



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

PUBLIC HEALTH - DAYTON & MONTGOMERY COUNTY

Monthly Update

JUNE 2025

Dayton Hosts the 2025 NATO Parliamentary Assembly

From May 22 to 26, 2025, the City of Dayton and Montgomery County were honored to host the [NATO Parliamentary Assembly](#). Established in 1955, the Assembly serves as a critical forum fostering dialogue and cooperation between the North Atlantic Treaty Organization (NATO) and the legislative bodies of its 32 member nations. The event brought together nearly 1,000 distinguished delegates, officials, and guests.

[Public Health](#) played a key role in ensuring the health and safety of attendees and residents. Through its Emergency Preparedness program, Public Health coordinated efforts with the Emergency Management teams of the City of Dayton, Montgomery County, the Greater Dayton Area Hospital Association, the U.S. Department of Homeland Security, and others.

Public Health's activities centered around the following areas:

- 1 Leading the preparation for a response to a biological incident. [BioWatch](#) is a US Department of Homeland Security initiative that monitors the air for biological agents likely to be used in a bioterrorism attack. If a detection occurs, public health and other local and state officials use the information to coordinate emergency response, including prompt medical care and other actions to protect public health and safety. This combination of early warning and rapid response may potentially reduce illness and death from a bioterrorism attack.
- 2 Served as the host location for a CHEMPAK during the incident. CHEMPACKS are strategically positioned containers holding nerve agent antidotes, readily available to hospitals and emergency services for rapid response to chemical incidents.
- 3 Provided enhanced inspection services for local food service operations in and around the NATO Village, as well as other sites to prevent the spread of foodborne illness.
- 4 Provided enhanced surveillance of communicable disease patterns, poison control reports, and traumatic injury incidents.
- 5 Established public information message sharing between various City of Dayton and Montgomery County agencies.
- 6 Externally, provided support to Montgomery County Emergency Operations Center for the duration of the event. This group met virtually via Teams each day at 10:00 am and 10:00 pm.
- 7 A Department Operations Center was established internally and staffed by Incident Management Team members (IMT). This group met each day of the event at 8:00 am to provide updates to all involved IMT members and discuss operational concerns for the next 24 hours.
- 8 Situational reports were generated each day of the event. A situational report was developed for all Public Health staff. Additionally, a daily situation report was generated for IMT members directly involved in the response.

2025 NATO

Parliamentary Assembly
May 22-25, 2025 • Dayton, Ohio



Let's Celebrate

PRIDE

MONTH

Celebrating PRIDE Month

PROMOTING HEALTH, EQUITY, & INCLUSION

June is PRIDE Month, where we honor the LGBTQ+ community and celebrate their contributions. It is also a time to reflect on the work that still needs to be done to ensure that everyone has equitable access to health-related services.



Public Health - Dayton & Montgomery County believes that everyone has a right to achieve their best health outcome, and to access respectful, affirming care, which is free from discrimination based on an individual's sexual orientation, gender identity or expression.

However, the LGBTQ+ population continues to encounter numerous hurdles when it comes to accessing care, such as stigma, discrimination, and a lack of culturally competent services. These types of barriers can lead to greater differences in population health concerns, with higher rates of [mental health problems](#), substance abuse, and lack of proactive healthcare. [According to data from the Trevor Project](#) "39% of LGBTQ+ young people seriously considered attempting suicide in the past year – including 46% of transgender and nonbinary young people. LGBTQ+ youth of color reported higher rates than white peers."

Through Public Health's LGBTQ+ Health Initiatives program and the Montgomery County LGBTQ+ Health Alliance, we support LGBTQ+ individuals, families, and allies in working towards a more inclusive, supportive, and healthy Montgomery County.

During PRIDE month, Public Health commits to:

- **Providing inclusive public health services** that recognize and respect the diverse identities within our community.
- **Supporting LGBTQ+ youth and adults** through mental health resources, HIV prevention and care, and safe spaces.
- **Partnering with community organizations** to promote equity and improve health outcomes for LGBTQ+ individuals.

Public Health - Dayton & Montgomery County encourages everyone to celebrate PRIDE Month by learning more about LGBTQ+ health, advocating for inclusive policies, and supporting local PRIDE events.

Together, we can build a community where everyone feels seen, valued, and safe.

For more information about LGBTQ+ health resources, visit our [LGBTQ+ Health Initiatives page](#).

National HIV Testing Day



HIV Testing Day (NHTD) was first observed on June 27, 1995. This is a day to encourage people to get tested for HIV, know their status, and get linked to care and treatment. The human immunodeficiency virus (HIV) is the virus that causes AIDS (acquired immunodeficiency syndrome). AIDS is the most advanced stage of HIV infection. Visit [CDC's page](#) to learn more.

