



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

PUBLIC HEALTH - DAYTON & MONTGOMERY COUNTY

Monthly Update

SEPTEMBER 2026

Protecting Moms and Babies

ACOG Releases 2026 Maternal Immunization Schedule



Vaccination remains one of the safest and most effective ways to protect pregnant individuals and their babies from serious, preventable illnesses.

The American College of Obstetricians and Gynecologists (ACOG) recently released its [2026 Maternal Immunization Schedule](#), providing evidence-based recommendations for vaccines during pregnancy, postpartum, and breastfeeding. The schedule is endorsed by 14 leading medical and health organizations and reflects decades of research supporting the safety and effectiveness of maternal immunization.



Why Maternal Immunization Matters:

Pregnancy increases the risk of complications from infectious diseases such as influenza, COVID-19, and respiratory syncytial virus (RSV). Vaccination helps protect both the pregnant individual and the infant who receives antibodies through the placenta before birth and through breast milk after delivery. ACOG emphasizes that immunization is a critical component of preventive care and can significantly reduce the burden of vaccine-preventable diseases.

ACOG Recommends Several Vaccines During Pregnancy:

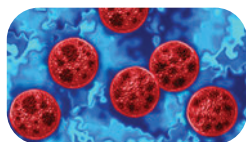
- ♥ **Influenza (flu) vaccine:** Recommended during any trimester and ideally administered before the start of flu season, although vaccination remains beneficial as long as influenza is circulating.
- ♥ **COVID-19 vaccine:** Can be administered during any trimester, with vaccination encouraged as soon as an eligible vaccine is available.
- ♥ **Tdap (Tetanus, Diphtheria, and Pertussis) vaccine:** Recommended during every pregnancy, preferably between 27 and 36 weeks of gestation, to help protect newborns from whooping cough.
- ♥ **RSV vaccine:** Recommended as a one-time dose during eligible pregnancies between 32 and 36 weeks of gestation during RSV season, typically September through January in most of the continental United States.

If you have questions about vaccines, or for more information, talk to your healthcare provider.



CYCLOSPORA

OUTBREAK UPDATE 2026



CDC, FDA, and state and local public health officials continue to investigate a multistate outbreak of [Cyclospora](#) infections linked to iceberg lettuce. Cyclospora is a microscopic, single-celled parasite that infects the small intestine and causes an intestinal illness called cyclosporiasis. On July 17, 2026, Taylor Farms initiated a recall of all iceberg lettuce sourced from central Mexico. The best-by dates for these recalled products have passed and they should no longer be available in stores or restaurants. The number of cases has continued to decline.

As of August 24, there have been 17,180 laboratory-confirmed cases reported across 48 states, plus the District of Columbia. There have been 922 hospitalizations and two deaths associated with the outbreak. Montgomery County is currently reporting 49 cases. CDC is also investigating other outbreaks and illnesses of cyclosporiasis nationally that are from other sources and unrelated to this outbreak.

Contact your healthcare provider if you have symptoms of cyclosporiasis:

- Symptoms of cyclosporiasis include watery diarrhea, fatigue, loss of appetite, cramping, and nausea.
- You may need to request testing for Cyclospora. Routine stool tests don't always screen for this parasite.
- Symptoms usually begin about one week after becoming infected (ranging from 2 days to 2 weeks or more) after eating food or drinking water containing Cyclospora.
- Without treatment, symptoms can last anywhere from a few days to a month or longer.
- If you have symptoms, stay well-hydrated.

Take steps to reduce your risk:

- Wash your hands and any fresh produce thoroughly under running water before eating, cutting, or cooking.
- Cooking can kill the parasite. Since washing alone cannot guarantee Cyclospora removal, you can cook produce to a temperature of at least 158 °F (70°C).
- Learn which foods are more likely to contain the parasite Cyclospora.
- Stay up to date on [food recalls and outbreaks](#).

September is National SUICIDE PREVENTION MONTH



September is National Suicide Prevention Month, a time to raise awareness about mental health, reduce stigma, and encourage open conversations about emotional well-being. Suicide affects individuals, families, workplaces, and communities, making prevention a shared responsibility.

One of the most important ways to support suicide prevention is by checking in with one another. A simple conversation, listening without judgment, or encouraging someone to seek help can make a meaningful difference. It is important to remember that asking someone if they are struggling does not increase risk. Instead, it can help them feel seen, heard, and supported.

If you or someone you know is experiencing emotional distress or thoughts of suicide, help is available 24/7 through the [Suicide & Crisis Lifeline](#) by calling or texting 988.

This month, let's reaffirm our commitment to creating a culture of compassion, connection, and support for mental health. Together, we can help ensure that no one feels alone.

Warning Signs Can Include:

- Talking about feeling hopeless or having no reason to live.
- Withdrawing from friends, family, or activities.
- Changes in mood, sleep, or behavior.
- Increased use of alcohol or drugs.

If you notice signs in someone you care about, don't wait. Reach out. A simple conversation can be life-changing.

