

Monthly Update

NOVEMBER 2024

Whooping Cough (Pertussis) Cases Continue to Grow

The United States is beginning to [return to pre-pandemic patterns](#) where more than 10,000 cases are typically reported each year. In Montgomery County, there have been 250 reported cases of Pertussis through October 30. By comparison there were 185 cases in 2023.

[Whooping cough](#) (Pertussis) is a common contagious respiratory disease and spreads easily from person to person. Whooping cough (Pertussis) can cause serious illness in people of all ages but is most dangerous for babies.



Getting vaccinated is the best way to protect against Pertussis. To schedule a vaccination for Pertussis call the Public Health Clinic at (937) 225-4550.



At Home Testing for STIs



Ohioans aged 16 and older can access home testing for sexually transmitted infections (STIs) through an internet-based program launched earlier this year by the Ohio Department of Health.

In the U.S., STIs have been increasing, with over 2.5 million cases in 2022. Through September of 2024 there have been 3,431 STI cases in Montgomery County. In the last 10 years, congenital syphilis cases have gone up by more than 900%. This disease is passed from a mother to her baby and can cause stillbirth, early death, or severe

disability. Free confidential home testing will reduce barriers to access testing and may help reduce the spread of syphilis and other STIs.

Through the Aware Home Test website (www.awarehometest.com), people can order a free testing kit to detect STI's such as chlamydia, syphilis, gonorrhea, HIV, and Hepatitis B & C. With easy- to-follow instructions and videos, users can take their samples at home and send them to a lab for testing using prepaid packaging from any USPS mailbox. If someone tests positive, they are connected to healthcare.

So far, over 3000 kits have been sent to individuals across Ohio, with more than 1000 returned to date. Later this year, the state will begin making the kits available at clinics, health departments, and other community settings in addition to home shipping.

COVID-19 Vaccination Recommendations



The Centers for Disease Control (CDC) has updated the COVID-19 vaccination recommendations for people 65 years and older and people who are moderately or severely immunocompromised:

- CDC recommends a second dose of 2024-2025 COVID-19 vaccine for adults ages 65 years and older;
- CDC recommends a second dose of 2024-2025 COVID-19 vaccine for people ages 6 months-64 years who are moderately or severely immunocompromised;
- CDC recommends additional doses (i.e., 3 or more doses) of 2024- 2025 COVID-19 vaccine for people ages 6 months and older who are moderately or severely immunocompromised under shared clinical decision-making.

The recommendations acknowledge the increased risk of severe disease from COVID-19 in older adults and those who are immunocompromised along with the currently available data on vaccine effectiveness and year-round circulation of COVID-19.

Everyone 6 months and older should get the 2024-2025 COVID-19 vaccine. To find a vaccine provider visit www.vaccines.gov.

Public Health has COVID-19 vaccine available for adults and children and provides vaccination in our Public Health Clinic located in the Reibold Building in downtown Dayton.

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 2024-2025 COVID-19 vaccine, get an updated COVID-19 vaccine to protect yourself this fall and winter.



Emerging Drug Trends

On October 30, 2024, the Criminal Justice branch of the Community Overdose Action Team (COAT) hosted an Emerging Drug Trends training for area criminal justice professionals, and healthcare, treatment and social service providers in partnership with the Montgomery County's Sheriff's Office and the Adult Parole Authority. Sheriff Rob Streck and Capt. Terry Ables presented updated data and information on drug trends that are affecting Montgomery County and surrounding counties, and provided attendees with the most recent insight on what to expect when working with persons who use drugs.

Current trends in the Montgomery County drug supply continue to be high levels of fentanyl, methamphetamine and fake prescription pills. These fake pills are sold on the street as Percocet, Adderall or other legitimate prescription pills, but in fact contain fentanyl. Cartels are the main providers of illicit drugs into our communities. The Mexico to US drug trade generates an estimated \$70B in whole drug proceeds per year. Dayton, Montgomery County is marked as a source city for the drug trade.

COMMUNITY
**OVERDOSE
ACTION TEAM**
ENDING OVERDOSES TOGETHER



Translation Service Enhancements

Public Health is experiencing an increase in the number of individuals visiting the [Public Health Clinic](#) who either do not speak English or who have a limited understanding of English. During these situations, Public Health has instant access to a translation service to provide communication between staff and clients.

To provide better service, Public Health is installing dual handset phones that can be used to connect the client, Public Health staff, and the translation provider, simultaneously. Benefits of this new system include faster and more accurate translation, improved client privacy, and improved customer satisfaction. Previously a speakerphone system was used that made the service harder to use for both the clients and staff.



Since January 1, 2022, Public Health has had 1,615 calls for translation services in 25 unique languages. The most translated languages are Spanish, Kinyarwanda, Swahili and Russian.



Take Charge of Tomorrow



National Institute of
Diabetes and Digestive
and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov [in](#) [X](#) [f](#) [v](#) [@niddkgov](#)



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 4–5 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!!

SEPARATE



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.



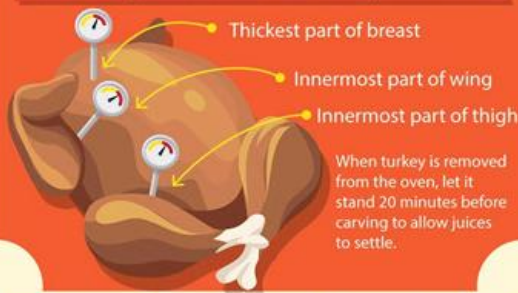
COOK



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.



Last day Thanksgiving leftovers are safe from the fridge.



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 PreguntelelaKaren.gov for questions in Spanish.





**We Are
Hiring**
JOIN OUR TEAM

Help Us Make a Difference

Public Health - Dayton & Montgomery County, is dedicated to public service and committed to quality relationships with one another and the community we serve.

Current Job Openings

Director of Administration
Director of Health Services
Communicable Disease Clinic Manager
Medical Records Supervisor
Senior Programmer/System Administrator
Accounting Specialist
Medical Technologist - Microbiologist

>>> APPLY NOW



- Health, Dental, and Vision Insurance
- Vacation, Sick, and Personal Leave
- Paid Holidays
- Ohio Public Employees Retirement System
- Eligible for Deferred Compensation Program
- Tuition Assistance, and More!



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EVENTS

November 2024 Events

Public Health's many programs and services host a variety of community-wide events throughout the year. To register for an event or learn more, call (937) 225-5700 or [click here](#).

NOV 14 THU

BECOME A SAFE SLEEP AMBASSADOR



MATERNAL AND CHILD HEALTH
Safe Sleep Ambassador Training

🕒 1:00 PM 📍 Virtual

NOV 14 THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES



MATERNAL AND CHILD HEALTH
Parenting Classes

🕒 1:00 PM - 3:00 PM 📍 Virtual

NOV 20 WED

Person In Charge (PIC) Training



ENVIRONMENTAL HEALTH
Person In Charge (PIC) Certification in Food Protection

🕒 1:00 PM - 4:00 PM 📍 Reibold Building - Environ...

NOV 25 MON

Monthly Fatherhood Club



MATERNAL AND CHILD HEALTH
Monthly Fatherhood Club

🕒 5:30 PM - 7:00 PM 📍 Goodwill Eastseals West ...

News

MEDIA

Date	News Source	Topic
10/3/24	WDTN	COVID-19
10/16/24	DDN	Budget
10/16/24	WHIO	Fire
10/16/24	WDTN	Fire
10/18/24	WYSO	Mosquitoes
10/24/24	DDN	COVID-19
10/24/24	DDN	Odors
10/29/24	DDN	Pertussis

Submitted by:

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