HIV testing, including self-testing, is the pathway to engaging people in care to keep them healthy, regardless of their test result. People who receive a negative test result can take advantage of HIV prevention tools such as pre-exposure prophylaxis (PrEP), condoms, and other sexual health services such as vaccines and testing for sexually

transmitted infections. People who receive a positive test result can rapidly start HIV treatment (antiretroviral therapy, or ART) to stay healthy.

The Centers for Disease Control and Prevention (CDC) recommends that everyone 13 to 64 years old get tested for HIV at least once as part of routine health care and that people at higher risk for HIV get tested more often. Risk factors for HIV include having vaginal or anal sex with someone who is HIV positive or whose HIV status you do not know; having sex with multiple partners; and injecting drugs and sharing needles, syringes, or other drug equipment with others. Pregnant women are also encouraged to get tested for HIV, so that they can begin taking HIV medicines if the test is positive. Knowing your HIV status is the first step in staying healthy and stopping the spread of HIV.

Ending the HIV Epidemic in the U.S. Initiative continue to guide efforts to help us reach all people who can benefit from HIV prevention and care. HIV self-testing like [Together TakeMeHome](#) helps provide free testing to people who do not have easy access to in-person testing services and can reduce stigma for those reluctant to go for an in-person HIV test.

Individuals who receive a negative test result will receive information regarding how they can take advantage of HIV prevention tools such as pre-exposure prophylaxis (PrEP), condoms, and other sexual health services, such as vaccines, and testing for sexually transmitted infections. People who receive a positive test result will receive consultation on next steps including how they can quickly start HIV treatment.



National Naloxone Awareness Day

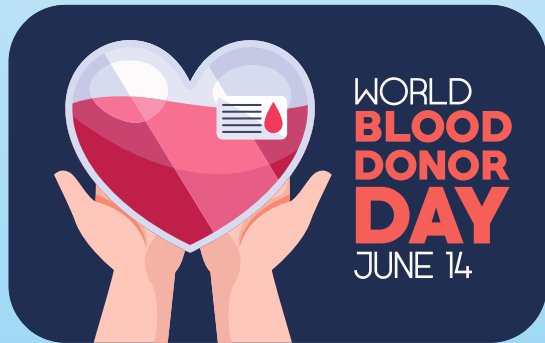
June 6th has been designated as National Naloxone Awareness Day. Naloxone is an opioid overdose reversal medication that can save lives. In 2015, David and Jackie Siegel's daughter suffered a drug overdose in her home, and while first responders were on scene while Victoria was still alive, they were not equipped with naloxone and Victoria ultimately died from this overdose event.

After their daughter's death, David and Jackie became very vocal advocates for naloxone awareness and accessibility. In that advocacy, they created the **Victoria's Voice Foundation** and have since been able to raise awareness of the need for naloxone across the nation.

If you or someone you know need naloxone, call the Community Overdose Action Team at (937) 225-6026.



INTERNATIONAL OVERDOSE AWARENESS DAY
AUGUST 31, 2024



World Blood Donor Day is June 14

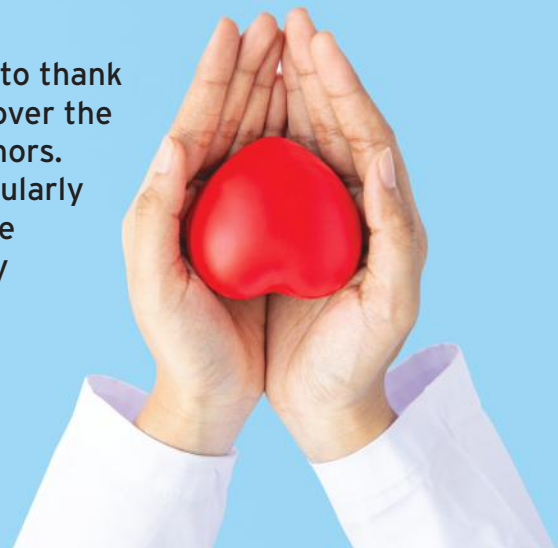
World Blood Donor Day provides a special opportunity to celebrate and thank voluntary blood donors around the world for their gift of blood and has become a major focus for action towards achieving universal access to safe blood transfusion.

Every single donation is a precious, lifesaving gift and repeat donation is the key to building a safe and sustainable blood supply. Lack of access to safe blood and blood products negatively impacts patients, including those requiring regular transfusion.

The slogan for 2025 World Blood Donor Day campaign is "Give blood, give life: Join the transfusion chain". This theme emphasizes the importance of blood donation as a life-saving act and encourages individuals to become regular blood donors to maintain a sustainable supply. It also highlights the interconnectedness of blood donors and recipients, emphasizing that everyone can contribute to the transfusion chain.

