

Monthly Update

JULY 2026

Preventing rabies from bats

Rabies is a deadly viral disease that attacks the nervous system (brain, spinal cord, and nerves). Rabies can infect all mammals and is mostly seen in bats, skunks, raccoons, and other wild animals. However, dogs, cats, and even humans can also be infected. Rabies is most often transmitted through the bite of a rabid animal. Bats are the leading cause of rabies deaths in the U.S., and each year dozens of bats test positive for rabies in Ohio.



Protection from rabies

Because there is no treatment once symptoms begin, preventing rabies is critical. Some steps you can take to prevent the disease include:

- Vaccinate pets against the rabies virus and keep them up to date on their shots.
- Prevent bites from animals, especially wild or unfamiliar animals.
- Wash animal bite wounds immediately with soap and water.
- Talk to a healthcare provider right away if you are bitten by an animal. In some cases, rabies vaccination is recommended and should begin immediately.

Bats and rabies

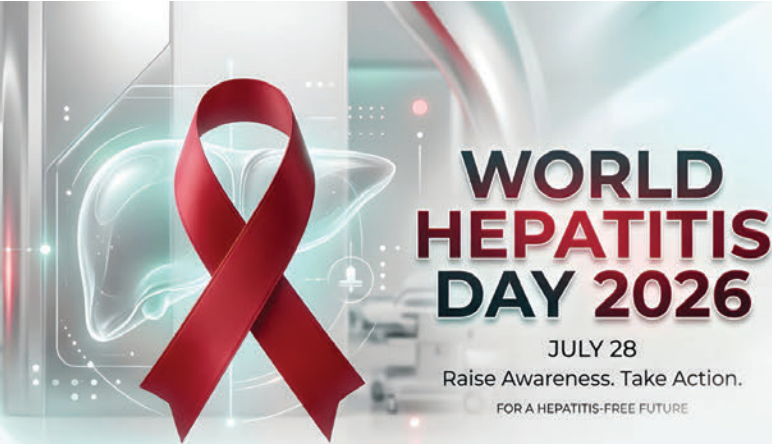
If you've been in contact with a bat, even if you are not sure whether you were bitten or scratched, talk to your local health department to discuss your rabies exposure risk and whether or not you need to be vaccinated. If you know you've been bitten or scratched by a bat, wash the wound thoroughly with soap and water for 10-15 minutes and seek medical attention. If possible, capture the bat safely so it can be sent to a laboratory for rabies testing.

What if I have a bat in my house?

- If you have a bat in your room and do not know if you were exposed, close all windows and doors and leave the bat in the room.
- Call a professional to capture the bat.
- If you cannot reach a licensed professional to capture the bat, put on leather gloves and slowly approach the bat when it lands. Place a see-through container over the bat and slide a lid under the container to trap the bat inside. Securely tape the lid to the container and punch small holes in the lid so the bat can breathe.
- Call your [local health department](#) to arrange for testing.



Public Health - Dayton & Montgomery County has a [Rabies Control Program](#) that quarantines dogs, cats, and ferrets involved in biting incidents to ensure that the animal did not transmit rabies to the bite victim.



[World Hepatitis Day](#) occurs annually on July 28 to unite the global community in raising awareness about viral hepatitis, a group of infectious diseases affecting millions of people globally.

Left untreated, hepatitis can cause severe liver damage, including cirrhosis and liver cancer. Because symptoms often take years to develop, millions of infected individuals remain undiagnosed, making regular testing and public education absolutely vital.



Why World Hepatitis Day Matters

Hepatitis B and C are the most prevalent strains of the virus. They spread through contact with infected blood, unprotected sexual contact, and from mother to child during childbirth. The World Health Organization (WHO) reports that more than 300 million people globally live with chronic hepatitis B or C, yet only a small percentage have been diagnosed or received treatment. Because of this slow, unnoticeable progression, these strains are frequently referred to as "silent killers."

Awareness and Prevention

World Hepatitis Day drives global action by focusing on four key pillars:

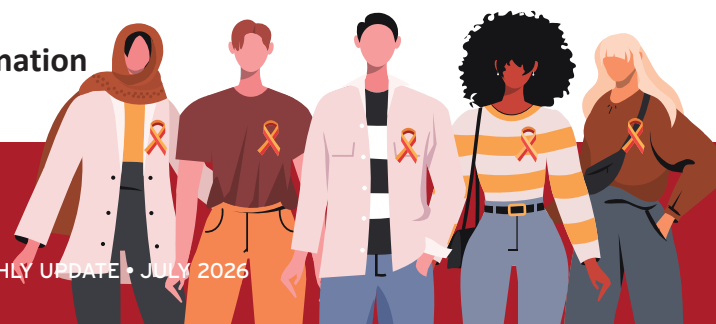
- **Increasing Testing:** Encouraging early screenings, particularly for individuals in high-risk categories.
- **Expanding Vaccination:** Promoting safe and effective vaccines available to prevent hepatitis A and B.
- **Ensuring Safe Practices:** Advocating for safe blood transfusions and sterile injection practices in healthcare.
- **Treatment Access:** Working to make life-saving antiviral medications affordable and available to all.

