

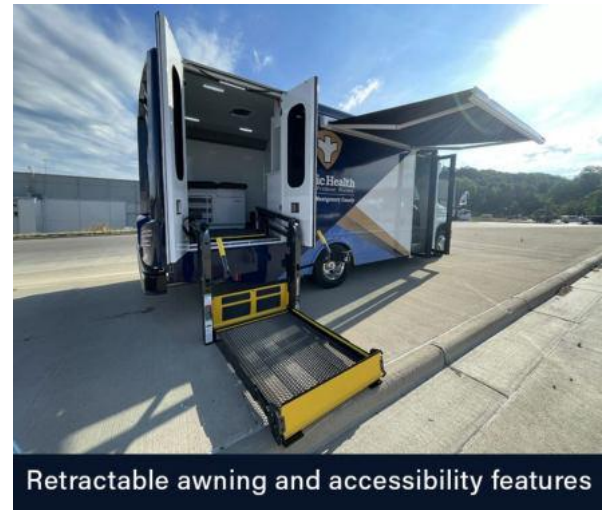
Our Mission: To improve the quality of life in our community by achieving the goals of public health: prevention, promotion, and protection.



Public Health's New Mobile Unit

Being able to bring valuable health-related services directly to our community is a top priority of Public Health - Dayton & Montgomery County.

Public Health's Emergency Preparedness program recently received a grant from the Ohio Department of Health to fund a new mobile unit. The Ford E450 truck has been custom fitted to serve the needs of the community. Inside you will find areas for vaccinations and screenings, as well as storage for medications and supplies.



Retractable awning and accessibility features

Managed by Public Health's Office of Administration, the mobile unit will be used by the Emergency Preparedness program, Health Services, Environmental Health, and Health Promotion offices for a variety of duties.



Interior space featuring examination room

During an emergency, it can be used to provide life-saving medications to Montgomery County residents or immediate access to birth certificates, such as was needed during the devastating tornadoes in 2019. During non-emergencies it will provide an onsite location for routine health screens such as those for STDs and HIV, remote

locations for vaccinations for common diseases such as the flu, COVID-19, measles, mumps, and rubella. In addition, it can be used as an outreach platform for Public Health's CarePoint program, and as a community engagement tool for programs such as Mom's and Babies First and the Community Overdose Action Team.



Fireworks Can Cause Hearing Loss

Barbecues, parades and fireworks are all part of what makes summer special. [Fireworks, that great American tradition, can cause permanent hearing damage.](#) We say damage, because that's exactly what happens to the tiny cells in our inner ears when exposed to loud noises. We have a finite number of cells in our ears to facilitate our hearing, once damaged they can't be restored, and that loss of hearing becomes permanent.

The World Health Organization says that [hearing loss](#) from loud noise is reaching epidemic proportions in wealthier nations including the US. They recommend that adults avoid sounds louder than 140 decibels of maximum sound pressure. Fireworks and firecrackers can exceed 150 decibels. Proximity to the source of sound plays a role too. If you are right next to the blast, you are putting your hearing at risk. Prolonged exposure to sounds over 80 decibels can also lead to permanent hearing loss. Things like weed-whackers, motorcycles, convertibles, and headphones can cause damage.

Both blast type and prolonged noise exposure cause what is called noise-induced hearing loss. Noise exposure is now the leading cause of hearing loss in the US. Noise induced hearing loss is also the leading service disability of our veterans.

DID YOU KNOW

you can lose some of your hearing after a few minutes around these noises?



Centers for Disease Control and Prevention
National Center for Environmental Health

 Ambulance Sirens 110-129 dB	 Lawn Mowers 80-100 dB
Fireworks 140-160 dB 	

Always protect your hearing. Wear hearing protection such as earplugs or earmuffs.

Protect Your Hearing

Here are some tips to help protect your hearing whether you are celebrating with fireworks or other summer fun.

