

Monthly Update

JUNE 2026

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 health disparities, 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.



Public Health is committed 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 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](#).

Men's Health Month

WAYS TO CREATE HEALTHY HABITS



June is Men's Health Month. It's a great opportunity to encourage the men in your life to take care of their physical and mental health. According to the Centers for Disease Control and Prevention (CDC), men aren't always the best about getting the health care they need. Men are 33% less likely to visit the doctor than women. Women are 100% more likely to see their doctors for regular preventive care. A checkup can help men to stay healthy and screen for health issues like cancer, heart disease, and depression.

HERE ARE SOME WAYS MEN CAN CREATE HEALTHY HABITS AND THEIR LOVED ONES CAN SUPPORT THOSE GOALS:



Get educated on how to be healthier. Check out articles that talk about healthy eating, exercise and the importance of preventive care. During Men's Health Month, you can find articles online that relate specifically to these topics.



Encourage fun activities. Exercise can be fun! Men, join a game of tennis or pickleball. Women, give the men in your life a gift certificate for a round of golf. Or make it a family event and get outside for a walk or to throw a ball in the park with the kids.



Be an accountability partner. Do you know a man who wants to lose some weight, cut back on alcohol or get to the gym more often? Offer to join them in their goals and keep each other on track. If you both keep it up for the month, there's a good chance you can make it a habit.



Pampering can be healthy. Healthy activities don't have to be hard. Consider a massage, meditation or a nap. A bit of pampering is good for us all.



Keep mental health in mind. It's hard to keep your body healthy when you're struggling with depression or anxiety. [Good mental health](#) allows for better, more meaningful interactions with family, friends, and community members.



Take that important next step. Men remember to make an appointment with your primary care provider for an annual wellness checkup. It's the best way to find health problems early and make a plan to treat them.

[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.



Tips for Defeating the Tick Threat

Prevention, Protocol, Removal, and Treatment



Ticks are active and looking for a meal. As temperatures rise, these tiny arachnids emerge in tall grasses, brush, and wooded areas. They are not just pests; they are carriers of [serious illnesses like Lyme disease, Anaplasmosis, and Powassan virus](#). Protecting yourself requires a mix of awareness, proper gear, and quick action.

Know the Risk

Ticks cannot fly or jump. They wait on the tips of vegetation and transfer onto humans or animals that brush past them. Once on a host, they look for warm, hidden areas of skin to attach and feed.

Core Prevention Strategies

- Dress smartly: Wear long sleeves and pants.
- Tuck in: Pull socks over pant hems.
- Choose light colors: Spot crawling ticks easily.
- Apply repellents: Use [EPA-registered DEET or Picaridin](#).
- Treat gear: Use permethrin on clothes and tents.



Post-Outdoors Protocol

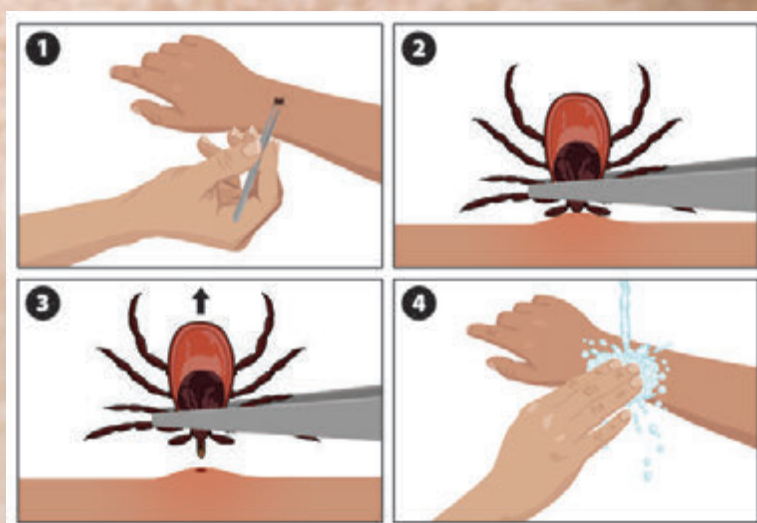
- Check immediately: Scan your entire body for ticks.
- Focus on folds: Check armpits, groin, and hair.
- Shower quickly: Wash off unattached ticks within two hours.
- Dry hot: Tumble dry clothes on high heat.

