



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

Monthly Update

February 2024

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



Measles Case Reported in a Montgomery County Resident

A case of measles was reported in a Montgomery County resident who was evaluated at Dayton Children's Hospital in the main campus Emergency Department (ED) at One Children's Plaza in Dayton on January 29, 2024 and January 31, 2024. Individuals in these areas may have been exposed to measles between January 29th at 11 pm and January 30th at 7 am and on January 31st between 10:30 am and 6 pm.

During these time periods, 232 children were identified by Dayton Children's Hospital as being in the ED. They and the individuals who accompanied them to the ED may have been exposed to the measles virus. These children resided in a total of 14 different Ohio counties. 153 children were identified as residents of Montgomery County; their families are being notified by Public Health to assess their measles vaccination status, and to provide information about signs and symptoms of measles, and appropriate quarantine.

If you were at Dayton Children's Hospital Emergency Department during the dates and times listed and have not been contacted by Public Health, please call 937-225-4508 so that your level of exposure can be determined, and next steps recommended.

The facts:

1. **Measles is very contagious.** The measles virus can live for up to two hours in the air after an infected person leaves the room. Nine out of 10 unvaccinated people who are exposed to measles will become infected.
2. **The measles vaccine provides good protection.** One dose of measles-mumps-rubella (MMR) vaccine provides 93% protection against measles and two doses provide 97% protection.
3. **Most of the contacted individuals have been fully vaccinated and are at low risk for infection.** All exposed individuals will need to monitor for measles symptoms for 21 days.

4. **If infected, symptoms may not occur right away.** Symptoms include high fever, cough, runny nose, watery eyes, and a rash beginning 3-5 days after other symptoms occur. Those experiencing symptoms should avoid contact with others and seek care from a healthcare provider. Notify the provider before arrival that you have a measles concern, so that further spread can be prevented.
5. **Quarantine is needed for those individuals who were exposed and do not have documentation of vaccination or immunity to measles.** People infected with measles can spread it to others, even before they have symptoms.

Vaccination reduces the risk of infection and severe disease. Measles can be serious, and about 1 in 5 people who get infected with measles will be hospitalized with complications such as pneumonia, dehydration, or brain swelling.

All Montgomery County residents who are not vaccinated, or unsure if they are vaccinated for measles, should talk to their healthcare provider about vaccination. The Centers for Disease Control and Prevention recommends all children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. MMR vaccine is also recommended for adults who are not vaccinated, or whose vaccination status is unknown.

The MMR vaccine is safe and effective with hundreds of millions of doses given. Contact your health care provider to get vaccinated. In addition, Public Health provides MMR vaccinations at its clinic located in the Reibold Building, 117 S. Main St. in downtown Dayton. To schedule an appointment, call 937-225-4550, Monday to Friday, 8:00 am to 4:30 pm.

Getting vaccinated is the best way to prevent measles. When you and your family get vaccinated, you help keep yourselves healthy, and the entire community is less likely to get it.

*Protect Your Family.
Protect Yourself.
Protect Others.*

Getting vaccinated is the best way to prevent the measles.

Public Health
Dayton & Montgomery County



Are You Betting More Than You Can Afford to Lose?

Super Bowl LVIII is set for February 11 in Las Vegas and with it brings an annual increase in betting activity. The American Gaming Association estimated that approximately \$16 billion was bet on last year's game.

According to the National Council on Problem Gambling, nationally between 1% and 3% of the general adult population, or over 5.1 million people, experience a gambling problem every year. In addition, gambling problems are often hidden, and many people may not be aware of them.

In many people, a gambling addiction also co-exists alongside other problems such as an alcohol disorder or substance misuse.

"As more States continue to legalize sports betting the chances are even greater for individuals to develop a gambling addiction," said Madonna Marable, Recovery Services Senior Manager, Public Health - Dayton & Montgomery County. "The ease of mobile betting increases the temptation to bet more than you can afford to lose, which makes it easier to hide your betting from concerned loved ones."

Help yourself and your friends by knowing the signs of problem gambling:

- Betting more than you can afford to lose
- Borrowing money to gamble
- Lying about time or money spent on gambling
- Betting more over time to feel the same sense of excitement
- Exaggerating wins and minimizing losses
- Spending a lot of time gambling or thinking about gambling
- Hiding bills or debts
- Becoming irritable when not gambling

Gamblers may take this confidential self-assessment quiz to help them understand if they may have a problem, <https://pausebeforeyouplay.org/play-responsibly/rate-your-risk/>

Public Health's [Recovery Services](#) program offers free help for gambling disorders. To schedule an appointment with one of Public Health's counselors call 937-461-5223 or visit www.phdmc.org.