Viral Hepatitis Transmission & Symptoms					
Virus	Transmission Routes	Vaccine	Cure	Incubation	Symptoms of A, B & C
A	Fecal/Oral	Yes	Recovery from illness results in lifelong immunity	15 to 50 days	 Loss of Appetite Nausea/vomiting Fever Joint Pain Dark urine/ clay colored stool Jaundice Right upper quadrant pain
B	Blood to blood & sexual contact	Yes	No cure (treatment available)	1 to 4 months incubation Most adult patients clear infection (~90%)	
C	Blood to blood & sexual contact	No	Curable (8-12 week treatment)	2 weeks to 6 months incubation	

Action Steps You Can Take

- **Get Screened:** All adults and pregnant women should get tested for hepatitis B. People with ongoing risk need periodic testing. Hepatitis C testing is recommended for all adults and pregnant women.
- **Get Vaccinated:** Protect yourself and your family by completing the hepatitis A and B vaccine series.
- **Raise Awareness:** Educate your community and share reliable informational resources on social media platforms.
- **Support Advocates:** Donate to or volunteer with global health organizations working to eradicate viral hepatitis.

To schedule a hepatitis C test, or for A or B vaccination call the [Public Health Clinic](#) at (937) 225-4550.



FIREWORKS SMOKE CAN POSE HIDDEN HEALTH RISKS



WHAT TO KNOW ABOUT PM 2.5

As communities prepare for upcoming fireworks displays, Public Health is urging residents to be aware of the short-term but significant air quality impacts caused by fireworks smoke and a pollutant known as [PM 2.5](#).

WHAT IS PM 2.5?

PM 2.5 refers to particulate matter that measures 2.5 micrometers or smaller in diameter. These particles are so small that thousands could fit on the period at the end of a sentence. Common sources include soot, dust, and smoke, and their tiny size allows them to penetrate deep into the lungs and even enter the bloodstream.

During and after fireworks displays, **PM 2.5 levels can spike dramatically**. For a few hours after fireworks displays on holidays such as Independence Day, PM 2.5 concentrations often reach **two to five times higher than federal health-based standards**. Since there are fireworks displays scheduled for July 3rd and 4th this year, higher PM 2.5 concentrations could happen on both days.

“These spikes may be brief, but they are intense,” said Eileen Moran, Regional Air Pollution Agency (RAPCA) Senior Manager. “Breathing smoke from fireworks can irritate the lungs, trigger asthma attacks and worsen conditions like COPD. It can also increase the risk of heart attacks and strokes, particularly in individuals with heart or lung conditions.”

MORE THAN JUST SMOKE

Fireworks emissions are not limited to simple dust or smoke. The colorful displays rely on a range of toxic trace metals, including strontium, barium, and copper, as well as gases like sulfur dioxide and nitrogen oxides. These compounds contribute to the vivid colors and explosive effects but also pose health concerns when inhaled.

LINGERING EFFECTS

While fireworks displays may last only minutes, the resulting pollution can linger. Elevated PM 2.5 levels often remain in the atmosphere for several hours, sometimes taking until midday the following day to fully dissipate.

HOW TO PROTECT YOURSELF

Residents can take steps to reduce exposure to harmful air pollutants during and after fireworks events:

- **Check the Air:** Monitor real-time air quality conditions at [AirNow.gov](https://airnow.gov) before spending time outdoors.
- **Seal Your Home:** Keep windows and doors closed, especially if you live near a fireworks venue.
- **Filter Your Air:** Use an indoor air purifier equipped with a HEPA filter to capture fine particles.
- **Maintain Distance:** When attending displays, stay as far away as possible and try to position yourself upwind of the smoke.

Public Health emphasizes that children, older adults, and individuals with heart or lung conditions should take extra precautions during high-exposure periods. seek medical attention for signs of chest pain or shortness of breath.

For more information on air quality and health, visit www.rapca.org or [www.AirNow.gov](https://www.airnow.gov).



The [National Safety Council](#) strongly advises against using home fireworks, urging people instead to attend professional public displays. Even if they are legally available, backyard fireworks pose severe risks to life, health, and property.

