



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



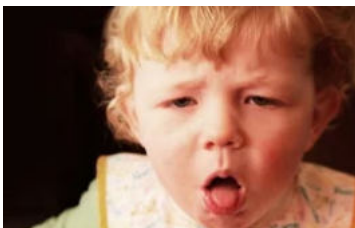
COVID-19 Vaccine Available at the Public Health Clinic

Public Health has the new 2023/2024 Pfizer version of the COVID-19 vaccine now available in the [Public Health Clinic](#). Individuals may schedule an appointment by calling (937) 225-4550.

The Centers for Disease Control and prevention 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 this fall and winter.

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 may get the updated vaccine. Individuals may receive any version of the new COVID-19 vaccine, regardless of which version you may have previously received.



Pertussis Update

Public Health is stressing the importance of getting vaccinated for pertussis as cases continue to rise in Montgomery County. In 2023, there have been 62 cases, including 48 cases occurring in the past 3 months, with cases ranging in age from 2 months to 81 years. By comparison there were a total of 13 in 2022.

[Pertussis, also known as whooping cough, is highly contagious](#) and is one of the most commonly occurring vaccine-preventable diseases in the United States. People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria.

[Vaccination is the best protection](#) against pertussis. There are pertussis vaccines for infants, children, adolescents, and adults. The childhood vaccine is called DTaP, and the pertussis booster vaccine for adolescents and adults is called Tdap. Both vaccines provide protection against tetanus, diphtheria, and pertussis diseases.

To schedule an appointment to be vaccinated, contact your healthcare provider, or call the Public Health Clinic at 937-225-4550.



Trotwood Fire Department Safe Sleep Program

With the help of a grant from the Ohio Department of Health's *Cribs for Kids* program, Public Health - Dayton & Montgomery County has partnered with the City of Trotwood Fire Department to provide "Train the Trainer" sessions for fire department staff and other first responders in implementing [the Direct on Scene Education \(DOSE\)](#) program.

DOSE is an innovative approach to eliminating sleep-related infant deaths due to suffocation, strangulation, or positional asphyxia. The training provides First Responders with the knowledge and confidence to identify and remove [safe sleep hazards](#) from an infant's sleep space while on scene during emergency and non-emergency calls.

If personnel find an expectant mother or infant less than one year of age, they will attempt to initiate an environmental check. If any hazards are found in the baby's sleep space, they are identified, and education is provided to caregivers about the importance of eliminating hazards and creating a safe sleep environment.

If other local first responders in Montgomery County would like to receive this training they may contact Angela Grayson, Community Health Advocate at (937) 496-6831 or Chelsea Sadinski, Fetal Infant Mortality Review Supervisor at (937) 225-6355.



Food Summit

Join Public Health and the Food Equity Coalition for the 13th Annual Montgomery County Food Summit on Nov. 16, 2023, from 9 am to 12 pm at Sinclair Community College's Great Hall. This year's theme is: "Our Actions Today Create the Food Champions of Tomorrow."

The Keynote Speaker for the summit will be Dr. Darriel Harris, Johns Hopkins Center for a Livable Future (CLF). His current work at CLF is with the Food Policy Network, and Industrial Food and Animal Production. Additionally, there will be panelists of past food champions which will include representatives from iThrive, With God's Grace Food Pantry and Miami Valley Meals. [Register here!](#)



Emergency Training Exercise

The [West Central Ohio Medical Reserve Corps](#) hosted a specialized training exercise on October 28 that was focused on the protocols and operational procedures required to establish a Community Reception Center in response to a radiation exposure event. During an actual emergency, a reception center would be used to decontaminate individuals exposed to radiation.

The Medical Reserve Corps provides an opportunity for volunteers with medical skills, and a variety of other specialties, to provide support during a public health emergency in West Central Ohio.

Key objectives of the training included:

- **Coordination:** Establish effective communication and coordination among multiple agencies and volunteers in times of crisis.
- **Response Protocols:** Develop and fine-tune response procedures to ensure rapid and efficient deployment of resources.
- **Public Health and Safety:** Enhance the ability to provide immediate assistance and support to affected individuals and communities.
- **Resource Allocation:** Optimize the allocation of resources, such as medical supplies and personnel, in response to radiation exposure incidents.



