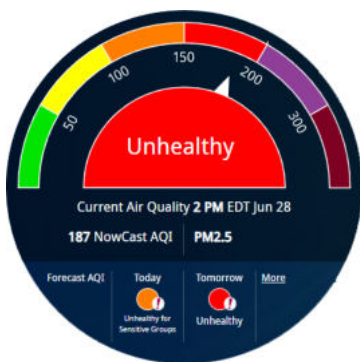


Our Mission: To improve the quality of life in our community by achieving the goals of public health: prevention, promotion, and protection.



Oh Canada, Wildfires Impact the Miami Valley

The Miami Valley has recently been seeing intermittent days when the air quality has been poor or unhealthy due to smoke from ongoing wildfires in Canada. Daily levels of harmful PM 2.5 particulate matter in the air can vary due to atmospheric, weather and wind conditions.

[Health studies have shown](#) a significant association between exposure to particle pollution and health risks. Health effects may include cardiovascular effects such as cardiac arrhythmias and heart attacks, and respiratory effects such as asthma attacks and bronchitis. Exposure to particle pollution can result in increased hospital admissions, emergency room visits, absences from school or work, and restricted activity days, especially for those with pre-existing heart or lung disease, older people, and children.

Individuals can protect themselves by following the AQI forecasts, available on [AirNow.gov](https://airnow.gov) to plan outdoor activities. On days when the AQI is forecast to be unhealthy take simple steps to reduce your exposure, including:

- Choose a less intense activity.
- Shorten your outdoor activities.
- Reschedule activities.

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0-50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51-100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101-150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151-200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201-300	Health alert: everyone may experience more serious health effects.
Hazardous	> 300	Health warnings of emergency conditions. The entire population is more likely to be affected.



Your Burning Questions Answered

The Regional Air Pollution Control Agency (RAPCA) has been investigating and responding to many open burning complaints this summer. Open burning contributes to the overall degradation of our air quality and causes breathing difficulties for those suffering from respiratory illnesses. Open burning should never occur during air quality alerts or burn bans due to weather conditions.

The Ohio EPA open burning regulations are very specific about the types of fires, and what is allowed to be burned. In general, small fires in outdoor fireplace equipment, and for cooking food, religious, ceremonial, or recreational purposes are allowed without notification to RAPCA or Ohio EPA. The fires must be less than 2 ft high by 3 ft wide and fueled with only clean, seasoned firewood. ***These types of fires are not allowed for waste disposal purposes*** and cannot be used to dispose of leaves, grass clippings, shrubs, garbage, building materials, plastics, rubber, greases, asphalt, petroleum products or explosive materials.

Some other types of open burning fires are allowed with prior notification and approval from RAPCA and/or Ohio EPA if certain conditions are met including larger ceremonial fires (up to five feet high and five feet wide lasting no more than three hours), forestry, prairie and grassland management, disposal of agricultural waste on farms and when burning is the only appropriate disposal method for control of disease or pests as verified by a Department of Health or Department of Agriculture.



Preventing Tick and Mosquito-borne Illnesses

This summer, Public Health encourages everyone to take precautions to prevent tick and mosquito bites and the diseases they may carry.

Most diseases in Ohio that are caused by the bite of infected ticks happen between spring and fall when ticks are most active. The most common disease spread by ticks in Ohio is Lyme disease, which has been increasing in Ohio in recent years. There were 552 cases reported last year and 121 so far this year.

Mosquitoes are also active during warmer months, and some can carry diseases. Last year, there were seven West Nile virus cases, including one death, and 13 La Crosse virus cases in Ohio. Most people infected with these viruses do not have symptoms, or have only mild symptoms like fever, headache, nausea, and vomiting. In rare cases, they can cause severe disease.

Public Health's Environmental Health Director, Matthew Tyler explains, "We encourage everyone to enjoy the outdoors during the summer as part of an active, healthy lifestyle, but that should include protection against ticks and

mosquitoes. Taking simple precautions can prevent potentially serious diseases such as Lyme disease and West Nile virus.”

Tips to avoid mosquito bites include:

- Use EPA-registered repellents when going outdoors according to label instructions.
- Wear light-colored clothing, long sleeves, long pants, and socks when outdoors.
- Consider avoiding outdoor activities during peak mosquito biting hours (dawn and dusk).
- Mosquitoes may bite through thin clothing, so spraying clothes with an EPA-registered repellent will give extra protection.
- Help reduce the number of mosquitoes around your home by emptying standing water on a regular basis from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and bird baths.