Help is Available:

988 Suicide & Crisis Lifeline: Call or text 988 to connect with trained counselors 24/7.

The [Montgomery County L.O.S.S. Team](#) provides immediate support to individuals and families affected by suicide through a peer-based model.

The Team works to create a safe environment for survivors to begin navigating their grief and connect with local resources.

HELP IS AVAILABLE 24/7. CALL or TEXT 988.



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National Recovery Month

September is National Recovery Month, an opportunity to raise awareness about substance use and gambling disorders, celebrate the strength of people in recovery, and recognize the professionals and communities that help make recovery possible.

Substance use and gambling problems can affect people of all ages, from youth to older adults. These problems can have a significant impact on individuals, families, and communities. Public Health's [Recovery Services Program](#) is here to help.

Our caring, experienced and professional team combines compassion, expertise and lived experience to help you move from challenges toward recovery. We'll work alongside you to identify your strengths, recognize areas for growth, and set meaningful, achievable goals that support the path that's right for you.

Recovery is possible, and you don't have to navigate the journey alone. Public Health's [Recovery Services](#) team is ready to support you every step of the way.



Emergency Preparedness Starts at Home



National Preparedness Month, observed each September, was established by FEMA in 2004 to encourage Americans to prepare for emergencies and disasters. The official theme for 2026 is [Americans Stand Ready](#). Announced by FEMA and the Ready Campaign, this year's focus emphasizes civic responsibility, individual self-reliance, and community resilience.

The core ideas highlight how being prepared allows people to protect their loved ones, support first responders, and help neighbors recover from disasters.

Taking small steps can make a big difference in being prepared. Getting yourself, your family, and your home ready for emergencies such as home fires and power outages helps ensure you are better prepared for disasters like flash flooding, tornadoes, and other hazards.

Four key actions to take to prepare for any disaster:

- ✓ **Know your risk:** Research disaster threats on [Ready.gov](#) to determine exactly how to protect your household.
- ✓ **Make a plan:** Use the fillable form on [Ready.gov](#) to create a quick, four-step family emergency plan.
- ✓ **Build a kit:** Pack essential food, water, medicine, and an evacuation go-bag using the checklist at [Ready.gov Build a Kit](#), so you don't need to scramble in an evacuation situation.
- ✓ **Get involved:** Save lives by taking community first aid, [American Red Cross CPR](#), or online FEMA independent study courses.



Public Health's [Emergency Preparedness Program](#) is tasked with preparing the agency, its partners, and the community to respond to adverse events that affect the public's health in our community. To learn more about the program and the many ways Public Health prepares for emergencies, visit the [Emergency Preparedness Program webpage](#). While you are there, listen to episode 16 of the "[Public Health Cares](#)" podcast, featuring an in-depth conversation with Public Health's Emergency Preparedness Manager, Larry Cleek.

**EMERGENCY
PLAN**

SEPTEMBER IS FOOD SAFETY EDUCATION MONTH

Public Health's [Food Operation Inspection Service](#) celebrates National Food Safety Education Month. The program supervises the licensing and inspection of all restaurants, grocery stores, vending machines, mobile food operations, and temporary food operations. In addition, Public Health conducts reviews of all new and remodeled food service facilities within Montgomery County.

Understanding the Four Pillars of Food Safety

- 1. Clean:** Before handling any food, wash your hands with soap and water for at least 20 seconds. Clean surfaces, utensils, and fruits and vegetables thoroughly to avoid cross-contamination.
- 2. Separate:** Prevent cross-contamination by keeping raw meat, poultry, seafood, and eggs separate from other foods. Use different cutting boards and utensils for raw and cooked items.
- 3. Cook:** Cooking food to the proper temperature is crucial to killing harmful bacteria. Use a food thermometer to ensure meats reach safe temperatures: 165°F for poultry, 145°F for pork and beef, and 145°F for seafood.
- 4. Chill:** Refrigerate perishable foods within two hours (or one hour if the temperature is above 90°F). Keep your refrigerator at or below 40°F and your freezer at 0°F to slow bacterial growth.

Safe Food Handling Tips

- **Thaw Safely:** Always defrost food in the refrigerator, in cold water (changing water every 30 minutes), or in the microwave. Never thaw food on the counter.
- **Proper Storage:** Store leftovers in airtight containers and use them within 3 to 4 days. Label and date items to keep track of their freshness.
- **Food Preparation:** Avoid using the same plates or utensils for raw and cooked foods. Always wash hands, utensils, and surfaces after handling raw ingredients.

The Importance of Food Labels

Food labels provide vital information about the safety and quality of the products you buy.

Pay attention to:

- **Expiration Dates:** Use products before their expiration or "use by" dates for optimal safety.
- **Storage Instructions:** Follow any specific storage guidelines on packaging to maintain food safety and quality.
- **Allergen Information:** Be mindful of allergens listed on labels, especially if you or your family members have food sensitivities.

