



Monthly Update

October 2023

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 vaccine to take flu from WILD to mild

Public Health reminds you that the best way to protect yourself and your loved ones against [influenza \(flu\)](#) is to get the flu vaccine every year.

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. Flu viruses spread when people with flu cough, sneeze, or talk. Droplets can land in the mouths or noses of people who are close by. Less often, a person might get the flu by touching something (such as a doorknob or a faucet) with the flu virus on it and then touching their own mouth, nose, or eyes. Infection with the flu virus can cause mild to severe illness, and at times can lead to death.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents medical visits, hospitalizations, and deaths.
- Flu vaccinations prevent illness. It is estimated that during the 2021-2022 flu season, flu vaccination prevented almost 2 million flu illnesses in the United States.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to tame flu's more serious symptoms from being severe to being milder.
- Flu vaccination also is an important prevention tool for people with chronic health conditions. For example, flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.
- A flu shot during pregnancy can protect the newborn baby for several months after birth, when they're too young to be vaccinated.
- Studies have shown that flu vaccine can be lifesaving in children and can decrease children's risk of severe life-threatening influenza by 75%.

September and October are usually the best time of year to be vaccinated against the flu. Once you are vaccinated, it takes about two weeks for the vaccine to provide the best protection against the flu. While seasonal influenza (flu) viruses are detected year-round in the United States, fall and winter are typical flu seasons. The exact timing and duration of flu seasons varies, but flu activity often begins to increase in October.

The Centers for Disease Control and Prevention (CDC) recommends everyone six months and older get an annual flu vaccine. Flu vaccines are widely available in doctors' offices, clinics, pharmacies, and health departments. Flu vaccines may also be offered at some schools, college health centers, and workplaces.

Visit: [vaccines.gov](https://www.vaccines.gov) to find a flu vaccination location near you.



New COVID-19 Vaccine

COVID-19 vaccines from Pfizer-BioNTech and Moderna began to be available at the end of September. For Dayton and Montgomery County availability please check with your local vaccine provider or visit [vaccines.gov](https://www.vaccines.gov).

Public Health expects to receive its vaccine allotment in the coming weeks. We will make notification on our website at phdmc.org and via our social media channels when it becomes available in our Public Health Clinic. Once available, individuals may call (937) 225-4550 to schedule an appointment.

CDC recommends everyone 6 months and older get the updated 2023 - 2024 COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness.

Vaccination remains the [best protection](#) against COVID-19-related hospitalization and death. Vaccination also reduces your chance of suffering the effects of [Long COVID](#), which can develop during or following acute infection and last for an extended duration.

If you have not received a COVID-19 vaccine in the past 2 months, you should get an updated COVID-19 vaccine to protect yourself this fall and winter.



SIDS Awareness Month

During October's [SIDS Awareness Month](#), infant caregivers and healthcare professionals can encourage safe infant sleep and help raise awareness about ways to reduce the risk of SIDS.

Sudden Infant Death Syndrome (SIDS) is the term used to describe the sudden death of a baby younger than 1 year of age that doesn't have a known cause, even after a full investigation.

Babies placed to sleep on their stomachs or sides are at higher risk for SIDS. Research also shows that unsafe sleep areas, such as those that include non-fitted sheets, blankets, or stuffed toys, remain a leading cause of infant death.

In Ohio, approximately three babies die each week in unsafe sleep environments. These deaths are preventable by keeping in mind the safe sleep ABC's: Babies are safest **Alone**, on their **Back**, in an empty **Crib**.

Public Health, in collaboration with Ohio Department of Health and [Cribs for Kids](#) is providing Infant Survival Kits to parents and caregivers in our community. The [Infant Survival Kit](#) includes a cribette, fitted sheet, sleep sack and educational safe sleep material.



October is National Breast Cancer Awareness Month

Among all U.S. women, [breast cancer](#) is the second most common cancer and the second most common cause of cancer death. Each year, about 1000 people are diagnosed with breast cancer in Montgomery County.