- Stay back at least 100 feet from the blast.
- Wear hearing protection during the show
- Protect young ears too, children should wear protection too, even infants
- Turn down the music in your ear buds and headphones.
- Use noise canceling headphones when traveling (loud music only makes the problem worse).
- Wear hearing protection when using power garden tools.



July 28 is World Hepatitis Day

Viral hepatitis affects more than 300 million people worldwide. Despite effective vaccines, prevention strategies, and medications, deaths from hepatitis are increasing globally.

[World Hepatitis Day \(WHD\), celebrated on July 28](#), is an opportunity to step up national and international efforts on hepatitis, encourage actions and engagement by individuals, partners and the public and highlight the need for a greater global response as outlined in the WHO's Global hepatitis report of 2024.

WHD is a day for the world's hepatitis community to unite and make our voices heard. It's a day to celebrate the progress we have made and to meet the current challenges. It's also an opportunity for us to increase awareness and to jointly facilitate prevention, diagnosis, and treatment.

CDC, the World Health Organization, and other organizations around the world recognize WHD by raising awareness about viral hepatitis, the burdens people with hepatitis face, ongoing work to combat viral hepatitis across the globe, and actions people can take to prevent future transmission.

Every year, 1.3 million people lose their lives to hepatitis. In Montgomery County there have been 109 reported cases of Hepatitis C through the end of June.

To learn more about hepatitis basics and what you can do to join the fight against the spread of hepatitis [click here](#).



Know the Risks of Marijuana

[Marijuana](#) is a psychoactive drug that contains close to 500 chemicals, including THC, a mind-altering compound that causes harmful health effects.

Marijuana use comes with real risks that can impact a person's health and life. With the increased legalization of marijuana for recreational use, more people are using marijuana among all adult age groups, including both sexes, as well

as pregnant women. At the same time, the perception of how harmful marijuana use can be is declining. Increasingly, young people today do not consider marijuana use a risky behavior.

But there are real risks for people who use marijuana, especially youth and young adults, and women who are pregnant or nursing. Today's marijuana is stronger than ever before. People can and do become addicted to marijuana.



Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6.

Marijuana use can have negative and long-term effects:

Brain health: Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.

Mental health: Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.

Athletic Performance: Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.

Driving: People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road which can lead to accidents.

Baby's health and development: [Marijuana use during pregnancy](#) may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function. Tetrahydrocannabinol (THC) and other chemicals from marijuana can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.

Daily life: Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have

relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

To learn more, check out these [multimedia resources](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA).



Surgeon General Releases Advisory on Social Media & Youth Mental Health

The United States' Surgeon General, Dr. Vivek Murthy released a new [Surgeon General's Advisory on Social Media and Youth Mental Health - PDF](#). While social media may offer some benefits, there are ample indicators that social media can also pose a risk of harm to the mental health and well-being of children and adolescents. Social media use by young people is nearly universal, with up to 95% of young people ages 13-17 reporting using a social media platform and more than a third saying they use social media "almost constantly."

With adolescence and childhood representing a critical stage in brain development that can make young people more vulnerable to harms from social media, the Surgeon General is issuing a call for urgent action by policymakers, technology companies, researchers, families, and young people alike to gain a better understanding of the full impact of social media use, maximize the benefits and minimize the harms of social media platforms, and create safer, healthier online environments to protect children.

Usage of social media can become harmful depending on the amount of time children spend on the platforms, the type of content they consume or are otherwise exposed to, and the degree to which it disrupts activities that are essential for health like sleep and physical activity.

While more research is needed to determine the full impact social media use has on nearly every teenager across the country, children and adolescents don't have the luxury of waiting years until we know the full extent of social media's effects. The Surgeon General's Advisory offers recommendations stakeholders can take to help ensure children and their families have the information and tools necessary to make social media safer for children:

- **Policymakers can** take steps to strengthen safety standards and limit access in ways that make social media safer for children of all ages.
- **Technology companies can** better and more transparently assess the impact of their products on children, share data with independent researchers to increase our collective understanding of the impacts, make design and development decisions that prioritize safety and health.
- **Parents and caregivers can** make plans in their households such as establishing tech-free zones that better foster in-person relationships.
- **Children and adolescents can** adopt healthy practices like limiting time on platforms, blocking unwanted content, and being careful about sharing personal information.
- **Researchers can** further prioritize social media and youth mental health research that can support the establishment of standards and evaluation of best practices to support children's health.



