



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



Public Health Pride

Public Health continues to strive for “Health Equity for All” in our community, and during the month of June we recognize and celebrate all LGBTQ+ individuals in Montgomery County.

Public Health works to advance healthcare access for LGBTQ+ individuals by providing a comprehensive schedule of staff training and policies, educational opportunities for local healthcare providers and community agencies, and working collaboratively with local partners through the LGBTQ+ Health Alliance.

Public Health was excited to participate in celebrating with the LGBTQ+ community in Montgomery County during several PRIDE events last weekend. On Friday June 2 at 6:00 pm on Courthouse Square, Public Health shared the stage with other community organizations and provided information regarding its inclusive services.

Public Health staff and members of the LGBTQ+ Health Alliance also participated in the PRIDE parade that kicked off downtown Saturday, June 3 at noon. After the parade, staff engaged with participants at the Public Health information table located on Courthouse Square. The PRIDE celebration was a great success! Many thanks to all who participated.

For more information about Public Health’s LGBTQ+ and Health Equity initiatives visit [click here](#).



Mpox and Spring and Summer Events

Mpox (formerly known as monkeypox) is a rare disease caused by a virus that is related to the smallpox virus and spreads through close skin to skin contact. The Mpox virus can cause a flu-like illness and a rash that can take weeks to clear and may cause more serious illness in some people. Although the number of Mpox cases decreased following a global summer outbreak in

2022, a new cluster of Mpox cases has been identified in Chicago. More outbreaks of Mpox are possible this summer as people gather for festivals and other events with high potential for skin-to-skin contact or increased sexual activity.

A report from the Centers for Disease Control and Prevention (CDC) released on May 26, 2023, suggests that the risk for future outbreaks depends upon the level of immunity in the population. Increasing vaccination coverage among populations at risk can reduce the risk for future outbreaks. Unfortunately, less than a quarter of the population most-at risk for Mpox have been fully vaccinated.

The [CDC recommends](#) vaccination against Mpox for individuals who are at risk for Mpox through sex or any other intimate contact. Jynneos is a 2-dose vaccine developed to protect against Mpox and smallpox infections. It is important to get both doses of the vaccine for the best protection against Mpox. The second dose should be given 4 weeks after the first dose. However, vaccination with the second dose will still improve protection even if it was delayed more than 4 weeks

Plan ahead this summer, and consider how much close, personal, skin-to-skin contact is likely to occur at events you plan to attend. Avoid rashes seen on others and consider minimizing skin to skin contact. If you feel sick or have a rash, do not attend any gatherings and see a healthcare provider. Prepare to stay healthy before, during, and after celebrations this summer.

To schedule your Mpox vaccine appointment call the [Public Health Clinic](#) at (937) 225-4550.



Healthy and Safe Travels

With the lifting of COVID-19 travel restrictions, many people are packing their bags and heading off on trips to make up for lost time and experiences. Experts are predicting that international travel will return to pre-pandemic levels in 2023. There are actions travelers can take to stay healthy and safe, beginning well before its time to depart.

Travel abroad increases the risk of exposure to diseases which may be uncommon in the United States. Check the CDC's [travel destination page](#) for vaccines and medications recommended before travel. Make an appointment for a pre-travel medical consultation at least one month before departure. A travel risk assessment considers the traveler's age, vaccination history, and underlying conditions as well as information about the planned trip, including the itinerary, season of travel, trip duration, travel purpose, and planned activities to develop a personalized risk assessment and recommendations.

Getting up to date on routine vaccinations will help prevent diseases which are rare in the United States, but more common in other countries, such as

measles and chicken pox. Hepatitis B vaccinations may be recommended for individuals without evidence of immunity when traveling to countries with a high rate of transmission. Travel specific vaccines include typhoid, yellow fever, and cholera. Recommendations for travel vaccines are based on the traveler's risk of becoming infected, given the amount of disease in a particular destination.

Proof of vaccination is required in some cases. For example, certain countries require documentation of yellow fever vaccine on a U.S. Government form signed and stamped by an authorized Yellow Fever Vaccine Center. Public Health - Dayton & Montgomery County (Public Health) is an authorized provider of yellow fever vaccine and required documentation as well as many other routine and travel vaccines.