Proper Removal Method

[If you find an attached tick](#), use fine-tipped tweezers. Grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Do not twist the tick. Clean the bite area thoroughly with rubbing alcohol or soap and water.

When to See a Doctor

Monitor the bite site for 30 days. Seek medical attention immediately if you develop a fever, chills, body aches, or a rash in the area of the tick bite. Early treatment with antibiotics is highly effective.





CELEBRATE FREEDOM • JUNE 19

What is Juneteenth?

[Juneteenth](#), celebrated annually on June 19th, commemorates the effective end of slavery in America. Specifically, it marks the day in 1865 when federal troops arrived in Galveston, Texas, to ensure the emancipation of enslaved people, two and a half years after the Emancipation Proclamation. Juneteenth is a celebration of African American freedom and resilience, and it is also a reminder of the ongoing fight for racial equality.

Why We Celebrate

Delayed liberation - Emancipation depended on Union troops, not just presidential decree.

Cultural resiliency - Fosters Black identity, tradition, and intergenerational pride.

Freedom redefined - reflects personal liberties – economic, spiritual, civic—for formerly enslaved people.

Key Events

June 19, 1865 – Union General Gordon Granger issued General Order No. 3, declaring: “All slaves are free”, ensuring the absolute equality of personal rights and property.

June 1868 – First celebrations in Texas – “Jubilee Day” – involving prayer, singing, and new clothes.

1960-1970’s – Civil Rights era revived Juneteenth as political rallies and culture affirmations.

1980 - Texas pioneers state recognition, and other states followed.

June 17, 2021 - President Joe Biden signed the Juneteenth National Independence Day Act, making June 19th a federal holiday.

Traditions & Symbols

Celebrations - Community initiatives, faith-based assistance, family gathering, educational workshops, and festivity with barbecue and soul food.

Colors & Flag - The red, white, and blue are a direct reference to the American flag, emphasizing that the newly freed people of Texas were Americans and deserved the same rights and freedoms as other citizens. The Pan-African flag - as the Afro-American flag or the Black Liberation flag, the red symbolizes the blood, black represents the people and their existence, and green signifies the vibrant natural wealth of Africa.

Freedom redefined – Balance remembrance with festive gatherings.

Support Black business – Expand and encourage minority-owned businesses.

National Naloxone Awareness Day



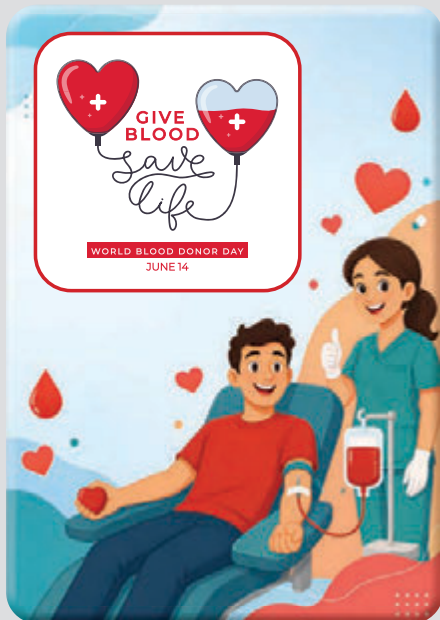
On June 6, communities observe [National Naloxone Awareness Day](#) to highlight the life-saving power of opioid overdose reversal drugs. Established by Congress in 2023, the day honors Victoria Siegel, who died of an overdose at age 18. Her family's advocacy through the Victoria's Voice Foundation helped make this medication accessible to all.

Fentanyl and synthetic opioids remain a widespread public health crisis. Carrying naloxone (commonly known as Narcan) is a simple act of community care. It temporarily reverses opioid-induced breathing failure within minutes. It is safe, easy to use, and harmless if given to someone not experiencing an overdose.

Recognize the signs of an overdose:

- Slow or stopped breathing
- Pale, blue, or gray skin and lips
- Unresponsiveness
- Pinpoint pupils

If you suspect an overdose, call 911 immediately and administer the nasal spray. Naloxone is available over-the-counter at local pharmacies and through public health programs without requiring medical training. For step-by-step instructions on using the nasal spray, information is available through the [National Institute on Drug Abuse \(NIDA\)](#).