Summer Travel Tips

Maybe you're counting down the days until your summer vacation. Whether traveling abroad or here at home, you can boost your chances of having a healthy and happy trip if you plan and follow these tips before you leave home.

Before Your Trip Check the Centers for Disease Control and Prevention's (CDC) destination webpage at wwwnc.cdc.gov/travel for travel health information to see what vaccines or medicines you may need, and what diseases or health risks are a concern at your destination.

Make an appointment with your healthcare provider at least one month before you leave. They can help you get needed medicines, discuss your health concerns and planned activities. This will help your provider give you more specific advice and recommendations.

Public Health has appointments for personalized pre-travel assessments in our Immunization Clinic. We can make sure you are up to date on your routine vaccines as well as providing destination-specific vaccines if you are leaving the country. The Public Health Clinic is one of only two authorized Yellow Fever Vaccine centers in Montgomery County. Pre-travel assessments should take place at least one month before you leave on your trip. ***Call (937) 225-4550 to schedule an appointment.***

Prepare a travel health kit with items you may need, especially those items that may be difficult to find at your destination. Include your prescriptions and over-the-counter medicines in your travel health kit and take enough to last your entire trip, plus extra in case of travel delays. Depending on your destination you may also want to pack a mask, insect repellent, sunscreen (SPF30 or higher), aloe, alcohol-based hand sanitizer, water disinfection tablets, and your health insurance card.

After Travel If you traveled and feel sick, particularly if you have a fever, talk to a healthcare provider, and tell them about your recent travel so that they can evaluate you for diseases which may not be common in our area.



Fairs, Festivals & Carnivals - Health and Safety Tips

Fairs, festivals and carnivals are a wonderful way to enjoy the summer with friends and family. [Public Health](#) is offering some important health and safety tips to keep in mind so you have a fun and safe outing.



FOOD SAFETY

- Wash your hands often, with soap and warm water for at least 20 seconds.
- Always wash your hands after activities that contaminate your hands such as after using the restroom, playing a game, going on a ride, changing diapers, or removing soiled clothes or shoes.
- Bring hand sanitizer or disposable wipes.
- Look for an appropriately displayed food service vendor's license.
- Do not consume food or drinks around animals, and always wash your hands after touching animals.
- Avoid eating food from vendors that handle money, and who do not wash their hands before preparing or serving food.
- Do not accept drinks or food from strangers.

RIDE SAFETY

- Follow all safety instructions from ride operators.
- If you see any unsafe behavior or condition on a ride, report it to a supervisor or manager immediately.
- Never force anyone, especially children, to ride attractions they don't want to ride.
- Always keep your hands, arms, legs, and feet inside the ride.
- Secure all loose articles, including wallets, change, sunglasses, cell phones, and hats.
- Remain seated until the ride comes to a complete stop, and you are instructed to exit.

CHILDREN & PETS

- Keep children supervised and within reach. Use location tracking devices.
- Do not leave pets or children in vehicles.
- Check event rules regarding pets before arriving.
- Avoid all contact with any animals that appear unwell.
- If the event allows pets, keep them on a leash.

PERSONAL HEALTH & SAFETY

- Upon arrival, note emergency evacuation routes.
- Use sunscreen and stay hydrated by drinking water.
- Use mosquito repellent and be alert for ticks in wooded or grassy areas.
- If you consume alcohol, do so in moderation.
- Do not drive drunk or high, before or after the event.
- Have a plan for a sober driver, or use rideshare services.
- Do not accept rides from strangers.
- Do not use personal fireworks .
- Keep your mobile device's emergency contact information updated.
- Charge your phone before you go.
- Do not gamble more than you can afford to lose.

