



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

Monthly Update

February 2023

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



Montgomery County Returns to Level Medium in the CDC Community COVID-19 Levels Framework

Montgomery County's COVID-19 cases and hospitalizations for the past several weeks have been declining, and due to this decrease, the Centers for Disease Control and Prevention (CDC) has designated Montgomery County as a Medium Level in its [COVID-19 Community Level Framework](#).

As of the week ending January 27 the two-week incident case rate decreased from 180.6 per 100,000 two weeks ago to 159.1 per 100,000 this week.

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 eligible individuals aged 6 months and up are encouraged to get vaccinated with the updated COVID-19 booster. Find out if you are eligible here: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>. Contact your local pharmacy, visit vaccines.gov or phdmc.org for vaccination opportunities near you.

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

- [Stay up to date](#) on vaccination, including recommended booster doses.
- If you are at high risk of getting very sick, wear a well-fitting or respirator when indoors in public.
- 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.
- If you have household or social contact with someone at high risk for getting very sick, consider [testing](#) to detect infection before contact and consider wearing a mask when indoors with them.
- Follow the recommendations for [what to do if you are exposed](#) to someone with COVID-19.

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.



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.

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. 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.



Tap Water Not Recommend for Use in Home Medical Devices

A [recent study](#) found that individuals believe incorrectly that tap water can be used for rinsing nasal passages, contact lens rinsing, and filling respiratory devices. When in fact, **tap water is not sterile, and its use in home medical devices can result in infections** from germs in the water.

Persons who are at a higher risk for infections include the elderly, infants and young children, and persons who have weakened immune systems. Tap water in the United States is treated to meet safe drinking standards; however, low levels of germs remain in drinking water distribution systems, wells, and plumbing. Although the water is safe for drinking and cooking, it might not always be safe for other uses.

Public Health recommends using distilled water in home medical devices, or water that has been sterilized at home by boiling for 5 minutes, then cooling it. Some common home medical devices where tap water should not be used include CPAP machines, humidifiers, nasal rinsing devices and vaporizers.



Black Icons of Health

Public Health celebrates [Black History Month](#) with a series of social media posts featuring “Black Icons of Health.” These individuals have made significant contributions to the field of health during their lifetime.

Charles Richard Drew (*June 3, 1904 – April 1, 1950*) was an American surgeon and medical researcher. He researched in the field of blood transfusions, developing improved techniques for blood storage, and applied his expert knowledge to developing large-scale blood banks early in World War II. Public Health’s Drew Health Center is named in his honor.



Henrietta Lacks (*August 1, 1920 – October 4, 1951*) was an American woman whose cancer cells are the source of the HeLa cell line, the first immortalized human cell line and one of the most important cell lines in medical research. An immortalized cell line reproduces indefinitely under specific conditions, and the HeLa cell line continues to be a source of invaluable medical data to the present day.



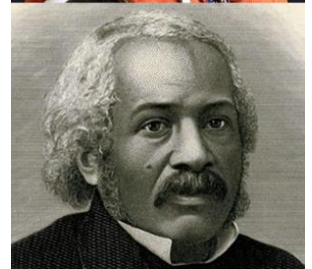
Minnie Joycelyn Elders (*born August 13, 1933*) is an American pediatrician and public health administrator who served as Surgeon General of the United States from 1993 to 1994. A vice admiral in the Public Health Service Commissioned Corps, she was the second woman, second person of color, and first African American to serve as Surgeon General.



Mae Carol Jemison (*born October 17, 1956*) is an American engineer physician, and former NASA astronaut. She became the first Black woman to travel into space when she served as a mission specialist aboard the Space Shuttle Endeavour. Jemison was a doctor for the Peace Corps in Liberia and Sierra Leone from 1983 until 1985 and worked as a general practitioner.



James McCune Smith (*April 18, 1813 – November 17, 1865*) was an American physician, apothecary, abolitionist, and author who was born in Manhattan. He was the first African American to hold a medical degree from the University of Glasgow in Scotland. After his return to the United States, Smith became the first African American to run a pharmacy in the nation.