World Blood Donor Day is June 14

World Blood Donor Day is our global moment to celebrate the voluntary donors who give the ultimate gift of life. Every single donation is a precious, lifesaving lifeline. To build a truly safe and sustainable blood supply, regular repeat donations are absolutely vital.

When safe blood isn't accessible, patients who rely on regular transfusions face devastating impacts. That is why the 2026 campaign slogan is **"Normalizing Voluntary Blood Donation"**. This theme honors the powerful connection between donors and recipients, reminding us that we all play a part in saving lives.

Public Health honors the profound impact of donors everywhere. Regular blood or plasma donations ensure that safe blood products are always ready for patients in urgent need.

Ready to make a difference? Visit [Solvita \(formerly Community Blood Center\)](#) or call 855-765-8482 to schedule your appointment.

Let's Roll Up Our Sleeves & Save Lives!





NATIONAL HIV TESTING DAY

GET TESTED. KNOW YOUR STATUS. | JUNE 27



National HIV Testing Day is observed every year on June 27. This day serves as a vital reminder to take charge of your health. Getting tested for HIV is a routine, essential part of self-care. It is a responsible and courageous act of prevention and personal empowerment.

Why Getting Tested Matters

- **Knowing your HIV status** gives you vital information you need to stay healthy.
- **Universal Recommendation:** Health officials recommend everyone aged 13 to 64 get tested at least once.
- **Early Detection Saves Lives:** Modern treatments allow people with HIV to live long, full lives.
- **Treatment is Prevention:** Early treatment lowers the viral load to an undetectable level. This means it cannot be transmitted to partners.
- **Access to Prevention:** Testing connects negative individuals to prevention tools like PrEP.

What to Expect

- **HIV testing** is fast, easy, and completely confidential.
- **Rapid Tests:** Many clinics use finger-prick or oral swab tests that provide results in 20 minutes.
- **Confidentiality:** Your results are legally protected and private.
- **Self-Testing:** Free or low-cost take-home test kits are widely available online and at pharmacies.

Take Action

This June, do not guess your status. Take a few minutes this week to get tested, encourage a loved one, or share resources online. You can find free, fast, and confidential testing near you by visiting [cdc.gov/hiv](https://www.cdc.gov/hiv) or using the [CDC's online locator tool](#).

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.

In recognition of National HIV Testing Day, [Public Health's HIV/AIDS Program](#) is hosting a **"Level up your love: Check your status"** FREE HIV Testing event on Friday, June 26 from 11 AM to 3 PM at the Mount Olive Baptist Church. The church is located at 502 Pontiac Avenue in Dayton, OH 45417.

Public Health will provide free rapid HIV testing with results in 20 minutes. Individuals who present a picture ID and get tested will receive a \$10 gift card. Call (937) 225-5556 for more information.



KNOW YOUR STATUS

Get Tested for HIV



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



LEVEL UP YOUR
SELF-LOVE:
**CHECK YOUR
STATUS**

FREE

HIV TESTING

Results in 20 minutes!

FRIDAY, JUNE 26, 2026

MOUNT OLIVE BAPTIST CHURCH

502 PONTIAC AVENUE

DAYTON, OH 45417

11:00 AM – 3:00 PM

**Get an HIV test and
receive a \$10 gift card!
Must show valid ID
for gift card.**

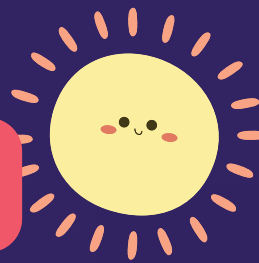
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QUESTIONS? CALL 937-225-5556



Sunny Start



at Sunrise Center



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

Wednesday, June 17, 2026

10:00 a.m. – 1:00 p.m.

Sunrise Center – First Floor Lobby
1320 E. Fifth St., Dayton, OH 45402



**Join Us for a
Morning of
FUN &
Giveaways!**

- Free food
- Chance to win a gift card
- Pack & Play giveaway (while supplies last)
- Additional giveaways
- Live DJ from WDHT – HOT 102.9
- Information on free services
- On-site enrollment opportunities
- and more!

Who Should Attend:

- Pregnant individuals
- Families with infants under 12 months

This is a great opportunity to meet our staff and learn more about our services. We welcome anyone planning to become pregnant, currently pregnant, or postpartum - as well as dads and grandparents!