The Art of Coalition Building

Jennifer Gonzalez, Public Health's Ohio Equity Institute Project Manager, was part of a panel discussion titled, ***Fostering Public Health Partnerships: Community Collaboration and Stakeholder Engagement for a Healthier Future***, alongside speakers from Ohio State University and Union County Health Department, during the annual Ohio Society for Public Health Education (SOPHE) Conference held Oct. 11 – 13 at Salt Fork State Park.

The panel presented their experiences with coalitions and partnership-building, and Gonzalez spoke about [EveryOne Reach One's Maternal and](#)

[Infant Vitality Task Force's](#) Social Determinants of Health Housing Workgroup, and how they have continuously expanded their collaborations in that area.

In addition, Gonzalez delivered a poster presentation, which received the *People's Choice Award* at the conference, titled ***The Art of Coalition-Building: Increasing Housing Accessibility for Better Health***. The poster shared context on infant mortality rates in Montgomery County and how the Social Determinants of Health Housing Workgroup was formed. During the poster presentation, she shared data that helped the team advocate for the [Source of Income Protection Ordinance in the City of Dayton](#).



Voting Associated with Better Health Outcomes

Analysis from Healthy Democracy Healthy People (HDHP), a nonpartisan initiative of national public health and civic engagement organizations, has found a two-way relationship between voting and community health.

“When we’re healthier, we’re more likely to vote, and communities that vote experience better health,” according to [HDHP](#).

HDHP has developed a [Health and Democracy Index](#), which compares public health indicators and voter turnout to restrictiveness of state voting policies. The analysis found that states with more inclusive voting policies and greater levels of civic participation tend to be healthier.

States with more voting access tend to have better health outcomes

Connection between voting access and health, by state



Source: Healthy Democracy Healthy People Health and Democracy Index

As illustrated above, the Index places Ohio among a group of states with worse health outcomes than other states and more restrictive voting policies.

“Democracy makes our communities more inclusive and healthier,” according to HDHP. “Our votes affect health policy, clean air, housing, transit and funding for hospitals. Voting also helps people secure a seat at the table and feel more included within their communities.”

Upcoming Events in November



Monthly Mommy Meet-up

Tuesday, November 14, 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 Public Health’s Neighborhood Navigators will be joined by a WIC nutritionist to discuss Gestational Diabetes, as November is Diabetes Awareness Month. We will be discussing how diet can play a role in preventing and managing Gestational Diabetes. [Register Here.](#)



Safe Sleep Ambassador Training

November 9 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.](#)



Queens Village Natural Hair Product Drive

Queens Village Dayton is hosting a donation drive throughout the month of November to benefit the YWCA. Queens Village Dayton's focus is on creating spaces to promote and amplify Black Women's voices to increase infant and maternal vitality. This donation drive gives the opportunity for social impact for Black women in domestic violence shelters seeking to change the narrative of their lives for themselves and for their families.

You can drop off your donations at drop boxes listed below! Or contact Lea Kelty at 937-496-7188 or LKelty@phdmc.org.

- Reibold 117 S Main Street Dayton, OH 45422
- Sunrise Center 1320 E 5th Street Dayton, OH 45402
- Sinclair Community College Sociology, Geography and Social Work (SGS) Department Building 12, 3rd floor 12-351
- Greater Allen AME Church 1620 W 5th Street Dayton, OH 45402
- Mt. Moriah 301 Mia Ave Dayton, OH 45417
- Wright State University Public Health Department
2555 University Blvd. Fairborn, OH 45324
- The Tabernacle Baptist Church 380 South Broadway Street
Dayton, OH 45402



Media Opportunities:

- 10/3/2023 - DDN - COVID Vaccine
- 10/11/2023 - DDN - Pertussis
- 10/12/2023 - WDTN - Pertussis
- 10/20/2023 - WDTN - Pertussis
- 10/20/2023 - Dayton 24/7 - Pertussis
- 10/23/2023 - DDN - Pertussis
- 10/23/2023 - WYSO - Pertussis
- 10/24/2023 - WDTN - Queens Village
- 10/25/2023 - WHIO - Pertussis



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:








*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.
This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-lbs of bird.



Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:
Cook immediately after thawing.

How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils Plates Countertops Cutting boards **SHOULD ALSO BE WASHED**

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPA RATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge: 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit Pregunteleakaren.gov for questions in Spanish.





Submitted by:
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