



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



Get Your Flu Vaccination

Influenza (flu) vaccines (often called “flu shots”) are vaccines that protect against the viruses that research indicates will be most common during the upcoming flu season. Because flu viruses are constantly changing, the [composition of the 2023-2024 flu vaccines](#) has been updated to protect against the latest viruses.

Everyone 6 months and older in the United States should get an influenza (flu) vaccine every season with rare exception. CDC’s Advisory Committee on Immunization Practices has made this “universal” recommendation since the 2010-2011 flu season. Getting an annual flu vaccine is the best way to protect yourself and your loved ones from the flu. Flu vaccinations can:

- Keep you from getting sick with the flu, and missing school, work, or fun holiday events.
- Reduce the risk of flu associated hospitalization.
- Prevent worsening of chronic conditions like heart disease, lung disease, and diabetes.
- Protect pregnant people and their newborn babies during a flu season.
- Be lifesaving in children, as well as adults.
- Protect people around you from getting sick.

According to the CDC, for most people September and October are the best times to receive a flu vaccine for protection for the fall and winter season. Flu vaccines continue to be recommended throughout the winter, as long as the flu continues to circulate in the community.

To schedule an appointment to receive your flu vaccination from the Public Health Clinic call (937) 225-4550.



National Preparedness Month

[Public Health's Emergency Preparedness](#) program provides a regular schedule of regional training exercises to help keep us prepared for a variety of scenarios. At the same time, Public Health's Incident Management Team routinely engages in real-life smaller scale incidents as they occur throughout the county.

Individuals can be prepared for an emergency by following simple recommendations. Be prepared to be self-reliant for three days without utilities and electricity, water service, access to a supermarket or local services, or even without response from police, fire, or rescue.

Preparing for an emergency can start with these important steps:

- Be informed about emergencies that could happen in your community and identify sources of information in your community that will be helpful before, during and after an emergency.
- Make a plan for what to do in an emergency.
- Build an emergency supply kit.
- Get involved. For more tips about how to prepare in an emergency visit www.ready.gov



National Recovery Month

Join Public Health's [Recovery Services](#) program as they observe National Recovery Month, an observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

Recovery Services helps individuals begin the path to recovery from substance use or gambling disorders. The Recovery team brings their lived experiences to help understand the problems people have while offering a pathway to recovery.

To learn more, contact Recovery Services at (937) 461-5223.





Avoiding Mosquito and Tickborne Diseases

Mosquito and tickborne diseases continue to cause serious illness, hospitalization, and death in the United States. West Nile Virus (WNV) continues to be the most common mosquito-borne disease in the U.S., with almost 3,000 cases in 2021. Public Health conducts surveillance for mosquitoes throughout the county. To date in 2023, Montgomery County has had five positive mosquito pools for West Nile Virus. In response, Public Health has conducted two spraying operations this year to decrease the mosquito population. Montgomery County reported one human WNV case in 2021 and three in 2022. No human WNV cases have been reported in 2023.

Lyme Disease is the most common tickborne disease in Ohio. Montgomery County reported seven cases in 2021, none in 2022, and one so far in 2023.

The best ways to avoid mosquito- and tickborne diseases are:

- Use [EPA registered insect repellants](#).
- Cover baby strollers/carriers and exposed skin with light-colored clothing.
- Remove standing water to prevent insect breeding.
- Get vaccinated if traveling overseas (vaccines can help prevent some mosquito/tickborne diseases).
- Bathe/shower and check for ticks on clothing and skin when returning from outdoors.
- Remove ticks properly if bitten, wash your hands and the tick bite with soap and water and call your doctor.



RSV Vaccine Now Available

RSV vaccine can prevent lower respiratory tract disease caused by [respiratory syncytial virus \(RSV\)](#). RSV is a common respiratory virus that usually causes mild, cold-like symptoms.

RSV is usually spread through direct contact with the virus, such as droplets from one person's cough or sneeze coming into contact with another individual's eyes, nose, or mouth. It can also be spread by touching a surface that has the virus on it, like a doorknob, and then touching your face before washing your hands.

RSV can cause illness in people of all ages with symptoms including runny nose, decrease in appetite, coughing, sneezing, fever, or wheezing. Most people recover in a week or two. For infants and older adults with chronic medical conditions, RSV infections can be serious. In these populations, RSV infection may result in shortness of breath, low oxygen levels, and worsening of other medical conditions such as asthma, chronic obstructive pulmonary disease, or congestive heart failure. Infants and older adults are at highest risk

of serious illness requiring hospitalization and complications from RSV, including death.

RSV season typically begins in the fall and peaks in the winter. For the 2023-2024 season, new options will be available to protect certain populations of people who are more susceptible to severe complications from RSV disease.

- The CDC recommends adults 60 years and older may receive a single dose of RSV vaccine, based on their risk factors and in discussion between the patient and their health care provider.
- The FDA has approved an RSV vaccine for use in pregnancy. This vaccine is not yet available but is expected to be recommended by the CDC this fall. It works to provide protection that will pass from mother to baby, so that the baby is protected in the first 6 months of life, a risky time for severe complications from RSV in infants.
- For infants, a new monoclonal antibody is available this year to reduce the risk of healthcare visits and hospitalizations. This is not a vaccine (it does not teach the body to make antibodies); it is a medication that directly provides antibodies and is recommended for all infants under 8 months of age in their first RSV season, and for children at higher risk for complications in their second RSV season.

Call the Public Health Clinic at 937-225-4550 to schedule an appointment.