For nearly four decades, October has been recognized as National Breast Cancer Awareness month to highlight the importance of early detection and timely access to high-quality care.

Screening mammograms save lives. Cancers that are found through regular screenings (before a person has any symptoms) are more likely to be small and not to have spread to other areas of the body. Finding cancer early makes it easier to treat and cure.

This year, [new draft guidance by the U.S. Preventative Services Task Force](#) (USPSTF) recommends that all women at average risk begin screening mammograms at age 40. This replaces earlier USPSTF guidance that routine mammograms begin at age 50.

This lowering of the age to 40 years aligns with recommendations from other organizations, including the American Cancer Society and the American College of Obstetrics and Gynecology. This change comes after an increase in breast cancer diagnoses among younger patients, and an acknowledgement that Black women have a 40% higher chance of dying from breast cancer than white women.

Screening mammograms beginning at age 40 will find cancers at an earlier more treatable stage, potentially reducing death from breast cancer by 20% overall. Because Black women have a higher chance of dying from breast cancer, early diagnosis, followed by prompt and effective treatment may help reduce racial disparities.

Action steps for breast cancer awareness month:

1. Know your risk. Talk to a doctor about your family history and see how that history affects your risk of breast cancer. You and your doctor can decide when and how often to screen for breast cancer.
2. Get Screened. For those at average risk, have a mammogram every 1-2 years starting at age 40. For those at higher risk, breast cancer screenings may begin at a younger age.
3. Know your normal. It's important to know what's normal for you, so you can talk with your health care provider if something about your breasts doesn't look or feel right.
4. Make Healthy Lifestyle Choices. Living a healthy lifestyle may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake, and exercise regularly. It all matters when it comes to your overall health and risk of disease.

Find a [screening location here](#) if you do not have health insurance or your insurance does not cover screening exams.



October is Health Literacy Month

For more than 20 years, October has been recognized as Health Literacy Month. Health Literacy Month is a time of international observance when hospitals, health centers, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, consumer alliances, and other groups work collaboratively to integrate and expand the mission of health literacy.

Health Literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

During Health Literacy Month we urge you to move health literacy awareness to health literacy action! The goal is to help connect people needing health care or services with organizations and providers that promote optimal wellness. These collective efforts will lead to health equity where all people can reach positive health outcomes.

To learn more about Health Literacy [watch this video](#) from the Institute for Healthcare Advancement.



Active Living in Montgomery County Workshop

Public Health - Dayton and Montgomery County and the Miami Valley Regional Planning Commission invite you to attend the Montgomery County Active Living Workshop on Thursday, November 2, 2023, from 2:00 – 3:30 p.m. at the Montgomery County Business Solutions Center at 1435 Cincinnati Street #300, Dayton, OH 45417.

This interactive workshop is part of the [PLAN4Health – Miami Valley Healthy Communities Roundtable Workshop Series](#) and builds on the [Regional Active Living Workshop](#) held in March. The focus of this workshop will be on the topic of “Active Living” in Montgomery County. Participants will learn about a range of active living interventions for urban, suburban, and rural environments alike. Further, participants will learn how to evaluate areas in their communities for active living deficiencies and how to use policy, program, and project-level solutions to improve conditions.

This workshop is an opportunity for a range of interested parties to collaborate and work towards the goal of healthy people and communities. We hope you will attend this workshop to share your insights, ability, and ideas.

Click [here](#) to register.



Foodborne Illness Training Exercise

Public Health’s Office of Environmental Health led an agency-wide training exercise, designed to practice the response needed for a foodborne illness outbreak at a local food service establishment. Over 30 staff members from Environmental Health, Health Services, Epidemiology, Emergency Preparedness and Public Information met to practice a coordinated response to such an outbreak.

Areas of emphasis for the exercise included; case investigation, contact tracing, risk reduction and communications. By regularly practicing Public Health’s response, we are able to train new employees and improve operations during a large-scale incident. So far in 2023, the Food Service program has responded to 91 complaints of food borne illness.





