



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

PUBLIC HEALTH - DAYTON & MONTGOMERY COUNTY

Monthly Update

MAY 2026



..... MAY 6 -12, 2026

Public Health joins with the American Nurses Association in celebrating National Nurses Week 2026, from May 6 - 12. This week serves to recognize the vital contributions of nurses who provide expert, compassionate care across all health care settings.

Public Health currently has a workforce of 36 nurses in the following programs: School Health, Complex Medical Help, STD Clinic, TB/Communicable Disease, Immunization Clinic, Maternal Child Health, and Nursing Administration.



Public Health invites everyone to recognize the invaluable contributions of nurses worldwide.

Whether you're a health care professional, a patient, or simply someone who appreciates nurses' dedication, this is your chance to express gratitude. Your support honors their hard work and commitment to service.

Let's come together to celebrate Nurses Week 2026 and show our appreciation for these extraordinary professionals!



MENTAL HEALTH AWARENESS MONTH



Since its founding by Mental Health America in 1949, [Mental Health Awareness Month](#) has served as a vital cornerstone for advocacy. For over 70 years, this annual May observance has served to illuminate the importance of mental well-being, educate the public, and dismantle the stigma that often prevents people from seeking help. At its core, this month is about more than awareness; it's about fostering a compassionate society where mental health is prioritized as a fundamental part of overall health. By normalizing these conversations, we nurture an environment where individuals feel empowered to seek early intervention, leading to better long-term outcomes and a stronger sense of community solidarity.

TO MOVE THE NEEDLE ON MENTAL HEALTH CARE, FOCUS ON SEVERAL KEY PILLARS:

Education & Acceptance: Providing clear information on mental health conditions to replace fear with understanding and acceptance.

Intervention & Support: Highlighting the critical need for early screening and providing direct access to crisis services and support groups.

Policy & Progress: Advocating for systemic change, including increased funding and improved mental health policies that ensure care is a right, not a privilege.

Self-Care: Encouraging proactive mental wellness and self-care practices as essential habits for everyone.

Break
THE
Stigma

Be kind
TO YOUR MIND

BE MORE
you

THE URGENT REALITY

Despite the overwhelming need, the statistics reveal a significant gap in care:

A Crisis of Access: Nearly 30 million people across the U.S. currently lack access to affordable, comprehensive treatment for mental health and substance use.

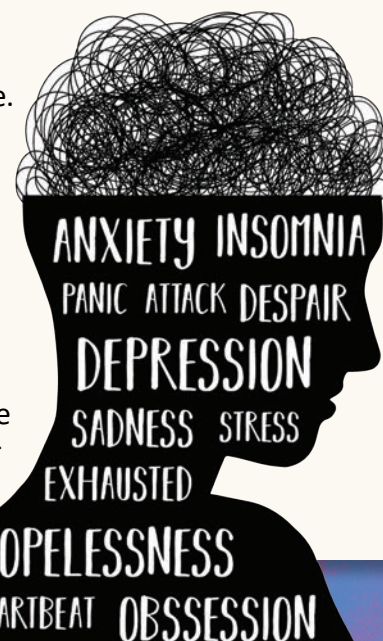
Adult Mental Health: Approximately 1 in 5 adults experienced a mental illness in the past year, with 1 in 20 facing a serious mental illness.

The Youth Perspective: 1 in 5 youth live with a mental health condition, and in 2023, a staggering 20% of U.S. high school students seriously considered suicide.

Early Onset: Mental health challenges often begin early; 35% of conditions emerge by age 14, and nearly 63% appear by age 25.

JOIN THE MOVEMENT

Mental health challenges do not discriminate, and neither should the support available to face them. This May, communities are working to bridge the gap between awareness and action. Together, individuals and organizations can reduce isolation, improve access to care, and ensure that mental well-being is a reality for every person in every community.