The Real Cost of Fireworks

- **Massive Property Damage:** Fireworks ignite roughly 19,000 fires across the nation every year.
- **Severe Casualties:** Thousands of individuals suffer devastating injuries annually that necessitate urgent medical emergency treatment.
- **High-Risk Demographic:** The vast majority of these traumatic physical injuries afflict children and young adults.
- **Deceptive Dangers:** Amateurs using illegal, homemade, or commercial explosives cause most incidents, but small firecrackers and sparklers remain highly hazardous.

The Hidden Dangers of Sparklers

Many parents hand sparklers to small children at festivals or parades without realizing that sparklers burn at 2,000 degrees Fahrenheit—a temperature intense enough to melt metal. They can immediately catch clothing on fire and inflict catastrophic burns if accidentally dropped onto bare skin or feet. According to data tracked by the National Fire Protection Association:

- **Sparklers** cause over 25% of all emergency room visits related to fireworks.
- **For children under 5** years old, sparklers are responsible for nearly half of all injuries.

Fireworks Safety Tips

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow these safety tips:

- ▶ **Never** allow children to handle fireworks.
- ▶ Never use fireworks while impaired by drugs or alcohol.
- ▶ Anyone using fireworks or standing nearby should wear protective eyewear.
- ▶ Never hold lighted fireworks in your hands.
- ▶ Never light fireworks indoors.
- ▶ Only use them away from people, houses and flammable material.
- ▶ Never point or throw fireworks at others.
- ▶ Only light one device at a time and maintain a safe distance after lighting.
- ▶ Never ignite devices in a container.
- ▶ Do not try to handle malfunctioning fireworks.
- ▶ Soak both spent and unused fireworks in water for a few hours before discarding.
- ▶ Keep a bucket of water nearby to extinguish fireworks that don't go off or in case of fire.
- ▶ Never use illegal fireworks.

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.



Extreme Heat Safety Tips

Stay Cool, Stay Hydrated, Stay Informed



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Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to various forms of heat-related illnesses and even death.

Tips to stay safe during extreme heat:

Staying hydrated: Drink plenty of water through the day and encourage family and friends to do the same. Replenish salts and other minerals, which are lost through sweat, with healthy snacks or sports drinks.

Stay cool: When possible, stay in air-conditioned spaces. Plan outdoor activities for early morning or evenings when the temperature has cooled down.

Be mindful of fans: The CDC notes that fans may offer a sense of comfort, but can increase body heat when temperatures are above 90 degrees.

Stay safe: Check on neighbors and friends during extreme heat conditions, especially older adults and people without air conditioning.

Never leave children or pets in parked vehicles: Even with a vehicle's windows cracked, temperatures inside can become dangerous in minutes.

Watch for signs of heat illness such as heat cramps, heat exhaustion and heat stroke. According to the American Red Cross, signs of heat stroke include a high body temperature, hot and red skin that might be dry or damp, a rapid heartbeat, headache, dizziness, nausea, confusion and loss of consciousness. If you experience those symptoms or see someone else is, call 911 immediately. All heat-related illnesses might require emergency medical care, but heat stroke always requires immediate medical attention.

Know where to go to cool down: Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area.

Stay informed: Monitor daily forecasts for the Heat Index rather than just air temperature. Check your local weather forecast daily using platforms like the [National Weather Service](#) for real-time updates. Always prioritize government heat safety warnings—such as Heat Advisories or Extreme Heat Warnings—to know exactly when to alter outdoor plans.

Know the Symptoms of Heat-Related Illnesses

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away—heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems



Tips for Safe & Healthy Travel

Maybe you're counting down the days until your next vacation. Whether traveling abroad or staying at home, you can boost your chances of having a healthy and happy trip if you plan and follow these tips before you leave home.

Before Your Trip

Check the Centers for Disease Control and Prevention's (CDC) destination webpage at wwwnc.cdc.gov/travel for travel health information to see what vaccines or medicines you may need, and what diseases or health risks are a concern at your destination.



Food and Water precautions

- Classic rule: boil it, cook it, peel it, or forget it
 - When local water quality is a concern, do not use ice; do not brush teeth with tap water and avoid fresh fruits and vegetables.
- Always wash your hands with soap and water before eating. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol



Insect bite prevention

- Wear loose-fitting clothing, long sleeved shirts and long pants
- Use an EPA registered insect repellent such as DEET, picaridin (KBR3023), IR3535
- Always apply sunscreen first, then apply bug spray
- Apply insect repellent according to the label instructions
- Use a net over stroller/car seat
- Use mosquito net at night. Permethrin treated mosquito nets provide more protection than untreated nets
- Close windows and use air conditioning if available
- Empty any standing water
- Treat clothes and gear with permethrin 0.5%. Do not use permethrin products directly on skin
- Check for ticks. If you find a tick attached to your skin, remove it as soon as possible



After Travel

If you traveled and feel sick, particularly if you have a fever, talk to a healthcare provider, and tell them about your recent travel so that they can evaluate you for diseases which may not be common in our area.