Every year, millions of US residents travel to warm tropical and subtropical countries where malaria is present. Malaria is a serious disease and can be deadly. The Centers for Disease Control and Prevention maintains a list of [all the places in the world where malaria transmission occurs](#). Healthcare providers will help determine the best medication to prevent malaria, if indicated. Preventive medications for malaria must be started before travel begins, so it is important to plan ahead.

Other factors to consider for a healthy trip include food and water safety, insect bite precautions, use of sunscreen, prevention of altitude sickness, managing jet lag, reducing motion sickness, and management of chronic medical conditions, such as asthma and diabetes, while traveling. With a little bit of planning, your trip will be all that you have been dreaming of for the last few years. Bon voyage!

Call the Public Health Clinic at (937) 225-4550 to make an appointment for a travel risk assessment.



June 14 is World Blood Donor Day

World Blood Donor Day (WBDD) provides a special opportunity to celebrate and thank voluntary blood donors around the world for their gift of blood and has become a major focus for action towards achieving universal access to safe blood transfusion.

Every single donation is a precious lifesaving gift and repeat donation is the key to building a safe and sustainable blood supply.

Lack of access to safe blood and blood products, especially in low and middle-income countries, negatively impacts patients, including those requiring regular transfusion.

The slogan for [2023 World Blood Donor Day](#) campaign is **“Give blood, give plasma, share life, share often.”** It focuses on patients requiring life-long

transfusion support and underlines the role every single person can play, by giving the valuable gift of blood or plasma. It also highlights the importance of giving blood or plasma regularly to create a safe and sustainable supply of blood and blood products that can be always available, so that all patients in need can receive timely treatment.

To learn more or to schedule an appointment to donate blood, contact the Community Blood Center at 937-461-3220 or visit givingblood.org



Keeping Cool This Summer

Extremely high or unusually hot temperatures can affect your health. The people most vulnerable include the elderly, those who work or exercise outdoors, infants and children, the homeless and individuals with a chronic medical condition.

Young children and pets should never be left unattended in vehicles under any circumstances. This is especially true during warm or hot weather when car interiors can reach lethal temperatures in a matter of minutes.

Public Health recommends that everyone pay particular attention to the following suggestions:

Stay cool

- Stay in air-conditioned buildings.
- Do not rely on a fan as your primary cooling device. Use air conditioning if available.
- Limit outdoor activity, especially midday when it is the hottest part of the day and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Adjust blinds, shades, and awnings to keep out the sun.
- Check on at-risk friends, family, and neighbors at least twice a day.
- Children and pets should not be left unattended in closed vehicles. Temperatures can reach dangerous levels rapidly.

Stay hydrated

- Drink more water than usual and don't wait until you're thirsty to drink.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing considerable amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water.

Stay informed

- Check your local news for extreme heat warnings and safety tips.
- Visit www.phdmc.org to find local information and tips for preventing heat sickness.
- Keep your friends, family, and neighbors aware of weather and heat safety information.

Additionally, Public Health encourages all residents to learn the signs and first aid response for heat-related illness.

Heat Cramps

Heat cramps are the mildest form of heat illness and consist of painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat. The skin becomes flushed and moist. First aid and treatment include:

- Move to a cool place and rest.
- Remove excess clothing and place cool cloths on skin, fan skin.
- Give cool sports drinks containing salt and sugar.
- Stretch cramped muscles slowly and gently.

Heat Exhaustion

Heat exhaustion is more severe than heat cramps and results from a loss of water and salt in the body. It occurs in conditions of extreme heat and excessive sweating without adequate fluid and salt replacement. Symptoms can include muscle cramps, pale/moist skin, fever, nausea, headache, and weakness. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke. First aid and treatment include:

- Move to a cool place and rest.
- Remove excess clothing and place cool cloths on skin, fan skin.
- Give cool sports drinks containing salt and sugar.
- If no improvement or unable to take fluids, take the individual to an emergency department immediately. IV (intravenous) fluids may be needed.