National Cholesterol Awareness Month

During September's National Cholesterol Awareness Month, Public Health reminds us of the importance of managing our cholesterol levels and taking proactive steps towards a healthier heart.

Having high blood cholesterol can lead to a buildup called “plaque” on the walls of the arteries, the vessels that carry blood to the heart and other organs. As plaque builds up over time, the insides of arteries become narrowed, blocking blood flow to the heart and the brain which increases the risk of heart attacks and strokes.

Heart disease continues to be a leading cause of death worldwide, and managing cholesterol levels is a critical component of preventing heart-related issues. National Cholesterol Awareness Month encourages us to take charge of our heart health by understanding our cholesterol numbers and making lifestyle choices that support a healthier future.

Here are steps we can each take to participate in National Cholesterol Awareness Month:

- **Get Checked:** High blood cholesterol doesn't have symptoms, which is why getting your cholesterol levels checked is so important. Knowing your cholesterol status can help us stay in control of our health.

- **Know Your Numbers:** [Learn what your cholesterol levels mean](#) and discuss your results with your healthcare provider. Know what your numbers are, and what they should be for optimal heart health.
- **Embrace a Heart-Healthy Diet:** Incorporate more fruits, vegetables, whole grains, lean proteins, and healthy fats into your diet. Minimize saturated and trans fats to improve your cholesterol levels.
- **Stay Active:** Regular physical activity can improve your cholesterol and help manage weight, both of which contribute to better heart health.
- **Quit Smoking:** Smoking affects cholesterol levels and damages blood vessels, increasing the risk of heart disease.
- **Limit Alcohol:** If you drink alcohol, do so only in moderation. Excessive alcohol consumption can contribute to high cholesterol and heart disease.
- **Medication as Needed:** If lifestyle changes alone aren't enough to manage your cholesterol, your healthcare provider may recommend medication.

Spreading the Word

National Cholesterol Awareness Month is a perfect opportunity to [share information with friends and family](#) about the importance of heart health. Together, we can support one another in making positive changes that will benefit our overall health and well-being.



National Infant Mortality Awareness Month

The EveryOne Reach One Maternal and Infant Vitality Task Force is observing [National Infant Mortality Awareness Month](#) throughout September, and encourages our community to remember those infants who left us too soon, and to work to prevent further losses. By raising awareness, advocating for change, and supporting families, we can make progress in reducing infant mortality rates in Montgomery County.

Infant mortality, defined as the death of a baby before their first birthday, is a heartbreaking reality for far too many families. It is also a stark indicator of a community's overall health and well-being. While the United States has made significant progress in reducing infant mortality over the years, disparities persist; currently in Montgomery County, black babies die at a rate more than 3x that of white babies, and there is much work to be done.

Several factors contribute to infant mortality, including:

- **Premature Birth:** Babies born before 37 weeks of pregnancy are at higher risk of health problems and mortality.
- **Low Birth Weight:** Low birth weight is often linked to premature birth and is a significant risk factor for infant mortality.
- **Sudden Infant Death Syndrome (SIDS):** SIDS is the sudden and unexplained death of an otherwise healthy baby, usually during sleep.

- **Lack of Prenatal Care:** Access to quality prenatal care is crucial for a healthy pregnancy and birth.
- **Social Determinants of Health:** Poverty, lack of education, and limited access to healthcare can all impact infant mortality rates.
- **Racism:** Sadly, there are racial disparities in infant mortality rates, with black babies dying at a higher rate than white babies.

We can work together as a community to help reduce infant mortality in the following ways:

- **Education:** Understanding the risk factors for infant mortality is the first step in prevention. Encourage parents, caregivers, and soon-to-be parents to attend educational programs, classes, and seminars on prenatal care, safe sleep practices, and infant safety.
- **Access to Healthcare:** Ensure that all members of our community have access to quality healthcare, including prenatal and postnatal care. Advocate for policies and programs that expand healthcare access for populations who face barriers to care.
- **Support for Parents:** Parenthood can be challenging, especially for new parents. Offer resources and support groups to help parents navigate the challenges of raising healthy infants. A strong support system can make a world of difference.
- **Safe Sleep Practices:** Promote the ABCs of Safe Sleep: babies should always sleep alone, on their back, and in a crib.
- **Reduce Health Disparities:** Address social determinants of health, such as, racism, poverty, education, and access to healthy food.

To learn more about [EveryOne Reach One's efforts](#) call 937-225-5700.



Upcoming Events in September



Monthly Fatherhood Club

Monday, September 25 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.](#)



Monthly Mommy Meet-Up

Thursday, September 28, from 2:00 pm - 3:30 pm
Gem City Market, 324 Salem Avenue, Dayton, 45406

Monthly Mommy Meet-Up is a free, 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 call (937) 225-5700.



Safe Sleep Ambassador Training

September 28 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:

- 8/2/2023 - DDN - Ticks
- 8/7/2023 - WHIO - Illegal Food Operation
- 8/7/2023 - WDTN - Illegal Food Operation
- 8/10/2023 - WDTN - Mosquitos
- 8/11/2023 - DDN - Mosquitos
- 8/18/2023 - DDN - Adult Entertainment
- 8/18/2023 - ABC 22 - RSV
- 8/25/2023 - DDN - Overdose Awareness Day
- 8/27/2023 - Fox 45 - Black Breastfeeding Brunch

8/29/2023 - Spectrum News - Overdose Awareness Day

8/31/2023 - WDAO - Minority Opioids

Protect Yourself & Those You Care About During Flu Season!



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