Healthy & Safe Swimming

The arrival of May officially kicks off the pool season, providing a healthy way for residents to stay physically active. However, while swimming is an excellent workout, it is important to remember that all water-based activities carry inherent risks. One of the most critical risks is the spread of germs. Swallowing even a single mouthful of contaminated water can lead to weeks of illness. While standard disinfectants like chlorine and bromine kill most bacteria within minutes, some parasites are much tougher. For example, [Cryptosporidium](#) (or "Crypto") is a germ that can survive in properly treated water for more than seven days.



To help protect our community, [Public Health's Swimming Pool and Spa program](#) actively inspects over 300 pools and splash pads in Montgomery County multiple times throughout the season. These inspections ensure that facilities meet strict safety codes and maintain proper chemical levels to keep the water as germ-free as possible.

Do's and Don'ts of Safe Swimming:

The Do's

- **DO** stay out of the water if you are sick with diarrhea.
- **DO** shower before getting in the water.
 - ▶ *When chlorine mixes with dirt, sweat, pee, and poop, there is less chlorine available to kill germs.*
- **DO** take kids on bathroom breaks or check diapers every hour.
 - ▶ *Change diapers away from the water to keep germs from getting in.*
- **DO** dry ears thoroughly with a towel when you get out of the water.

The Don'ts

- **DON'T** swallow the water.
- **DON'T** poop or pee in the water.
- **DON'T** sit or stand on the jets at splash pads. Sitting or standing on jets can cause injuries or rinse poop off butts.



Public Health encourages you to help keep our children safe this summer. According to the Centers for Disease Control and Prevention, drowning is the leading cause of death for children 1 to 4 years old, and the second leading cause of unintentional injury death for children 5 to 14 years old. Drowning can happen in seconds and is often silent. It can happen to anyone, any time there is access to water. This includes pools, lakes, and smaller bodies of water like bathtubs and water-filled buckets. However, drowning is preventable.

Ways to Help Prevent Drowning:

- ➔ Properly fence home swimming pools.
- ➔ Learn how to swim and teach children how to swim.
- ➔ Supervise children closely and constantly when they are in or near water.
- ➔ Wear a properly fitted life jacket.
- ➔ "Floaties," arm bands, or water wings do not prevent children from drowning.

All these precautions can help reduce the risk of drowning.



Air Quality Awareness Week



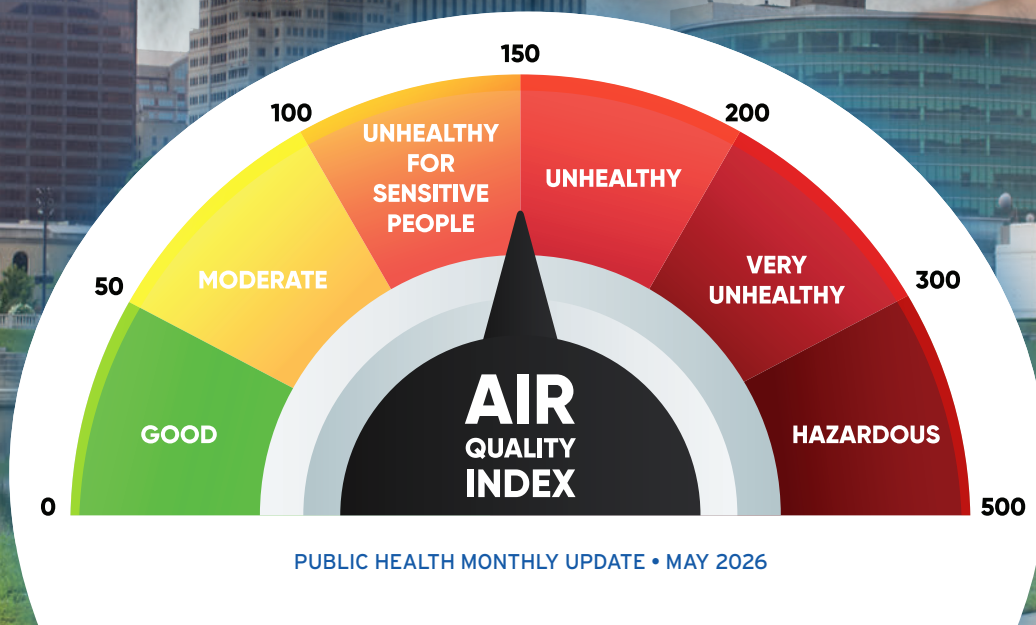
Public Health's [Regional Air Pollution Control Agency \(RAPCA\)](#) is celebrating Air Quality Awareness Week 2026