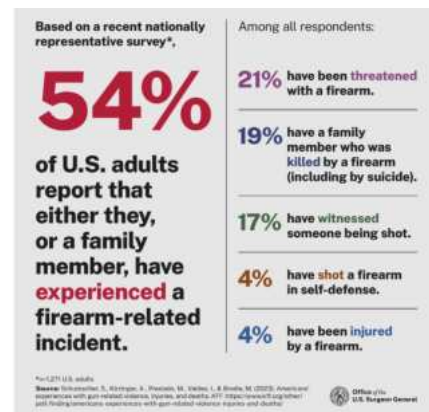


Surgeon General Declares Firearm Violence a Public Health Crisis

[United States Surgeon General Dr. Vivek Murthy](#) released a landmark [Surgeon General's Advisory on Firearm Violence](#), declaring firearm violence in America a public health crisis. According to the Surgeon General's Office, Firearm violence is pervasive, with [more than half \(54 percent\)](#) U.S. adults worrying "sometimes," "almost every day," or "every day," about a loved one being a victim of firearm violence. The effects of the public health crisis extend well beyond physical health – it has led to a collective trauma across society that warrants heightened attention.

This new Advisory is the first publication from the Office of the Surgeon General dedicated to firearm violence and its consequences for the health and well-being of the American public. The advisory details the impact of gun violence beyond death and injury, describing the layers of cascading harm for youth, families, communities, and other populations.

Read the full [report HERE](#).



Upcoming Events in July



Story Time: Why is COCO Orange?

Wednesday, July 25, from 3pm – 4:30pm and 5pm-6:30pm

West Branch Library, 300 Abby Ave., Dayton, OH 45417

About Event

The Local Office on Minority Health is organizing fun and educational events focused on asthma awareness. We're here to help families understand asthma triggers, create action plans, and manage asthma better.

WHAT TO EXPECT:

Join us for a delightful reading of "Why is Coco Orange," a story that helps kids understand air quality and how to manage asthma. Enjoy some snacks and take home valuable resources!

Contact Jasmine Young: (937) 225-4962

jyoung@phdmc.org



Safe Sleep Ambassador Training

Thursday, July 11 from 1pm - 3pm

Online Event – Registration Required (FREE)

Every year, approximately 3,600 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.](#)



Tai Chi for Arthritis

Tuesday, July 16 from 3pm – 4pm
Tuesday, July 23 from 3pm – 4pm
Tuesday, July 30 from 3pm – 4pm

Years Ahead Dayton 3969 Salem Avenue Dayton, OH 45406

Public Health's Bureau of Chronic Disease Prevention will be launching an 8-week Tai Chi for arthritis workshop for 1 hour (3pm – 4pm) every Tuesday from June 11 through August 6. Click here for more information and to [reserve your spot](#).



Person in Charge Certification Course

Wednesday, July 17, from 1pm - 4pm
Public Health – Dayton & Montgomery County
Reibold Building, Environmental Health Office - first floor
117 South Main Street, Dayton, Ohio 45422

Person In Charge (PIC) Certification in Food Protection is a mandated training for one person in charge per shift of a risk level 1, 2, 3, or 4 food service operation or retail food establishment. It is required after March 1, 2010 in the following instances:

- When a new food service operation or retail food establishment is licensed.
- When a food service operation or retail food establishment has been implicated in a foodborne disease outbreak.
- When Public Health has documented the operation's failure to maintain sanitary conditions under the Ohio Revised Code, ORC 3717.29 or ORC 3717.39.

Pre-Registration is required. Payment is due prior to attending class. No refunds given. Class size may be limited.

For instructions on registration and payment [click here](#).

For questions or to confirm registration, call (937) 225-4460 or email EH-licensing@phdmc.org



Montgomery County Lactation Support Circle

Thursday, July 25, from 5:30pm - 6:30pm
 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.

