



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

Monthly Update

October 2024

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



Pertussis

The number of cases of [Pertussis](#) have been rising this year in Montgomery County, as of September 16, 2024 there have been 130 cases and in 2023 there were a total of 185 cases.

Pertussis, commonly known as whooping cough, is a highly contagious respiratory disease. It is characterized by severe coughing fits that can make it hard to breathe, and it often leads to a distinctive "whooping" sound when the person breathes in after coughing.

Vaccination Recommendations

1. **Infants and Young Children:** The DTaP vaccine (diphtheria, tetanus, and pertussis) is recommended for infants starting at 2 months of age, with a series of vaccinations given at 4, 6, and 15-18 months, and a booster at age 4-6 years.
2. **Adolescents:** A booster called Tdap is recommended for preteens at age 11 or 12.
3. **Adults:** Adults who have never received a Tdap booster should get one, especially if they are in close contact with infants, pregnant women, or in settings like healthcare.
4. **Pregnant Women:** It is recommended for pregnant women to receive the Tdap vaccine during each pregnancy, ideally between 27 and 36 weeks' gestation, to help protect their newborns.

If you have specific concerns or questions about vaccination, it is best to consult your healthcare provider.



Updated COVID-19 Vaccine

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.

Getting the updated COVID-19 vaccine is important because protection from

COVID-19 vaccine decreases with time and the updated COVID-19 vaccine gives you the best protection from the currently circulating strains.

Everyone ages 6 months and older should get the 2024–2025 COVID-19 vaccine. This includes people who have received a COVID-19 vaccine before and people who have had COVID-19 previously.

To find a vaccination location near you visit [vaccines.gov](https://www.vaccines.gov) or call the Public Health Clinic at 937-225-4550.



Get Your Flu Vaccine

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.
- 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.



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 ABCs: Babies are safest **Alone**, on their **Back**, in an empty **Crib**.

Public Health's October Mommy Meet-Up will focus on the actions families and others can take to help their baby sleep safely on Thursday, October 24 from 1:00 – 4:00 pm at the Sunrise Center Conference Room, 1320 E. Fifth St. [Registration is required.](#)



National Lead Poisoning Prevention Week

[National Lead Poisoning Prevention Week](#) (NLPPW) is October 20-26, NLPPW highlights the many ways parents, caregivers, and communities can reduce children's exposure to lead and prevent its harmful health effects. October is also [Children's Health Month](#), a time to raise awareness about the dangers and potential health impacts of environmental exposures.

1. **Get the Facts:** Lead is still a problem in many communities. Learn about lead exposure, lead hazards, and how you can protect you and your family.
2. **Get Your Child Tested:** A blood test is the best way to find out if your child has lead poisoning. Talk to your child's healthcare provider about getting a blood lead test if your child may have been exposed to lead.
3. **Get Your Home Tested:** Minimize your risk of lead exposure by hiring a certified professional to test your home for lead if it was built before 1978.

[Watch this video](#) to learn about lead exposure in your home.



October is 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 can find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

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



Pathways to Recovery Providers Summit

The [Community Overdose Action Team](#) is hosting a "Recovery Provider Summit," Thursday, October 17 from 5pm – 9pm at Sinclair College.

Pathways to Recovery will provide healthcare providers with invaluable insights and tools to enhance their practice.

By participating in this event, providers will explore how substance use is impacting the Dayton area, discover valuable local grassroots organizations and community resources, and gain inspiration from personal recovery stories.

Additionally, providers will learn to identify signs of substance misuse, understand the vital role of peer support, and address common concerns about prescribing substance use disorder (SUD) medications.

This free summit offers a unique opportunity to engage with local experts and drive meaningful improvements in SUD care.

From providers who are new to caring for patients with a substance use disorder to more experienced practitioners who are looking to expand their knowledge, this summit will offer something for everyone!

If you are a healthcare provider and would like more information about the summit, contact Dawn Schwartz, Community Overdose Action Team, Project Manager at (937) 225-6026.



Halloween Safety Tips

Halloween can be a time of excitement and imagination. But as a parent, you need to protect your little ones from danger. 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

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



Pedestrian Safety

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



Home Safety

- Remove obstacles from your lawn, porch, or steps.
- Make sure your front porch is well-lit.
- 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.
- Keep your pets in another room when you are expecting trick-or-treaters.
- Small children should not carve pumpkins.
- Turn on an outside light if welcoming trick-or-treaters.



Treat Safety

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



Motorists

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

9-29-23

Upcoming Events in October



Safe Sleep Ambassador Training

Thursday, October 10, 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 Public Health's 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.](#)



Strengthening Families Parenting Classes

(7-week Series, Thursdays 11am – 12pm, WALK-INS WELCOME)

1 Elizabeth Place, Southeast 3rd Floor, Elevator 'D' Room 333

Thursday, October 3 from 11am – 12pm

Thursday, October 10 from 11am – 12pm

Thursday, October 17 from 11am – 12pm

Thursday, October 24 from 11am – 12pm

Public Health's Recovery Services Presents: **Strengthening Families Parenting Classes** - a FREE 7 Week series. Topics include:

- Building Relationships Communication
- Problem Solving
- Substance Use Issues
- Goal Setting
- Stress Management
- Accessing Community Resources

For more information: (937) 461-5223 or visit our [Events](#) page.



Tai Chi for Arthritis Workshop

Mondays 10am – 11am
 1600 Princeton Drive, Dayton OH 45406
 Monday, October 7 from 10am – 11am
 Monday, October 14 from 10am – 11am
 Monday, October 21 from 10am – 11am
 Monday, October 28 from 10am – 11am

Public Health's Bureau of Chronic Disease Prevention is hosting an 8-week Tai Chi for arthritis workshop for 1 hour (3pm – 4pm) every Monday from September 16 through November 4. Click here for more information and to [reserve your spot.](#)



Monthly Mommy Meet-up

Thursday, October 24, from 1pm - 4pm
Sunrise Center Conference Room 1320 E. Fifth St., Dayton, OH

During SIDS Awareness Month, Public Health will share the purpose and importance of safe sleep. The event will be focusing on actions families and others can take to help their baby sleep safely, and to reduce the baby's risk of sudden infant death syndrome (SIDS) and other sleep-related causes of infant death.

The mission of Cribs for Kids® is to reduce infant sleep-related deaths by educating parents and caregivers on the importance of practicing safe sleep habits for their babies and by providing portable cribs to families who, otherwise, cannot afford a safe space for their babies to sleep.

Registration is required, as seating is limited. The first 20 eligible Montgomery County residents who attend and complete a post-event survey will receive a \$25 gift card provided by C4K.

Must be pregnant or have an infant under the age of 1 to be eligible to win one door prize. Visit [Public Health's Events page](#) to register.



Monthly Fatherhood Club

Monday, October 28, from 5:30pm - 7:00pm
 Goodwill Easter Seals West Campus in Trotwood,
 735 E Main St, Trotwood, OH 45426

In honor of Men's Health Month, we will be discussing heart disease, cancer, and diabetes at our June meeting. We are building a community of driven, loving, and supportive fathers. We use this time as an open discussion, hitting on 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!

Contact info@phdmc.org or [register here.](#)



Media Opportunities:

9/10/2024 - DDN - Ragweed Season

9/11/2024 - WHIO - Pertussis

9/20/2024 - DDN - Pertussis

9/23/2024 - WHIO - Pertussis

Getting an annual flu shot reduces your risk of serious flu outcomes!

Visit **Vaccines.gov** for more information.



Submitted by:

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