National Black HIV/AIDS Awareness Day

Celebrated on February 7, [National Black HIV/AIDS Awareness Day](#) is a time to promote HIV education, testing and treatment in Black communities.

Black/African Americans (Black/AA) still have higher numbers of new HIV infections, and more living with a HIV and AIDS diagnosis, when compared to other races/ethnicities. In Ohio, despite making up only 13% of the population, 50% of all new reported HIV diagnoses in 2021 were among Black/AA individuals. Similarly, in Montgomery County, Ohio, Black/AA make up 22% of the population, but account for 55% of new HIV diagnoses during this same time.

While progress has been made in reducing HIV, racism, and unfair treatment, mistrust in the health care system may affect whether Black/AA people seek or receive HIV prevention services, treatment, and care. To reduce the impact of HIV and other health risks, Black/AA people need suitable housing, transportation, good jobs, and access to culturally competent health services, which are free of stigma and judgment.

The HIV/AIDS Prevention Committee of Region 9 (Clark, Darke, Greene, Miami, Montgomery, and Preble counties) is hard at work in helping to break down barriers. The committee offers linkage to care, whole person - culturally specific healthcare, case management, HIV testing, PrEP, syringe exchange, counseling, and referrals for social and mental health services.

The committee is encouraging everyone to:

- Talk about HIV and how it is spread.
- Protect yourself and your partner by:
 - Using condoms, the right way every time you have sex
 - [Choose less risky sexual behaviors](#)
 - Limit your number of sexual partners
 - Never share needles
 - Talk to your doctor about [pre-exposure prophylaxis \(PrEP\)](#), if you are at high risk for HIV
 - Talk to your doctor about [post-exposure prophylaxis \(PEP\)](#) if you think you may have been exposed to HIV within the last 3 days through sex, sharing needles, or a sexual assault
- Get treated if you are HIV-positive
- Find out if you are at risk for HIV and get tested.

To find testing sites near you, call 800-CDC-INFO (232-4636), visit <http://hivtest.cdc.gov>, or text your ZIP code to KNOW IT (566948) or call (937) 496-7133.



Betting On the Big Game?

Do you plan on betting more than you can afford to lose on the “Big Game?” [Public Health’s Recovery Services](#) program can help.

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.



Heart Health Awareness Month

February is Heart Health Awareness Month and Public Health encourages people to focus on their cardiovascular health. Cardiovascular disease is a group of diseases that affect the heart or blood vessels. The most common cardiovascular disease is coronary artery disease, which involves narrowing or blocked arteries that can lead to life-threatening events such as heart attack, stroke, or heart failure.

According to the American Heart Association’s 2021 Research, cardiovascular disease claims more lives each year than all forms of cancer and chronic lower

respiratory disease combined and was listed as the underlying cause of 868,662 deaths in the US in 2017.

One of Public Health's Community Health Improvement Plan goals is to bring awareness to heart health and to decrease cardiovascular disease related hospital visits among Montgomery County residents.

In recognition of Heart Health Awareness Month, Public Health encourages you to wear red for Go Red for Women on Friday, February 3, and to take the following pledge for your heart health:

- Be more physically active – commit to 150 minutes of physical activity per week and two days of strength training.
- Maintain a healthy weight.
- Eat a nutritious diet – filled with a variety of fruits, vegetables, and whole grains.
- Quit smoking.
- Reduce stress.
- Get enough quality sleep - recommended 6-7 hours each night.
- Track your heart health status and know your numbers
 - Blood pressure – Systolic (upper number) less than 120 and diastolic (lower number) less than 80.
 - Blood cholesterol – low-density lipoproteins (LDL) and high-density lipoproteins (HDL).
 - Blood sugar.
 - Body weight.

For more information visit www.goredforwomen.org



Blood Pressure Kit Library Lending Program

Public Health and the [Dayton Metro Library](http://www.daytonmetrolibrary.org) partnered to launch a Blood Pressure Kit Library Lending Program in October 2022, 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 currently 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 receive 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.



Montgomery County Fatherhood Summit

Public Health participated in the Montgomery County Fatherhood Summit that took place on January 20 at Sinclair College in Dayton. To see a short video about the Summit, click [here](#).