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



Monthly Mommy Meet-up

Thursday, July 25, from 5:30pm - 6:30pm
 Gem City Market (Community Room), 324 Salem Avenue, Dayton, OH 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. Mommy Meet-Up takes place at the Gem City Market on the 4th Thursday of the month.

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.

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



Queens Village Dayton Protect Your Crown: Control Your Peace

Friday, July 26, from 5:00 pm - 8:30 pm
 1821 Emerson Ave., Dayton, OH 45406



Monthly Fatherhood Club

Monday, July 29, from 5:30pm - 7:00pm
 Goodwill Easter Seals West Campus in Trotwood,
 735 E Main St, Trotwood, OH 45426

Join us as we reflect on ourselves and talk about the stigma associated with men, and how we can manage when it comes to mental health. Contact info@phdmc.org or visit [Public Health's Events page](#) to register.



Media Opportunities

6/2/2024 - DDN - Scrap Tires

6/5/2024 - DDN - Men's Health

6/5/2024 - WDTN - Marijuana

6/5/2024 - DDN - Father's Day

6/11/2024 - WDTN - Overdose Deaths

6/12/2024 - DDN - Fatherhood

6/12/2024 - WDTN - Air Quality

6/14/2024 - ABC 22 - Ozone

6/14/2024 - WDTN - Air Quality

6/14/2024 - DDN - Heat

6/17/2024 - WDTN - Heat

6/18/2024 - DDN - Heat

6/20/2024 - DDN - Overdoses

6/21/2024 - DDN - Heat

6/21/2024 - Fox 45 - Fentanyl

6/21/2024 - WYSO - Air Quality

6/27/2024 - WDTN - Lead



United States
Consumer Product Safety Commission

Fireworks Injuries & Deaths

2023 REPORT

#CelebrateSafely

Safety Tips

- ★ Never allow children to play with or ignite fireworks, including sparklers.
- ★ Make sure fireworks are legal in your area before buying or using them.
- ★ Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- ★ Light fireworks one at a time, then move back quickly.
- ★ Never try to re-light or pick up fireworks that have not ignited fully.
- ★ Never use fireworks while impaired by alcohol or drugs.
- ★ More Fireworks Safety Tips:
[cpsc.gov/fireworks](https://www.cpsc.gov/fireworks)

Injuries & Deaths



9,700

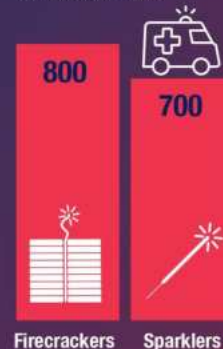
people were
treated in ERs
for fireworks injuries in 2023

8 Deaths
from Fireworks in 2023



How & When Injuries Occurred

2023 Injuries
by Firework Type



66%

of injuries occurred
in the weeks before &
after the July 4th holiday

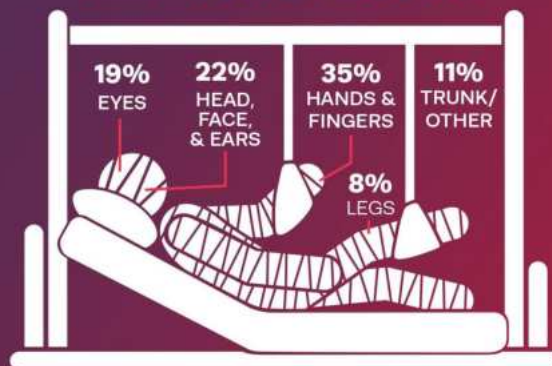


Most Injured Body Parts



42% burns

of the injuries were



Source: U.S. Consumer Product Safety
Commission 2023 Fireworks Annual Report



CPSC.gov
USCPSC

Submitted by:

Jennifer Wentzel, MPH, Health Commissioner and Becky Thomas, MD, MPH, CHES, Medical Director