Heat Stroke

Heat stroke, the most severe form of heat illness, occurs when the body's heat-regulating system is overwhelmed by excessive heat. Symptoms can include warm/dry skin, high fever, rapid heart rate, nausea, headache, confusion, agitation, stupor, and seizures. It is a life-threatening emergency and requires immediate medical attention. First aid and treatment include:

- Move to a cool place and rest.
- Call 911 or your local emergency medical service. Heat stroke is a life-threatening medical emergency and needs to be treated by a doctor.
- Remove excess clothing and drench skin with cool water, fan skin.
- Place ice bags on the armpits and groin areas.
- Offer cool fluids if alert and able to drink.



Men's Health Month

June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men, and their families to practice and implement healthy living decisions such as exercising and eating healthy.

According to the [Centers for Disease Control and Prevention](#), men in the United States, on average, die 5 years earlier than women and die at higher rates from the three leading causes of death, heart disease, cancer and unintentional injuries. During Men's Health Month, we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood so they can live longer and healthier lives.

Join us in promoting messages that remind men and boys that they can improve their health by seeking medical advice and taking other important steps, such as making healthy food choices, staying active, quitting smoking, getting regular checkups, and taking care of their mental health.

For more information see Public Health's [Men's Health page](#).



Community Health Workers Day

June 6, 2023, will be the second annual [Community Health Workers](#) (CHW) Day in the state of Ohio. CHWs are lay members of the community who work either for pay or as volunteers in association with the local health care system in both urban and rural environments. CHWs usually share ethnicity, language, socioeconomic status, and life experiences with the community members they serve.

CHWs offer interpretation and translation services, provide culturally appropriate health education and information, help people get the care they need, give informal counseling and guidance on health behaviors, advocate for individual and community health needs, and may provide direct services such as first aid and blood pressure screening.

Since CHWs typically reside in the community they serve, they have the unique ability to bring information where it is needed most. They can reach community residents where they live, eat, play, work, and worship. CHWs are frontline agents of change, helping to reduce health disparities in underserved communities.

The benefits of CHWs' service include:

- Improved access to health care services.
- Increased health and screening.
- Better understanding between community members and the health and social service system.
- Enhanced communication between community members and health providers.
- Increased use of health care services.
- Improved adherence to health recommendations.
- Reduced need for emergency and specialty services.

Please join us in recognizing the valuable contributions of Public Health's Community Health Workers.



UPCOMING EVENTS IN JUNE



Monthly Fatherhood Club

Monday, June 26 from 5:30pm - 7pm

Goodwill Easterseals West Campus, 735 E. Main St, Trotwood, 45426

We are building a community of driven, loving, and supportive fathers. We use this time as an open discussion, hitting on all the important things we experience as DADs. We also discuss key fatherhood tips and tricks from our parenting trainings. Food/snacks provided. Bring your dad-friends with you!

[Register here.](#)



Public Health - Dayton & Montgomery County will be holding three Community Conversations. The purpose of these conversations is to receive community input and concerns relating to Healthy Eating and Active Living (HEAL) to improve local neighborhoods.

HEAL Community Conversations (3 sessions)

Friday, June 20 from 6:30pm – 7:30pm

Dayton Metro Library - Electra C. Doren Branch, 701 Troy Street
Dayton, OH 45404

Friday, June 23 from 3pm - 4pm

Dayton Metro Library - West Branch, 300 Abbey Avenue
Dayton, OH 45417

Monday, June 26 from 4:30pm - 5:30pm

Goodwill Easterseals West Campus, 735 East Main Street
Trotwood, OH 45426

Only 8 spots are available for each session. Participants will receive a gift card.
[Register here.](#)



Monthly Mommy Meet-Up “Fathers in Action”

June 22 from 2:00 pm - 3:30 pm

Gem City Market, 324 Salem Avenue, Dayton, 45406

Join Public Health’s Neighborhood Navigators and the Every Parent Matters Team to celebrate the role fathers play during pregnancy and beyond. The session will highlight the Every Parent Matters program, and showcase success stories from previous participants. Attendees will also learn how fathers can receive support in Montgomery County. Mothers and fathers are welcome to attend! Registration is required, as seating is limited.