Tips to protect yourself from ticks include:

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Use insect repellents registered by the [U.S. Environmental Protection Agency \(EPA\)](https://www.epa.gov/) labeled for use against ticks on exposed skin for protection that lasts several hours. Always follow the product label.
- Tuck pant legs into socks or boots and tuck shirts into pants to keep ticks on the outside of your clothing.
- Light-colored clothing will help you spot ticks more easily.

If you find a tick attached to your skin, the best way to remove it is to use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull away from your skin with steady, even pressure. Wash your hands and the bite area with soap and water.

If you have been bitten by a tick, watch for symptoms such as fever/chills, aches and pains, or rash. See your healthcare provider if you experience any of these symptoms.

For more information on ticks, mosquitoes, and the diseases they can carry, visit www.odh.ohio.gov/ticks and www.odh.ohio.gov/mosquitoes.



CATCH My Breath

Public Health's Recovery Services program offers the *CATCH My Breath* program to local schools to help stop the use of nicotine at an early age. CATCH My Breath is a peer-reviewed, evidence-based youth vaping prevention program, rooted in social cognitive theory. The program is the most-used youth nicotine vaping prevention program in the United States.

According to the CDC. [Nearly 9 out of 10 adults who smoke cigarettes daily, first try smoking by age 18.](#) This data points to the fact that large numbers of American children will become addicted to nicotine and are at risk for becoming a regular tobacco user.

CATCH My Breath consists of 4 interactive in-class modules and is collaboratively administered via classroom teachers, prevention professionals, student-peer leaders, and social messaging. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes and vaping devices.

276 area youth participated from July 2022 to January 2023.

The overall goal of CATCH My Breath is to prevent the initiation of e-cigarette use among preteen and teen adolescents. The program is designed to help students:

- Discover that non-use of e-cigarettes is the norm for adolescents.
- Identify reasons why young people might start using e-cigarettes.
- Recognize the subtle, and not so subtle, messages in e-cigarette advertising.
- Practice skills for resisting peer pressure and advertising pressure to use e-cigarettes.
- Decide on their personal reasons not to use e-cigarettes and set goals for future non-use.

The intended outcomes are to ensure that students will:

- Resist their own curiosity, peer and advertising pressure to experiment with e-cigarettes.
- Understand that e-cigarettes are addictive, unhealthy, and not as popular as they think.
- Influence friends and peers not to use e-cigarettes.

Call Public Health's Recovery Services Prevention program at 937-461-5223 for more information.



Breastfeeding-friendly Workplace Awards

The Everyone Reach One Maternal and Infant Vitality Task Force designates the following businesses as Breastfeeding Friendly Workplaces for their excellence in supporting chest/breastfeeding/lactating employees. Gem City Market, Premier Health Urgent Care (Beavercreek) Five Rivers Health Center, The Well: A Center for Women's Wellness, Help Me Grow Brighter Futures, Greater Dayton Area Hospital Association, Dayton Children's Hospital, Reza's, Catholic Social Services and Kettering Health. These businesses have demonstrated a commitment to their employees, their children, and the community at large by supporting lactation in the workplace.

The awards recognize businesses who meet or exceed standards set by the federal *Break Time for Nursing Mothers Law* which requires employers covered by the Fair Labor Standards Act (FLSA) to provide basic accommodations for breastfeeding mothers at work. Employers are required to provide reasonable break time for an employee to express breast milk for her nursing child for one year after the child's birth each time such employee has need to express the milk. Employers are also required to provide a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.

Employers who invest in employee lactation accommodations can see a 3:1 return on investment (ROI) because of:

- Lower healthcare costs
- Lower absenteeism for both mothers and fathers
- Lower turnover rates
- Improved employee morale

If your business would like to apply to be recognized as Breastfeeding Friendly, you may apply at [Breastfeeding Friendly Workplace Award Program – Everyone Reach One](#).

For support with upgrading or establishing your business's accommodations and/or lactation policy, please contact Jess Fecke at 937-776-0979 or jfecke@phdmc.org.



Housing Protections in the City of Dayton

The EveryOne Reach One Maternal and Infant Vitality Task Force's **Social Determinants of Health (SDOH) Branch** recently celebrated a win as the City of Dayton passed the Source of Income Ordinance in March 2023. For over a year, the team has focused its efforts on improving access to safe, quality housing in Montgomery County.