World Blood Donor Day is an excellent and timely opportunity to thank blood donors around the world for their life-saving donations over the years and honor the profound impact on both patients and donors. It also highlights the importance of giving blood or plasma regularly to create a safe supply of blood and blood products that can be always available, so that all patients in need can receive timely treatment.

To learn more or to schedule an appointment to donate blood, visit [Solvita](#) (formerly Community Blood Center) or call 855-765-8482



Stay Healthy While Traveling:

Protect Yourself Before You Go



Whether you're exploring a new city, hiking remote trails, or relaxing on a beach abroad, travel opens the door to unforgettable experiences – and potential health risks. Staying healthy while traveling doesn't have to be complicated, but it does require a little preparation.

If you are traveling internationally, before you leave, enroll in the [Smart Traveler Enrollment Program \(STEP\) | U.S. Department of State \(.gov\)](#) to get real-time updates about health, weather, safety, and security for your planned travel destination.

Here's how to safeguard your health before and during your trip:

1. Get Vaccinated – It's Your First Line of Defense

Vaccines are one of the most effective ways to protect yourself from serious illness while traveling. Depending on your destination, you may be exposed to diseases not common in your home country. Before you go, check which vaccines are recommended or required, such as:

- Routine vaccinations (MMR, Tdap, polio)
- Hepatitis A and B
- Typhoid
- Yellow fever
- Rabies (for certain regions or activities)

Talk to your healthcare provider at least 4–6 weeks before departure – some vaccines take time to become effective. And even if you're traveling within your country, taking advantage of all available vaccines helps protect not just you, but everyone around you.

[Public Health's Immunization Clinic](#) can provide you with travel vaccines to meet your needs. Call (937) 225-4550 for more information or to schedule an appointment.

2. Pack a Travel Health Kit

Prepare for the unexpected. A small health kit can save time and stress if you get sick on the road. Essentials include prescription medications (in original containers), pain relievers, antidiarrheal medication, motion sickness remedies, hand sanitizer, masks, insect repellent, and sunscreen.

3. Be Smart About Food and Water

Traveler's diarrhea is the most common travel-related illness. To avoid it:

- Drink bottled or treated water
- Avoid raw or undercooked meats
- Eat fruits and veggies you can peel yourself
- Wash hands regularly



4. Prevent Insect Bites

Mosquitoes and ticks can carry diseases like Malaria, Dengue, and Lyme disease. Wear long sleeves, use insect repellent, and sleep under a net when necessary. Use medication to prevent Malaria if needed.

5. Know Where to Get Help

Before you go, research local hospitals or clinics near your destination. Consider travel insurance that covers medical emergencies and evacuation. After your trip, be sure to monitor your health. If you develop a fever or other symptoms upon returning home, seek medical attention and inform your healthcare provider about your recent travel history.

A Healthy Trip Starts at Home

No matter where you're headed, the most important thing you can do is prepare. Stay current on all vaccines, make smart health choices, and pack with care.

June is Men's Health Month

10 TIPS FOR A HEALTHIER YOU

June marks Men's Health Month, a time dedicated to raising awareness about the health challenges men face and encouraging proactive steps towards a healthier lifestyle. As men often prioritize work and family commitments over their well-being, it's essential to spotlight the importance of regular health check-ups and a balanced lifestyle. Here are ten tips to help you stay on top of your health this month and beyond.

1. Schedule Regular Check-ups: Don't wait until you're feeling unwell. Regular check-ups can catch potential health issues early. Make an appointment with your doctor for a comprehensive health review.

2. Stay Active: Incorporate physical activity into your daily routine. Aim for at least 30 minutes of moderate exercise most days of the week. Activities like walking, cycling, and swimming are excellent for maintaining cardiovascular health.

3. Eat a Balanced Diet: Focus on a diet rich in fruits, vegetables, lean proteins, and whole grains. Limit processed foods, sugary drinks, and red meat consumption to reduce the risk of chronic diseases.

4. Manage Stress: Chronic stress can lead to various health problems, including heart disease and depression. Practice stress-management techniques such as meditation, deep breathing exercises, or hobbies that bring you joy.

5. Prioritize Mental Health: Mental health is just as important as physical health. If you're feeling overwhelmed, anxious, or depressed, don't hesitate to seek help from a mental health professional.

6. Get Adequate Sleep: Aim for 7-9 hours of quality sleep each night. Good sleep is crucial for overall health, including mental sharpness, mood regulation, and physical recovery.

7. Avoid Tobacco and Limit Alcohol: Tobacco use is a major risk factor for numerous health problems. If you smoke, seek resources to help you quit, such as by calling 1-800-QUIT-NOW. Additionally, limit alcohol intake to moderate levels to avoid long-term health issues.

8. Stay Hydrated: Proper hydration is vital for bodily functions. Aim to drink at least 8 glasses of water a day, and more if you're active or in hot environments.