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

Breastfeeding Peer Advocate
Community Outreach Supervisor
Public Health Nurse Supervisor
Plumbing Inspector I
Accounting Services Supervisor
EH Records Technician I
Substance Use Mental Health Counselor
Director Administration
Accounting Specialist
Director Health Services



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.



June 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](#).

JUN 10
WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

● 2:00 PM – 3:00 PM

📍 Sunrise Center

JUN 16
TUE

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

● 2:00 PM

📍 Drew Health Center

JUN 17
WED

Sunny Start
at Sunrise Center

Sunday Start at Sunrise Center

● 10:00 AM – 1:00 PM

📍 Sunrise Center

JUN 17
WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

● 2:00 PM

📍 Sunrise Center

JUN 18
THU

BECOME A SAFE SLEEP AMBASSADOR

ABC's of Safe Sleep – Safe Sleep Ambassador Training

● 1:00 PM – 3:00 PM

[REGISTER HERE](#)

JUN 18
THU

Pumping 101 Classes

MATERNAL AND CHILD HEALTH
Pumping Class 101

● 4:00 PM

📍 Sunrise Center

JUN 25
THU

Ourway Healing Circle Community & Support Network

Community & Support Networks

● 4:30 PM – 6:30 PM

📍 Dayton Metro Library – North

[REGISTER HERE](#)

JUN 26
FRI

Intertwined: Lactation Support Group

Intertwined: Lactation Support Group

● 10:30 AM – 11:30 AM

📍 Gem City Market



JUN 26
FRI

LEVEL UP YOUR SELF-LOVE: CHECK YOUR STATUS

FREE HIV TESTING

Free HIV Testing

● 11:00 AM – 3:00 PM

📍 MOUNT OLIVE BAPTIST CHURCH

JUN 29
MON

FATHERHOOD MONTHLY CONNECT

MATERNAL AND CHILD HEALTH
Monthly Fatherhood Monthly Connect

● 5:30 PM – 7:00 PM

📍 Goodwill Easterseals West C...

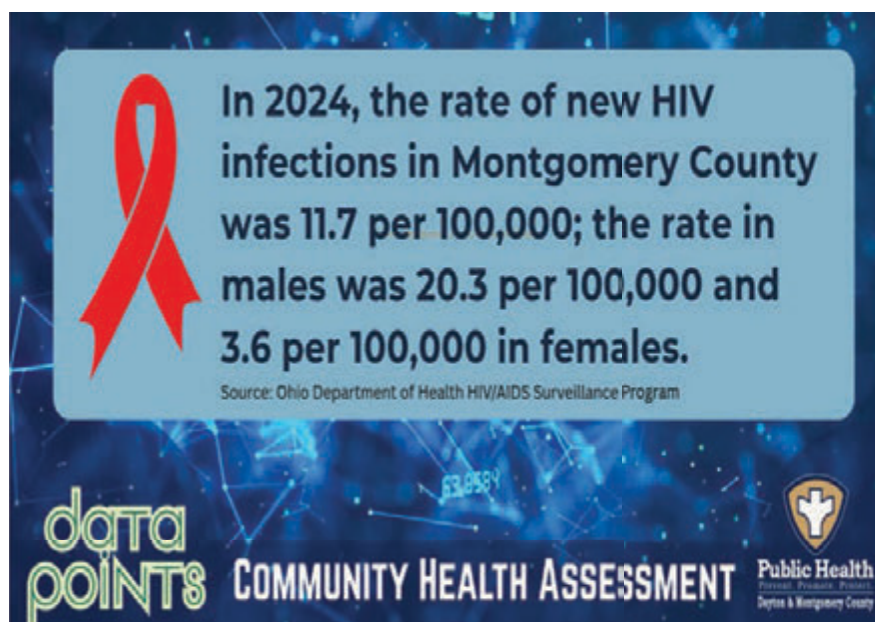
[REGISTER HERE](#)



When the
Unexpected
Happens
We're Here for You.

Media

Date	News Source	Topic
5/1/26	WDTN	Swim Safety
5/8/26	WDTN	Lead Cups
5/11/26	WDTN	Lead Cups
5/11/26	WHIO	Hantavirus
5/14/26	Spectrum	Mental Health
5/21/26	WDTN	Mosquitoes & Ticks
5/23/26	WDTN	Building Demolition



For more local health data visit cha.phdmc.org

Submitted by:

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