Upcoming Events in October



Monthly Mommy Meet-up

Thursday, October 26, from 2:00 pm - 3:30 pm
Sunrise Center, 1320 E. 5th St., Dayton

Don't Sleep on Safe Sleep

Babies love sleeping, and it's important to ensure they always have a safe sleep environment. This Sudden Infant Death Syndrome (SIDS) Awareness Month, we invite you to join Public Health Navigators and Cribs for Kids to learn about ways to reduce the risk of SIDS. Participants will have an opportunity to learn the ABC's of safe sleep and how they can promote and raise awareness on the importance of safe sleep practices. Pack and plays will also be available for eligible participants in need of a safe place for their baby to sleep in.

[Register Here.](#)



Safe Sleep Ambassador Training

October 12 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.](#)



Cribs for Kids Pack-N-Play Autumn Giveaway

October 28 from 11am - 1pm

The Dakota Center, 33 Barnett Street, Dayton 45402

Providing a safe sleep environment for infants is one of the primary ways to reduce infant mortality in the community. Public Health's Cribs for Kids Program will be giving away 25 pack-n-plays to families with infants under a year of age, pregnant mothers, and caregivers. Mothers must be at least 32 weeks pregnant or have an infant under one year of age to be eligible to receive a free pack-n-play. [Registration is needed.](#)



Halloween Safety Tips

Jack-o'-lanterns glow on the front porch. Children wait anxiously in their costumes, ready to go house-to-house collecting buckets of treats. For kids (and, yes, adults too), Halloween can be a time of excitement and imagination. But as a parent, you need to protect your little ones from possible dangers. What if they get separated from you? Are they prepared to safely cross the street? Did you remind them to not eat the candy before you check it? These Halloween Safety Tips can help you have a happy and healthy trick-or-treat experience.

HALLOWEEN Safety Tips

Follow these tips to celebrate Halloween safely this year!

Costume Safety

1. Choose costumes that are light-colored and more visible to motorists.
2. Use reflective tape to decorate costumes and candy bags to increase visibility.
3. Use make-up rather than a mask.
4. Children should wear well-fitting, sturdy shoes.
5. Costumes should be short enough that a child will not trip and fall.
6. Choose costume accessories such as swords or knives that are made of soft and flexible material.
7. Use hypo-allergenic makeup.
8. Do not use novelty contacts such as "cat eyes" or "snake eyes."

Pedestrian Safety

1. Engage in Halloween activities during the daylight hours, if possible.
2. Do not enter homes or apartments without adult supervision.
3. Remind children to walk, not run, and to only cross streets at crosswalks.
4. Be sure your children are accompanied by a responsible adult who has a flashlight.

Home Safety

1. Remove obstacles from your lawn, porch, or steps.
2. Make sure your front porch is well-lit.
3. Avoid using candle-lit jack-o-lanterns if possible. If you do use candles, don't place them near curtains, furnishings, or decorations. Move them off porches where children's costumes may ignite.
4. Keep your pets in another room when you are expecting trick-or-treaters.
5. Small children should not carve pumpkins.
6. Turn on an outside light if welcoming trick-or-treaters.

Treat Safety

1. Instruct children to wait until they are home to eat any candy.
2. Check candy and novelty toys for potential choking hazards.
3. Make sure packaging doesn't have any tears or tampering.
4. Throw away anything that looks suspicious.

Motorists

1. Slow down, especially in residential areas.
2. Use child safety seats or seat belts when driving children around, and
3. Watch for children darting out from parked cars. Have children get out of cars on the curb side, not facing traffic.

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



Media Opportunities:

9/8/2023 - DDN – Private Water Wells
 9/12/2023 - WHIO - Battery Burning
 9/13/2023 - DDN - Asthma
 9/14/2023 - WDTN - COVID Vaccine
 9/15/2023 - DDN - COVID Vaccine
 9/16/2023 - WKEF - Battery Burning
 9/18/2023 - DDN - Bed Bugs
 9/19/2023 - DDN - Narcan
 9/20/2023 - WKEF - Battery Burning
 9/22/2023 - WHIO - Food Complaint
 9/29/2023 – WHIO - Carfentanil



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