from May 4–8. With this year's theme, "**Clean Air, Healthy Choices: Acting Together for People and Planet**", the initiative coincides with the start of ozone

and wildfire seasons, as well as World Asthma Day.

The goal is to move beyond simply checking the color-coded Air Quality Index (AQI); it's about understanding how local air quality directly affects your community's health. By following daily forecasts, you can make informed decisions—like rescheduling outdoor playtime for children during "Code Orange" days—to reduce exposure to pollutants.

Visit the RAPCA website for local forecasts, ozone data, and pollen levels.



Public Health's Laboratory Passes CLIA Inspection



Public Health's laboratory has successfully passed the Clinical Laboratory Improvement Amendments (CLIA) inspection and remains fully certified to continue delivering high-quality, reliable testing services. CLIA inspections are held every two years and apply

U.S. federal regulatory standards to evaluate clinical laboratory testing performed to ensure patient test results are accurate and reliable.



Dayton & Montgomery County
Reibold Building, 3rd Floor
117 S. Main Street
Dayton, OH 45422

Sexually Transmitted Disease Clinic
STD examinations, treatment and education,
rapid HIV testing, and pregnancy testing
No one will be turned away based on inability to pay!
Call for an appointment: (937) 225-4550

Having a CLIA-certified laboratory at Public Health - Dayton & Montgomery County means it is able to screen clients for certain health conditions at its satellite facilities and diagnose communicable diseases, such as syphilis

and trichomonas, in the Reibold Sexually Transmitted Disease Clinic for same-day treatment. CLIA laboratory testing occurs across seven fixed locations and on three mobile units. In 2025, Public Health employees performed a total of 14,933 tests.





Mosquito Season is Here

Mosquito season in Montgomery County typically runs from May through October, but can see activity as early as April. Activity is closely tied to temperature, beginning when levels consistently stay above 50°F and ending after the first hard frost in the fall.

Seasonal Mosquito Pattern

- **Early Activity (April-May):** Mosquitoes start emerging and becoming more active as temperatures warm.
- **Peak Season (June-August):** This is the period of highest mosquito volume and activity due to warm temperatures and humidity.
- **Tapering Off (September-October):** Populations begin to decline as overnight temperatures drop below 50°F, though they can remain active on warm afternoons through late fall.



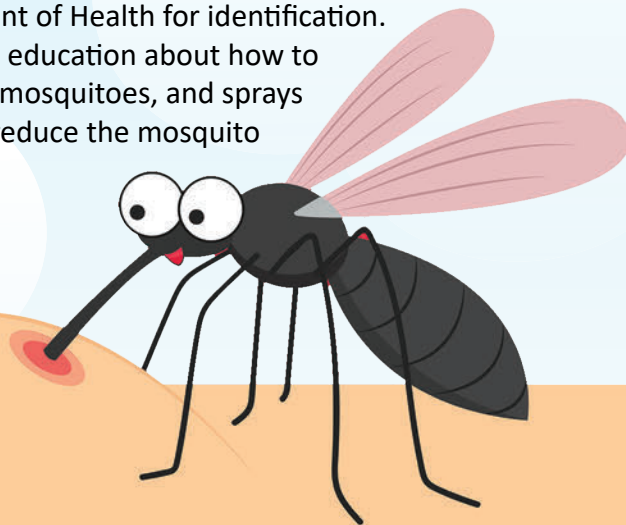
Although most types of mosquitoes are just nuisance mosquitoes, some types spread germs (viruses and parasites) that can cause diseases such as West Nile virus, Zika virus, dengue, and malaria. The best way to prevent these illnesses is to protect yourself and your family from bites.