Strategic Workplan Summary Update

Public Health's Department of Planning & Innovation would like to share the following key updates regarding our agency-wide Strategic Plan, and on-going implementation of the plan during this first quarter of calendar year 2024.

The [2021-2024 Strategic Plan](#) for Public Health – Dayton & Montgomery County was developed during the first half of 2020. The 2021-2024 Strategic Plan Priorities are:

- Priority 1: Advance Health Equity
- Priority 2: Strengthen and Mobilize Community Partnerships
- Priority 3: Advocate for Policy and Legislative Change to Build a Stronger Public Health Infrastructure

The Department of Planning & Innovation has assembled multiple work plan proposal documents into a cohesive agency-wide Strategic Plan. To ensure integration with other agency plans, the [Public Health Policy and Advocacy Agenda 2023-2024](#) served as the guiding source document for Priority 3: Advocate for Policy and Legislative Change to Build a Stronger Public Health Infrastructure.

Results-Based Accountability™ and [Clear Impact](#) Performance Management software have been adopted by the Ohio Department of Health, and by numerous local and state health departments across the nation. Public Health has begun incorporating Clear Impact for individual program use, and these new tools are available for staff to strengthen, streamline, and fully integrate their monitoring of progress toward established goals.

As Public Health begins utilizing Clear Impact Scorecards, staff will be able to:

1. Examine our Programs and Performance Measures from the lens of Strategic Plan alignment; integrate Key Performance Indicators, Outcomes, and Strategies
2. Tag relevant Program Specific Performance Measures with correlating Strategies or Re-accreditation Measures
3. Highlight and communicate meaningful activities, events, and accomplishments relative to Strategic Priorities or Re-accreditation Measures



Signs and Symptoms of Seasonal Affective Disorder (SAD)

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change, which is called seasonal affective disorder (SAD). People with SAD experience mood changes and symptoms similar to [depression](#). The symptoms usually occur during the fall and winter months when there is less sunlight and usually improve with the arrival of spring.

SAD has been linked to a biochemical imbalance in the brain caused by shorter daylight hours and less sunlight in winter. As seasons change, people experience a shift in their biological internal clock or circadian rhythm that can cause them to be out of step with their daily schedule. Not every person with SAD experiences all the symptoms though. Learn more about SAD from the National Institute of Mental Health [here](#). SAD symptoms can vary from mild to severe and can include many symptoms similar to major depression, such as:

- **Feeling** sad or having a depressed mood
- **Loss** of interest or pleasure in activities once enjoyed
- **Changes** in appetite; usually eating more, craving carbohydrates
- **Change** in sleep; usually sleeping too much
- **Loss** of energy or increased fatigue despite increased sleep hours
- **Increase** in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable to others)
- **Feeling** worthless or guilty
- **Difficulty** thinking, concentrating, or making decisions
- **Thoughts** of death or suicide

Talk to your doctor to discuss a treatment plan if you are experiencing symptoms of SAD. If you or someone you know is struggling or having thoughts of suicide, call, or text the 988 Suicide and Crisis Lifeline at 988 or chat at 988lifeline.org. In life-threatening situations, call 911. People with SAD are also more likely to have substance misuse. If you or someone you know is struggling with substance misuse, call [Public Health's Recovery Services](#) program at (937) 461-5223.



American Heart Health Month

During February's [American Heart Health Month](#), Public Health encourages you to learn more about heart health, and to take steps to prevent heart disease. Heart disease is the [leading cause of death in the United States](#). The term "heart disease" refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

Follow these Tips for a Health Heart

Don't Smoke: Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Balanced Nutrition: Incorporate heart-friendly foods like fruits, vegetables, whole grains, and lean proteins into your diet. Limiting saturated fats, sodium, and processed sugars can go a long way in maintaining a healthy heart.

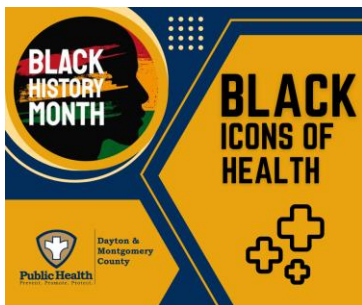
Regular Exercise: Aim for at least 150 minutes of moderate-intensity exercise per week. Whether it's a brisk walk, a dance class, or a swim, find an activity that brings you joy and gets your heart pumping.