9. Protect Your Skin: Use sunscreen with at least SPF 30 to protect your skin from harmful UV rays and wear protective clothing when spending time outdoors. Regularly check your skin for any changes or unusual moles and consult a dermatologist if needed.

10. Stay Informed: Educate yourself about common health issues that affect men, such as prostate health, heart disease, and diabetes. This can help you make better lifestyle choices and seek timely medical advice.

[Public Health's Men's Health program](#) reminds you that this month provides an excellent opportunity to take charge of your health. Remember, small changes can lead to significant health benefits over time. To help men in their pursuit of better health, Public Health provides this [Men's Health Checklist](#) with a detailed description of recommended health screenings for men of all ages.

Let's commit to living healthier lives, starting this June!

Public Health's Smoke-Free Workplace Program

A report of a Smoke Free Workplace violation to the State of Ohio initiates an investigation by Public Health. The law requires all places of employment and indoor public areas to be smoke-free, establishing a statewide minimum standard to protect individuals from the harmful effects of secondhand smoke.

In 2023, the definition of smoking was broadened to include e-cigarettes and vaping. While the law does not ban outdoor smoking or specify a required distance from building entrances or exits, smokers must stand far enough away to prevent smoke from entering buildings.

Certain locations are exempt from the smoke-free requirements. These may include retail tobacco shops, private residences, individual rooms in nursing homes, hotel or motel rooms, and research laboratories.

Outdoor smoking may be permitted on patios under specific conditions:

Covered patios must have no more than two walls and be at least 50% open.

An uncovered outdoor patio may have walls on all four sides. All patios must allow free air circulation, be physically separated from enclosed areas, and prevent smoke from drifting into designated no-smoking zones.

Since the law took effect in 2007, Public Health has seen a steady decline in the number of complaints. In 2024, 34 smoking complaints were investigated.

If you need help to quit smoking call 1-800-QUIT-NOW.



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Help Us Make a Difference

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

Current Job Openings

- Community Health Advocate
- Disease Prevention Specialist
- Receiving & Distribution Technician I
- Substance Use Mental Health Counselor
- PH Communicable Disease Clinic Senior Manager
- Senior Programmer/Sys Administrator
- Director Administration
- Accounting Specialist
- Director Health Services



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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!



Public Health - Dayton & Montgomery County is an equal opportunity employer and does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity or expression, age, national origin, disability, military status, veteran status, genetic testing, or other unlawful bias.

EVENTS

June 2025 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](#).



CHRONIC DISEASE PREVENTION

Tai Chi for Arthritis

2:00 PM - 3:00 PM

Kettering Health Years Ahead



CHRONIC DISEASE PREVENTION

Dementia Support with Public Health - Dayton & Montgomery County

2:00 PM - 3:00 PM

Dayton Metro Library - South...



RECOVERY SERVICES

Parenting Classes

11:00 AM - 12:00 PM

Elizabeth Place



MATERNAL AND CHILD HEALTH

Family Safety Fest

10:00 AM - 1:00 PM

Goodwill Easter Seals Miami V...



MATERNAL AND CHILD HEALTH

Nourish Your Newborn Class

2:00 PM

Drew Health Center



MATERNAL AND CHILD HEALTH

Nourish Your Newborn Class

2:00 PM - 3:00 PM

Sunrise Center



CHRONIC DISEASE PREVENTION

Dementia Support with Public Health - Dayton & Montgomery County

2:00 PM - 3:00 PM

Dayton Metro Library - Vand...



RECOVERY SERVICES

Parenting Classes

11:00 AM - 12:00 PM

Elizabeth Place



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Sunrise Center



CHRONIC DISEASE PREVENTION

Dementia Support with Public Health - Dayton & Montgomery County

2:00 PM - 3:00 PM

Dayton Metro Library - Brook...



RECOVERY SERVICES

Parenting Classes

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Elizabeth Place

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CHRONIC DISEASE PREVENTION
**Dementia Support with
Public Health – Dayton &
Montgomery County**

🕒 2:00 PM – 3:00 PM

📍 Dayton Metro Library – Vand...

[REGISTER HERE](#)



RECOVERY SERVICES
Parenting Classes

🕒 11:00 AM – 12:00 PM

📍 Elizabeth Place



MATERNAL AND CHILD HEALTH
**Safe Sleep Ambassador
Training**

🕒 1:00 PM – 3:00 PM

📍 Sunrise Center

[REGISTER HERE](#)



MATERNAL AND CHILD HEALTH
Monthly Fatherhood Club

🕒 5:30 PM – 7:00 PM

📍 Goodwill Eastseals West Ca...

[REGISTER HERE](#)

MEDIA

Date	News Source	Topic
5/5/25	DDN	Dog Bites
5/14/25	DDN	Narcan

Submitted by:

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