The Summit is an annual event to highlight the important role fathers play in the development of their children from conception to birth and beyond. It also helps connect fathers and families to local agencies and resources in the community that can help dads be their best.

John Payne of Public Health’s Fatherhood Program and Lea Kelty, Community Engagement Coordinator provided an update on Public Health’s programs including Every Parent Matters, Men’s Health, and the EveryOne Reach One Maternal and Infant Vitality Task Force.

Public Health’s programs can help dads with information regarding parenting classes, visitation rights, employment services, healthy living and more. For more information about the [Fatherhood program](#) call (937) 496-6849 or visit www.phdmc.org.



National Condom Awareness Day – Safe Love Event

Public Health celebrates National Condom Awareness Day on February 14 (Valentine’s Day) to raise awareness about practicing safer sex. The day is designed to promote using condoms during sexual activities, the correct use of condoms, and reducing the shame attached to buying and carrying condoms. It celebrates healthy relationships, highlights the importance of safe and consensual sex, and promotes positive sexual health.

Sexually transmitted infections (STIs) live in body fluids which are exchanged when you have vaginal, anal, or oral sex. The risk of STI infection is greater when condoms are not used properly. According to the Centers for Disease Control & Prevention (CDC), consistent and correct condom use is highly effective in reducing the risk of transmitting HIV and other STIs.

[Public Health’s HIV Prevention Services is hosting a “Safe Love” event on Valentine’s Day.](#) Come out and pick up an assortment of condoms and information on proper use, educational brochures on HIV/ STIs, and get a free rapid HIV test. Receive an HIV test and get a \$10 Kroger gift card! Individuals must be 13 years and older to test for HIV and show ID to get a gift card.

Event Location & Details:

Tuesday, February 14 from 9:00 am – 2:00 pm
Dr. Charles R. Drew Health Center (Conference Room 800)
1323 W. Third Street Dayton, OH 45402
For more information call (937) 225-4023

For more HIV testing sites near you, call 800-CDC-INFO (232-4636), visit <http://hivtest.cdc.gov>, or on your cell phone, text your ZIP code to KNOW IT (566948) or call (937) 496-7133.



Q+ Community Day of Support

The LGBTQ+ Health Alliance of Montgomery County and Public Health (with the generous support of AIDS Healthcare Foundation) are celebrating LGBTQ+ inclusion with its second-ever Q+ommunity Day of Support event in Dayton, happening Thursday, February 23, from 3:30-6:30 pm, at the downtown Dayton Metro Library location (215 E. Third St.). This follows the first Q+ommunity Day of Support event, which took place last July in the library's Bassani Theater, providing connection, resources, and support for healthcare providers and families of LGBTQ+ individuals. Over 50 individuals attended the event, and the overwhelmingly positive feedback made clear the demand, and the need for, additional events of this nature.

Next month's event will focus on providing connection and respite for educators and intervention/prevention specialists working in K-12 educational settings. The event is free of cost, [though registration is required via EventBrite](#). Delicious food and mocktails will be catered by Lily's Bistro, and members of the LGBTQ+ Alliance will facilitate a combination of fun activities, interactive learning, and up-to-date inclusion resources.



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:

- 1/2/2023 - DDN, WDTN - OD Surge Alert
- 1/3/2023 - DDN - OD Surge Alert
- 1/5/2023 - DDN - COVID Levels
- 1/5/2023 - DDN - COVID-19 Elderly Vaccinations
- 1/6/2023 - DDN - COVID-19
- 1/6/2023 - DDN - Vapes
- 1/6/2023 - ABC 22 - COVID-19 Face Masks
- 1/11/2023 - DDN - COVID-19 Nursing Homes

Racism is a Serious Threat to the Public's Health

Public Health recognizes that racism and discrimination are a public health crisis that affects all members of our society both on a local level and nationwide and deserves action from all levels of government and civil society. Our agency will work with local public health system partners to confront racism and discrimination through collective impact, and encourage other local, state, and national entities to recognize racism and discrimination as a public health crisis.



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Submitted by:

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