Stress Management: Chronic stress can take a toll on your heart. Explore stress-reduction techniques such as meditation, deep breathing exercises, or yoga to keep your mind and heart in harmony.

Regular Check-ups: Schedule regular check-ups with your healthcare provider to monitor your blood pressure, cholesterol levels, and overall cardiovascular health. Early detection and management of risk factors can be key in preventing heart-related issues.

Adequate Sleep: Aim for 7-9 hours of quality sleep each night. Adequate rest allows your heart and body to rejuvenate and contributes to overall cardiovascular health.

Learn more here [about preventing heart disease](#).



Black Icons of Health

Public Health celebrates [Black History Month](#), with the social media series *Black Icons of Health* that recognizes the remarkable individuals who have left an indelible mark on history and shaped the landscape of health and wellness for generations to come. Pioneering Black men and women invented medical devices, developed innovative surgical procedures, improved patient access to quality care, and raised awareness about quality-of-life issues. Their legacies live on in hospitals and clinics, doctors' offices, universities, and research labs.



Need Help Registering for Medicaid?

If you are looking to start the process of applying for Medicaid, and don't know where to start, Public Health can help. Our Community Health Advocate will work with you to explain the process, including; who is eligible, what documentation you need, and help with the application process.

[Medicaid](#) is a government program that provides health insurance for adults and children with limited income and resources. Medicaid also covers long-term services and supports, including both nursing home care and home-and

community-based services, for those with low incomes and minimal assets.

For help call Public Health’s Community Health Advocate at (937) 224-3674.



National Black HIV/AIDS Awareness Day

February 7 is [National Black HIV/AIDS Awareness Day \(NBHAAD\)](#). It is a time to promote HIV education, testing and treatment in Black/African American (Black/AA) communities. Black/AA people account for a higher number of new HIV diagnosis and people with HIV, compared to other races and ethnicities. The theme for NBHAAD 2024 is “Engage, Educate, Empower: Uniting to End HIV/AIDS in Black Communities.”

There were 866 new diagnoses of HIV reported in Ohio in 2022. Black/AA make up 13% of Ohio’s population but accounted for 47% of the new HIV cases. From 2018-2022, Black/AA people had the highest rate of newly reported HIV infections among all race/ethnicity groups in Ohio. Of the 866 new cases of HIV in Ohio, 88 were from region 9 (Clark, Darke, Greene, Miami., Montgomery and Preble counties). Montgomery County lead the region with 54 of those cases.

Black/AA communities have made great progress in reducing HIV. Yet, issues such as racism, discrimination, and mistrust in the health care system may affect whether Black/AA people seek or receive HIV prevention services. These issues may also reduce the likelihood of engaging in HIV treatment and care. To continue to reduce the burden of HIV and other health risks, people need adequate housing and transportation, employment, access to culturally competent health services that are free of stigma and discrimination, and more.

The HIV/AIDS Prevention Committee of Region 9 (Clark, Darke, Greene, Miami, Montgomery, and Preble counties) is hard at work in the HIV response. The committee offers case management, linkage to care, HIV testing, PrEP, syringe exchange, counseling, and referral services. To learn more about free rapid HIV testing events on February 7, or to find a testing location near you, visit the [Public Health STD Clinic](#) or call (937) 225-4550.



Hosting a Total Solar Eclipse Event?

Dayton and surrounding areas will experience an extremely rare event, a total solar eclipse that will cross North America on April 8, 2024. The total eclipse in Dayton will begin at 3:08 pm and last 2 minutes and 42 seconds; other parts of the state could last up to 4 minutes. This is the first total solar eclipse in Ohio since 1806 and the next Total Solar eclipse in Ohio will not be until 2099.

If you are [planning an event](#) that will create a temporary campground of sell food via mobile food trucks or a temporary kitchen, contact Public Health’s Office of Environmental Health and learn about food licensing and campground requirements.

Public Health Cares Podcast: Total Solar Eclipse

Learn about the upcoming Total Solar Eclipse as host Dan Suffoletto, Public Information Manager, speaks with Larry Cleek, Emergency Preparedness Manager, and Matthew Tyler, Director of the Office of Environment Health about how you can prepare for viewing the eclipse, safety precautions you can take, and the environmental health concerns.



<https://www.phdmc.org/news-features/public-health-cares-podcast>

Upcoming Events in February



National Condom Awareness Day - Valentine Bash!

