levels of radon can be found in all of Ohio's 88 counties. RAPCA recommends testing your home with an inexpensive, do-it-yourself radon test kit available through the mail and in hardware stores. There are Short-term tests and Long-term tests. The short-term may take as little as 2 days, the long-term test may take as many as 90 days. If the Radon levels in your home are high, U.S. EPA recommends installing a radon-mitigation system to bring the levels down.

Radon can enter your home in many ways:

- Cracks in solid floors
- Construction joints
- Cracks in walls
- Gaps in suspended floors
- Gaps around service pipes
- Cavities inside walls
- The water supply



www.epa.gov/radon

A **limited amount of free Radon Test kits** are available at ohio.radon.com. Once the free kits have been exhausted, kits can be purchased at a discounted rate through the website.

VISIBLE & RESILIENT

in Community and Self

LET'S

BOOST

MENTAL

HEALTH

Visible & Resilient Give Back Gathering

Visible and Resilient in Community and Self (V&R) is a grant funded inclusive educational services program working to increase health equity for LGBTQ+ youth who are historically and systemically marginalized.

This sexual orientation, gender identity, and gender expression (SOGIE) program is focused on promoting personal agency, autonomy, and increasing access to resources for LGBTQ+ youth in Montgomery County. V&R is a collaborative effort coordinated by Public Health's LGBTQ+ Health Initiatives Program.

The program held a "Give Back Gathering" which took place on December 22 at the Sunrise Center's Rainbow Room. The event was designed to create experiences that support mental health and acknowledge the hard work that the Prevention Education Participants, LGBTQ+ identified individuals ages 12 to 24, have done to advance health equity for the LGBTQ community in Montgomery County. Participants enjoyed fun, food and were able to relax amongst friends and feel safe instead of brave.

Click here to learn more about [Public Health's LGBTQ+ Health Initiatives](#).



Hannah's Treasure Chest - Giving Angels

This year, in conjunction with Moms and Babies First and the EveryOne Reach One Maternal and Infant Vitality Task Force, Public Health – Dayton & Montgomery County is proud to have been the conduit through which Christmas gifts were provided to 140 children in our respective programs.

[Hannah's Treasure Chest](#) - Giving Angels have worked with Moms and Babies First for more than 15 years to provide children from our community with a Christmas they might not have been able to have.

This year, the Giving Angels added EveryOne Reach One to their list of agencies served. As an added feature, the families served were also asked to list some of their household needs. So, in addition to clothing, scooters, shoes, remote control cars and Squishmallows, families also were gifted with microwave ovens, air fryers, vacuum cleaners, detergent, and cleaning supplies. Families were also given Kroger gift cards to help offset their holiday meal budget.

EveryOne Reach One and Moms and Babies First intend to continue working with Hannah's Treasure Chest - Giving Angels to provide families with much needed help in the holidays to come.



Public Health Launches New Website Design

Public Health - Dayton & Montgomery County has launched a new design for its website to better serve the community. The public may visit the site at www.phdmc.org to enjoy the new features.

"As Public Health continues to expand its services, it was time for a refresh of the site," said Brian Eatman, Website Designer, Public Health - Dayton & Montgomery County. "The new mobile first design adds exciting new accessibility features and includes expanded local health information."

A major consideration in the redesign process was the fact that most current visitors to Public Health's website access it via a mobile device. "For many people their only access to the internet is through a smart phone," said Dan Suffoletto, Public Information Manager, Public Health – Dayton & Montgomery County. "That is particularly true for lower income individuals who historically are at a greater risk of poor health outcomes due to, among other things, lack of resources."

By redesigning the website to be mobile-friendly and making alternate language options more accessible, Public Health is taking a significant step to strengthen its outreach to more Montgomery County residents.

Some of the features of the new design include:

- A mobile first design to ensure proper display on mobile devices
- Contemporary design with improved graphic features

- Improved page navigation
- Refreshed program information to enhance understanding
- Expanded content and features
- Added accessibility features for individuals who are motor impaired, blind, color blind and dyslexic
- Design cues and elements to reflect the diversity found in Public Health’s services, and in our community
- Enhanced foreign language support features
- Improved search function

During 2022 Public Health’s website, www.phdmc.org, generated over 139,000 users and over 397,000 page views



Public Health Employees Give Back

Public Health employees are giving back to the community by hosting an employee donation drive for needy Montgomery County families who participate in many of [Public Health’s programs](http://www.phdmc.org).

The **Holiday Supplies Drive** is another way Public Health can support our clients with resources to live a healthier and safer life. Suggested donation items include socks, hats, gloves, soap, washcloths, toothbrush, toothpaste, blankets, diapers, baby wipes, and laundry detergent.

Public Health is grateful for this opportunity to further help our clients and support our community.



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.

Currently there are multiple openings including Medical Billing Specialist, Birth Outcomes Manager, Disease Intervention Specialist, Vital Statistics Manager, and Human Resources Project Manager.

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



Media Opportunities:

- 12/5/2022 - ABC-22 - COVID-19
- 12/6/2022 - DDN - Public Health Cares Podcast
- 12/12/2022 - DDN - Legalized Gambling
- 12/12/2022 - WYSO - Legalized Gambling
- 12/12/2022 - WDTN - COVID-19

12/16/2022 - WCMH - Measles
12/16/2022 - WDTN - Fentanyl
12/21/2022 - DDN - COVID-19 and Holidays
12/23/2022 - DDN - COVID-19 and Holidays
12/28/2022 - ABC 22 - Holiday Gatherings
12/29/2022 - DDN - COVID-19 booster



Submitted by:
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