Passing of the ordinance lists source of income as a protected class (alongside race, religion, sex, etc.) to promote equal rights and opportunities for all. The ordinance prevents housing providers from turning away prospective tenants **solely** based on source of income. Prospective tenants still have to complete steps required for all applicants (e.g. checking credit scores), but it does prohibit source of income discrimination. Some examples of lawful source of income include:

- Housing Choice Vouchers (Section 8)
- Social Security Disability
- Child and Spousal Support

Anyone experiencing source of income discrimination in the City of Dayton should submit a complaint to the [Dayton Human Relations Council](#).

The SDOH Branch is working on increasing community awareness and expanding housing protections across Montgomery County. The team is actively connecting with stakeholders from other jurisdictions to inform them about housing policy opportunities, including rent receipts, capping late fees, pay to stay, and source of income. To get involved in the SDOH Branch, contact Jennifer Gonzalez at jgonzalez@phdmc.org.



Tips for Safe Swimming in Lakes, Rivers, and Oceans

Spending the day at a lake, river or ocean can be a relaxing way to spend a summer afternoon, but may also pose hidden dangers if you are not prepared.

The [National Drowning Prevention Alliance](#) offers these tips to have a safe day swimming in open water.

The number one way to protect yourself in open water is to learn how to swim. According to the Alliance, learning to swim can reduce your risk of drowning by 88%.

1. Swim in A Designated Swimming Area

Most state parks, beaches, and lakefront areas have designated times when swimming is allowed and use flags to indicate borders in which people can

swim. Never swim outside those defined areas. Also, preferably swim under the supervision of a qualified lifeguard.

2. When in Doubt, Get Out

Don't hesitate to get out of the water if something doesn't feel right. Whether it's that the current is getting rough, rain has started to fall, or your body is just not responding like you would like it to due to fatigue or muscle cramps, then just leave and return to the water another day. It's always a good thing to trust your instincts.

3. Know the Weather and Water Conditions

Check the water temperature and weather conditions before hitting the water. If the water temperature is low, your best option would be to swim in a wetsuit and don't stay too long in the water. Bear in mind it's not safe to swim in the rain, particularly if there is thunder and lightning. If the weather changes, don't hesitate to swim back to shore.

4. Never Swim Alone

When you head out into the open water, go with a "swim buddy," someone who's looking out for you and who you're looking out for in turn. Remember, the lifeguard isn't your "swim buddy"; they have lots of people to track when on duty and cannot be concerned with a particular person's safety. Besides, you'll probably have more fun swimming with a friend.

5. Choose the Right Equipment

It's very important always to choose the right equipment for your open water activity: wetsuits if the water is cold, goggles if swimming, and so on. Please note that if water temperatures are over 75-80 degrees, a wetsuit might not be a good idea. Using one for extended periods could cause heat exhaustion.

6. Understand Currents

Rip tides, other currents, and waves can all sweep you away from your swimming route. By choosing a static "beacon" on your boat or at the shore you'll be able to determine if you are being swept away or not. If you do get caught in a riptide, don't panic. Try to remain calm and swim parallel to shore to get out of it. If you try to swim against the current, you might get exhausted and panic even more.

7. No Alcohol

Alcohol affects your perception of danger, making you more likely to take unnecessary risks. Alcohol also impairs your balance and coordination – all essential for swimming and boating and avoiding hazards in the water. So don't drink while in the water.

8. Wear A USCG-Approved Life Vest

Young children and weak swimmers should wear life jackets whenever they are in, on, or around the water, even at a pool or waterpark. People of all

ages and swimming abilities should wear approved life jackets when in and around open/natural bodies of water, and when boating. It should be put on at the dock, deck, or shore and not removed until you return to dry land.

9. Have A Plan For Emergencies

Always have a plan to handle and [respond to emergencies](#) whenever you go out to the water with a swim buddy or alone. Tell someone else where you are going. Having someone watching from the shore, ready to take action should you need help, is wise. Plan for every possible incident and eliminate as much uncertainty as possible.

10. Swim Parallel to the Shore

If ever caught in a rip current, don't let fear cloud your judgment. You could be swept away from shore very quickly. The best way to escape a rip current is by swimming parallel to the shore instead of towards it since most rip currents are an average of 100 feet wide. Try to relax and breathe, keeping your head above water, and don't wear yourself out by trying to get out of the rip by swimming against the force of the current.