Wednesday, February 14, from 09:00 am - 02:00 pm
Charles R Drew Health Center - Room 800 - 323 W Third St, Dayton, OH 45402

Learn how to reduce your risk of getting HIV. **Free HIV Testing!** Results in just 20 minutes! Healthy treats and FREE condoms!

Get tested and be entered into a drawing for a giant teddy bear to give your Valentine. Call (937) 225-4023 or visit [Public Health’s Events page](#) to learn more.



Pack ‘n Play and Car Seat Giveaway Resource Fair

Saturday, February 17, from 10:00 am - 1:00 pm
Goodwill Easterseals Miami Valley - Main Campus
660 S Main Street Dayton, OH 45402

Eligibility Requirements:

Pack 'n Play

At least 32 weeks pregnant or infant under 1 years old and live in Montgomery County

Car Seat

WIC or Medicaid Income Requirements and at least 32 weeks pregnant

No preregistration required. Pack 'n Play and car seats are on a first come, first served basis. Call Lea Kelty (937) 496-7188 or visit [Public Health's Events page](#) to learn more.



Cribs for Kids Pack-N-Play Winter Giveaway 1-3 pm

Thursday, February 22, from 1:00 pm - 3:00 pm

Fairborn Fire Station #2, 2200 Commerce Center Boulevard

Fairborn, OH 45324

The Pack-N-Play Giveaway is for families in the community who need a safe sleep surface for their child up to age three years.

Mother must be at least 32 weeks pregnant or have an infant under one year of age to be eligible to receive free pack-n- play.

Registration required. Pack 'n Play and car Seats are on a first come, first served basis. Call Lea Kelty (937) 496-7188 or visit [Public Health's Events page](#) to register.



Monthly Mommy Meet-up

Thursday, February 22, from 2:00pm - 3:30 pm

Gem City Market, 324 Salem Avenue, Dayton, OH 45406

Join Public Health's Neighborhood Navigators and learn how pregnant and post-partum mothers can practice self-care to reduce stress, relaxation techniques, healthy coping mechanisms, and how to create a self-care plan.

All eligible Montgomery County residents who attend and complete a post-event survey will be eligible to win one door prize. Must be pregnant or have an infant under the age of 1 to be eligible to win one door prize.

Registration is required, as seating is limited.

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. Mommy Meet-Up takes place at the Gem City Market on the 4th Thursday of the month.

Contact info@phdmc.org or visit [Public Health's Events page](#) to register.



Montgomery County Lactation Support Circle

Thursday, February 22, from 5:30pm - 6:30 pm
Gem City Market Community Room (rear of the building)
324 Salem Avenue, Dayton, OH 45406

Join us every 4th Thursday at the Gem City Market Community Room
Open to pregnant and lactating people at every stage of their lactating journey

Dates:

- Thursday, February 22, 2024
- Thursday, March 28, 2024
- Thursday, April 25, 2024
- Thursday, May 23, 2024
- Thursday, June 27, 2024
- Thursday, July 25, 2024

Contact info@phdmc.org or visit [Public Health's Events page](#) to learn more.



Monthly Fatherhood Club

Monday, February 26, from 5:30pm - 7:00 pm
Goodwill Eastseals West Campus in Trotwood,
735 E Main St, Trotwood, OH 45426

We are building a community of driven, loving, and supportive fathers. We use this time as an open discussion, hitting on the big things we experience as DADs. We also discuss key fatherhood tips and tricks from our parenting trainings.

Food/sacks provided. Bring your dad-friends with you!

2024 Meeting Dates

- January 29
- February 26
- March 25
- April 29
- May 20
- June 24
- July 29
- August 26
- September 30
- October 28

- November 25
- December 30

Contact info@phdmc.org or visit [Public Health's Events page](#) to register.