To prevent mosquito bites, follow the **"Three Ds"**: **Drain** standing water from gutters and containers to eliminate breeding grounds, **Dress** in light-colored, loose-fitting long sleeves and pants, and **Defend** yourself using EPA-registered repellents like DEET or Picaridin. Additionally, ensure window screens are intact and try to avoid outdoor activities during peak hours at dawn and dusk when mosquitoes are most active.

Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop. Some mosquitoes hibernate in enclosed spaces, like garages, sheds, and under (or inside) homes, to survive cold temperatures.



[Public Health's Mosquito Control program](#) monitors and traps mosquitoes and sends collected specimens to the Ohio Department of Health for identification. The program provides education about how to protect yourself from mosquitoes, and sprays selected locations to reduce the mosquito population.



**We Are
Hiring**

JOIN OUR TEAM

PUBLIC HEALTH

Public Health
Dayton & Montgomery County Partnership

Health Clinic

RESTAURANT

Vaccine

Public Health
Preventive Medicine
Dayton & Montgomery County

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

- Public Health Nurse Supervisor
- Public Health Nurse I
- EH Records Technician I
- EH Intern
- Air Pollution Control Specialist I/II
- Plumbing Inspector I
- Accounting Services Supervisor
- Substance Use Mental Health Counselor
- Director Administration
- Accounting Specialist
- Director Health Services



- 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.



UPCOMING EVENTS

May 2026 Events

Public Health's 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](#).

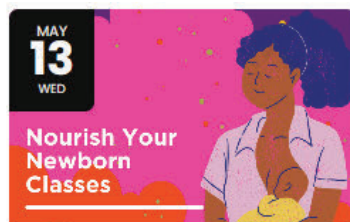


Mama's Kitchen: Cooking Class

10:30 AM

Central State University Dayt...

REGISTER HERE



Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

2:00 PM - 3:00 PM

Sunrise Center



Mama's Kitchen: Cooking Class

10:30 AM

Central State University Dayt...

REGISTER HERE



FATHERHOOD

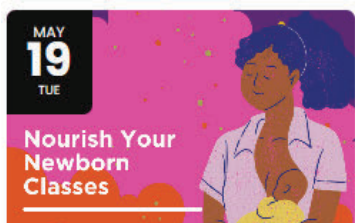
MONTHLY CONNECT

MATERNAL AND CHILD HEALTH
Monthly Fatherhood Monthly Connect

5:30 PM

Goodwill Eastesals West Ca...

REGISTER HERE

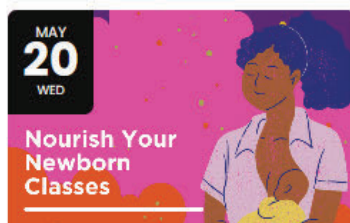


Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

2:00 PM

Drew Health Center



Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

2:00 PM

Sunrise Center



BECOME A SAFE SLEEP AMBASSADOR

ABC's of Safe Sleep - Safe Sleep Ambassador Training

1:00 PM - 3:00 PM



Pumping 101 Classes

MATERNAL AND CHILD HEALTH
Pumping Class 101

4:00 PM

Sunrise Center



Purpose & Values

4:30 PM - 6:30 PM

Dayton Metro Library - North...

REGISTER HERE



Intertwined: Lactation Support Group

Intertwined: Lactation Support Group

10:30 AM - 11:30 AM

Gem City Market

Check Out These Great Events in May!





In 2025, 23 percent of those who died by suicide in Montgomery County were youth under the age of 25.

Source: Montgomery County Coroner's Office

**data
POINTS**

COMMUNITY HEALTH ASSESSMENT



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For more local health data visit cha.phdmc.org

Media

Date	News Source	Topic
4/3/26	ABC 22	Minority Health Month
4/8/26	ABC 22	Seasonal Allergies
4/8/26	WDTN	Minority Health Month
4/10/26	WDTN	New WIC Regulations
4/14/26	ABC 22	Neighborhood Navigators



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Submitted by:

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