UPCOMING EVENTS IN JULY



Monthly Fatherhood Club

Monday, July 31 from 5:30 pm - 7:00 pm

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.](#)



Monthly Mommy Meet-Up

Thursday, July 27 from 2:00 pm - 3:30 pm

Gem City Market, 324 Salem Avenue, Dayton, 45406

Mommas are invited to join Public Health Neighborhood Navigators to learn about physical activity during pregnancy and participate in a guided, low-impact Tai Chi session. Tai Chi is a gentle and slow-paced form of exercise that helps relax and strengthen the body and mind. Participants are encouraged to consult with their physicians if they have any health or safety concerns.

Yoga mats will be provided during the session, and 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

Online Event – Registration Required (FREE)

Visit www.phdmc.org for dates and times

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:

6/2/2023 - WYSO - Budget Deficit

6/5/2023 - WHIO - Wildfire Smoke

6/6/2023 - WDTN - Wildfire Smoke

6/7/2023 - ABC 22 - Wildfire Smoke

6/8/2023 - WHIO - LGBTQ+ Youth Center

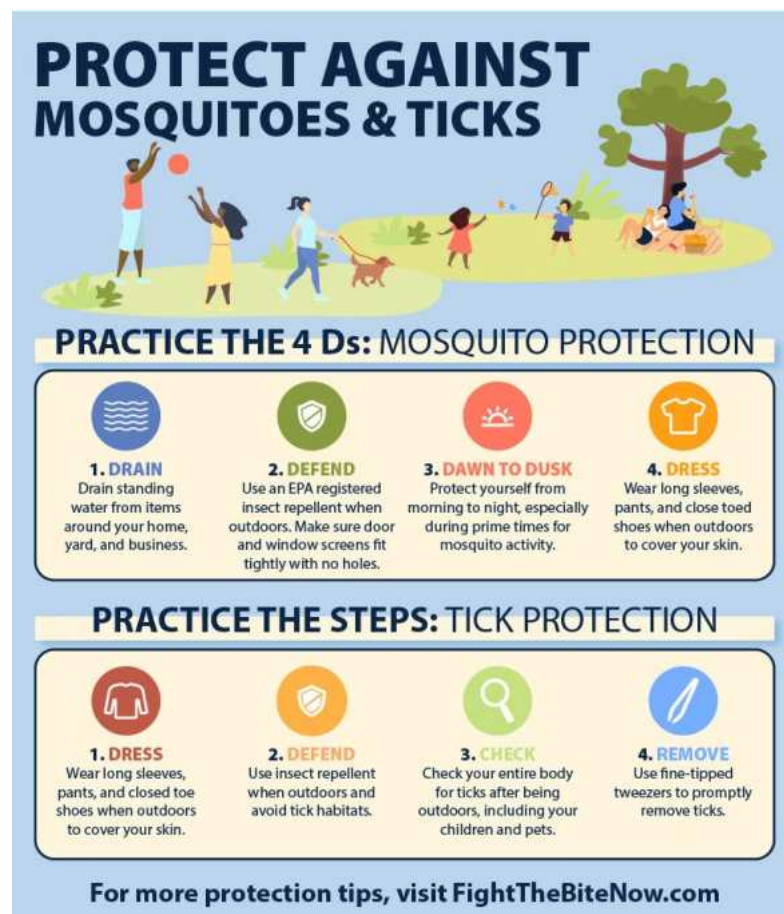
6/14/2023 - WDTN - LGBTQ+ Mental Health

6/16/2023 - DDN - Medicaid

6/20/2023 - DDN - Legionella

6/20/2023 - ABC 22 - Legionella

6/20/2023 - WYSO - Mosquito Grant
 6/20/2023 - WHIO - Legionella
 6/20/2023 - WDTN - Fentanyl Test Strips
 6/22/2023 - WDTN - HIV Testing
 6/25/2023 - ABC 22 - PRIDE Month
 6/27/2023 - WHIO - Restaurant Complaint
 6/27/2023 - DDN - E-Cigarettes
 6/27/2023 - WHIO - Air Quality
 6/27/2023 - DDN - Air Quality
 6/27/2023 - DDN - Legionella
 6/28/2023 - DDN - Open Burning
 6/28/2023 - WDTN - Air Quality
 6/29/2023 - WYSO - Air Quality



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