Safe Sleep Ambassador Training

Thursday, February 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:

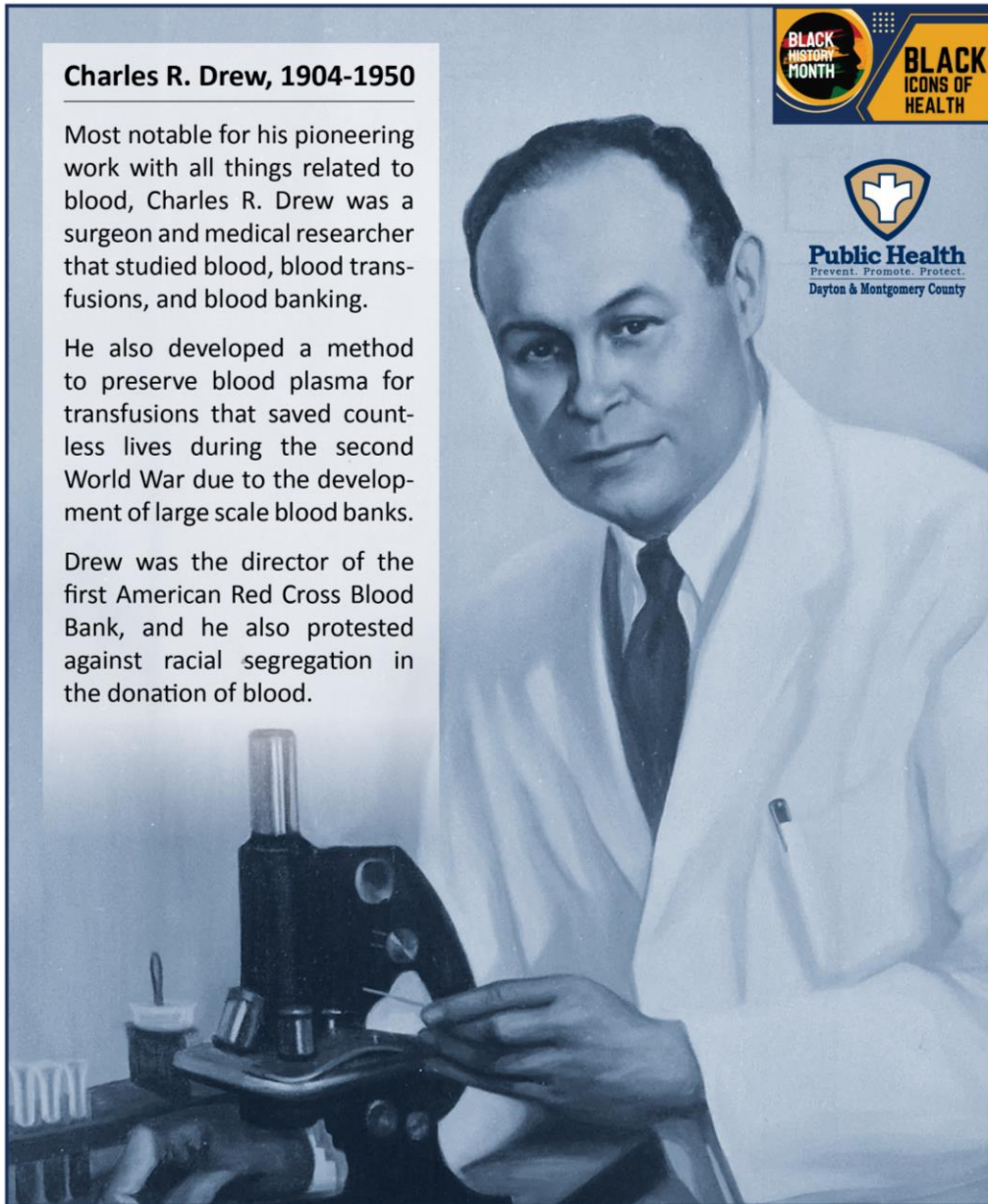
- 1/1/2024 - WHIO - Pertussis
- 1/2/2024 - WDTN - Measles and Vaccination
- 1/3/2024 - DDN - COAT Logo
- 1/3/2024 - WRGT - Respiratory Disease
- 1/4/2024 - WYSO - Queens Village
- 1/5/2024 - DDN - Flu
- 1/6/2024 - DDN - Cargill
- 1/10/2024 - WRGT - PACE Program
- 1/11/2024 - DDN - Cargill
- 1/12/2024 - DDN - Flu
- 1/14/2024 - DDN - Lead Exposure
- 1/17/2024 - DDN - Fake News
- 1/17/2024 - WDTN - Carbon Monoxide

Charles R. Drew, 1904-1950

Most notable for his pioneering work with all things related to blood, Charles R. Drew was a surgeon and medical researcher that studied blood, blood transfusions, and blood banking.

He also developed a method to preserve blood plasma for transfusions that saved countless lives during the second World War due to the development of large scale blood banks.

Drew was the director of the first American Red Cross Blood Bank, and he also protested against racial segregation in the donation of blood.



Submitted by:

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