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Taking a Trip?

Call Public Health to check which vaccines are needed before you travel.

(937) 225-4550



Protect Your Child's Health with Vaccinations!

Vaccines for kids have been one of the most important advancements in public health, greatly reducing the amount of disease and saving many lives.



Why Vaccinate?



Boosts Immunity: Vaccines strengthen the immune system by building immunity before exposure to diseases.



Safe Protection: Vaccines are one of the safest ways to protect your child's health.



Prevents Disease Spread: Vaccines help prevent the spread of contagious diseases in our community.



Which Vaccinations Does my Child Need for School?

Ohio children should be up to date on certain vaccines to enter kindergarten, 7th grade and 12th grade:

Kindergarteners: Must have complete immunizations for: DTaP (diphtheria, tetanus, pertussis), polio, hepatitis B, MMR (measles, mumps, rubella) varicella (chickenpox)

7th graders:

Must have A Tdap (tetanus, diphtheria, pertussis) booster and a meningitis ACWY vaccine

12th graders: Must have A Tdap (tetanus, diphtheria, pertussis) booster and a meningitis booster vaccine.

Call (937) 225-4550
For Information About
Financial Assistance
For Childhood
Vaccinations.

MORE INFO

SCAN
ME ►



www.vaccinesprotectkids.org



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**dayton
children's**



MONTGOMERY COUNTY OVERDOSE AWARENESS DAY MONDAY, AUGUST 31



LEVITT PAVILION · DOWNTOWN DAYTON

134 S. MAIN STREET, DAYTON OH 45402 | 5 - 8 PM

Join us to honor lives lost, raise awareness,
and connect with prevention and recovery resources.

Together, we can support our community
and save lives.

WHAT TO EXPECT

- Live DJ
- Harm reduction resources
- Prevention & recovery support
- Raffles & giveaways
- Free meal & event bags



**SCAN FOR DETAILS
& RESOURCES**
www.mccoat.org



Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep **40°F** or below in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



**We Are
Hiring**

JOIN OUR TEAM

PUBLIC HEALTH

Public Health
Dayton &
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

Community Outreach Supervisor
Senior Systems Analyst/Network Engineer
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



- 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.



July 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](#).



Health Talks Series - Diabetes Basics

🕒 5:30 PM - 6:30 PM

📍 Dayton Metro Library - Main

[REGISTER HERE](#)



Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
**Nourish Your Newborn
Class**

🕒 2:00 PM - 3:00 PM

📍 Sunrise Center



Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
**Nourish Your Newborn
Class**

🕒 2:00 PM

📍 Sunrise Center



Pumping 101 Classes

MATERNAL AND CHILD HEALTH
Pumping Class 101

🕒 4:00 PM

📍 Sunrise Center



Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
**Nourish Your Newborn
Class**

🕒 2:00 PM

📍 Drew Health Center



FATHERHOOD ★ MONTHLY CONNECT ★

MATERNAL AND CHILD HEALTH
**Monthly Fatherhood
Monthly Connect**

🕒 5:30 PM - 7:00 PM

📍 Goodwill Easterseals West C...

[REGISTER HERE](#)

Media

Date	News Source	Topic
6/4/26	WDTN	Ozone Alert
6/14/26	DDN	Rabies
6/24/26	WHIO	Legionnaires Disease

SUN Meals:

Free Summer Meals for Kids



This summer, children across our community can enjoy nutritious meals at no cost through the [SUN Meals program](#).

SUN Meals provides FREE meals to all children ages 1–18 at participating sites throughout the summer months. No registration is required — just bring your kids to receive a meal. Some locations even offer convenient grab and go options.

[Montgomery County's Food Equity Coalition](#) and [Public Health](#) are proud to help promote this important initiative to ensure children in our community have access to nutritious meals while school is out. To find all participating locations and learn more, visit education.ohio.gov/KidsEat.



KIDS EAT FREE!

Find meals near you:
education.ohio.gov/KidsEat
866-348-6479

- Age 18 or Younger
- No Registration

  Department of Education & Workforce **SUN MEALS**



For more local health data visit cha.phdmc.org

Submitted by:

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