Monthly Mommy Meet-Up is an ongoing program aimed at educating and supporting mothers in their efforts to provide a healthy lifestyle for themselves and their families. Each month, the program offers an opportunity for mothers to come together to learn about diverse topics related to moms and babies, such as nutrition, exercise, stress management, and parenting.

The meetups provide a space for mothers to connect with one another, share their experiences, and receive guidance and support from health professionals. The program is a valuable resource for mothers looking to make positive changes in their family's health and well-being. Meet-Up takes place at the Gem City Market on the 4th Thursday of the month.

For more information or to register for upcoming meetings [click here.](#)



Safe Sleep Ambassador Training

June 29 from 1pm - 3pm

Online Event – Registration Required (FREE)

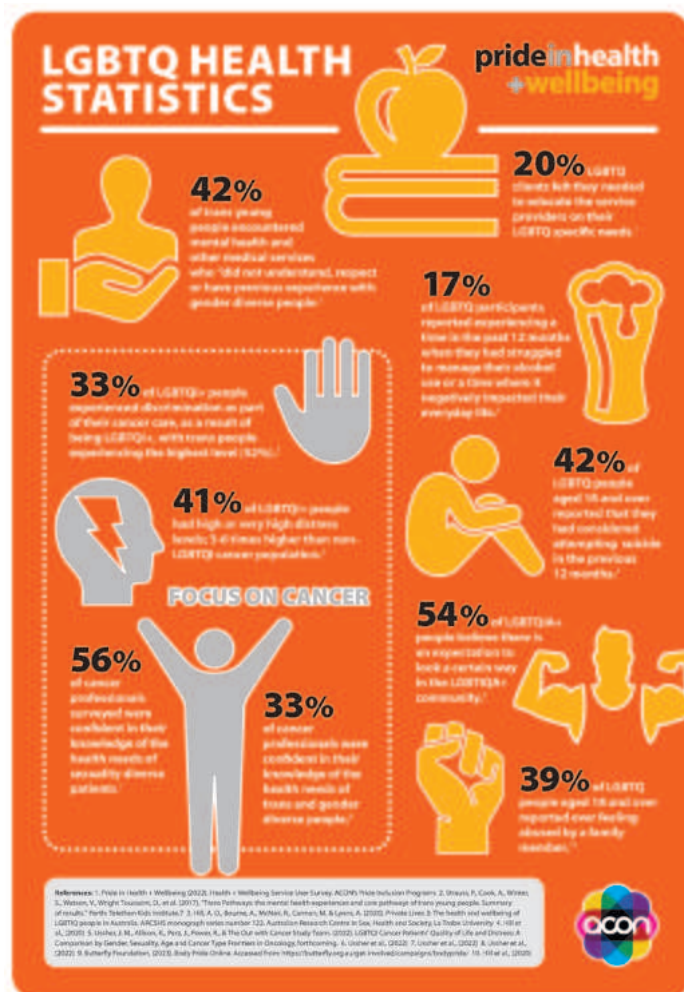
Every year approximately 3600 babies die in the U.S. suddenly and unexpectedly in infancy. Many of these deaths are due to babies being placed in unsafe sleep environments. These tragic losses could have been prevented by caregivers following the ABCs of safe sleep. To get the safe sleep information out to our communities, we need partners to learn about safe sleep and commit to ensuring the message reaches every part of our community. You can make a difference by becoming a safe sleep ambassador through The EveryOne Reach One Safe Sleep Ambassador Training.

Health experts will explain why babies are dying in our area, define the ABCs of safe sleep, review recommendations by pediatric experts, dispel myths and discuss practical strategies to promote the safe sleep message. [Register here.](#)



Media Opportunities:

5/6/2023 - DDN - End of COVID Emergency
 5/9/2023 - WHIO - Fentanyl Awareness Day
 5/9/2023 - ABC 22 - Rainbow Fentanyl
 5/10/2023 - Spectrum - COVID Emergency
 5/18/2023 - WDTN - Pool Safety
 5/18/2023 - WHIO - Pool Safety
 5/18/2023 - WKEF - Pool Safety
 5/18/2023 - DDN - Pool Safety
 5/25/2023 - WDTN - Cribs for Kids
 5/26/2023 - DDN - Mosquitoes
 5/31/2023 - DDN - Allergies



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