If you encounter any issues with food safety, such as foodborne illnesses or unsafe food handling practices in local establishments, report them to Public Health by calling **(937) 225-4460**.

Stay Informed, Stay Safe. By following these essential food safety practices, you support a healthier community and reduce the risk of foodborne illnesses.



2026 DOULA SYMPOSIUM

A Labor of Love ♥



Dayton & Montgomery County

 **Central State University Dayton**
840 Germantown Street
Dayton, OH 45402

Join doulas, healthcare professionals, community organizations, public health leaders, and advocates for two days of learning, collaboration, and connection focused on improving maternal and infant health outcomes.

Event Details



**Thursday & Friday
September 17-18, 2026**



8:45 am - 4:30 pm



REGISTER NOW

<https://www.eventbrite.com/e/2026-doula-symposium-a-labor-of-love-tickets-1997484001419>

What to Expect

INSPIRING KEYNOTE PRESENTATIONS

INTERACTIVE BREAKOUT SESSIONS

DISCUSSIONS ON MATERNAL AND INFANT HEALTH, BIRTH EQUITY, & FAMILY SUPPORT

COMMUNITY RESOURCE SHARING

PROFESSIONAL NETWORKING OPPORTUNITIES

Who Should Attend

DOULAS WHO ARE INTERESTED IN LEARNING ABOUT THE PROCESS OF BECOMING MEDICAID CONTRACTED

FEATURING COMMUNITY EXPERTS & PARTNERS



Here We Grow Doula Services



Dr. Jodi



CommuniTea



Sacred Start Doula Services

THANK YOU TO OUR SPONSORS & PARTNERS



Maternal & Child Health
EGEMS



University of Dayton
Fitz Center for Leadership in Community



Department of Health
Women, Infants, and Children Program (WIC)



Birth Guidance one breath at a time.



Nurturing Moms & Babies





September is National Infant Mortality Awareness Month. Public Health urges the community to honor the infants lost too soon and unite to prevent future tragedies. By increasing awareness, advocating for systemic change, and deeply supporting families, we can reduce infant mortality rates across Montgomery County.

Infant mortality—the death of a baby before their first birthday—is a devastating reality for families and a critical indicator of our community's overall health. While national progress has been made, severe disparities remain. In Montgomery County, Black babies die at twice the rate of White babies. We must confront this reality and accelerate our efforts to ensure every infant thrives.

Factors contributing to infant mortality:

-  **Premature Birth:** Babies born before 37 weeks of pregnancy are at higher risk of health problems and mortality.
-  **Low Birth Weight** is often linked to premature birth and is a significant risk factor for infant mortality.
-  **Sudden Infant Death Syndrome (SIDS)** is the unexplained death of an otherwise healthy baby, usually during sleep.
-  **Lack of Prenatal Care:** Access to quality prenatal care is crucial for a healthy pregnancy and birth.
-  **Social Determinants of Health:** Poverty, lack of education, and limited access to healthcare can all impact infant mortality rates.
-  **Racism:** Sadly, there are racial disparities in infant mortality rates, with Black babies dying at a higher rate than White babies.

We can work together as a community in the following ways:

-  **Education:** Understanding the risk factors for infant mortality is the first step in prevention. Encourage parents, caregivers, and soon-to-be parents to attend educational programs, classes, and seminars on prenatal care, safe sleep practices, and infant safety.
-  **Access to Healthcare:** Ensure that all members of our community have access to quality healthcare, including prenatal and postnatal care. Advocate for policies and programs that expand healthcare access for populations who face barriers to care.
-  **Support for Parents:** Parenthood can be challenging, especially for new parents. Offer resources and support groups to help parents navigate the challenges of raising healthy infants. A strong support system can make a world of difference.
-  **Reduce Health Disparities:** Address social determinants of health, such as racism, poverty, education, and access to healthy food.
-  **Safe Sleep Practices:** Promote the A, B, C's of Safe Sleep: babies should always sleep alone, on their back, and in a crib.

Your family may be eligible for a free pack 'n play. [Click here](#) to learn more.



QUEENS
VILLAGE
DAYTON



FIND MY DOULA

An interactive community event that connects Black pregnant women and their families with trained Black doulas in a welcoming, culturally affirming environment. Modeled after the structure of a speed-networking or dating event, participants will have the opportunity to meet several doulas through brief conversations before deciding who best aligns with their needs, preferences, and birth goals.

"FIND MY DOULA" A COMMUNITY DOULA MATCH EXPERIENCE

For mothers who are pregnant and newly postpartum.
Registration is required. Light refreshments offered. Giveaways.



Saturday, September 26, 2026
1:00 pm - 4:00 pm



**The Food Bank
Community Center**
(The First Building)
56 Armor Place
Dayton, OH 45417



SCAN ME

phdmc.org/events

**For More Information
Contact Meco Fells
(937) 224-8898**



Dayton &
Montgomery
County



QueensVillageDayton



Queens Village Dayton

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IN RECOGNITION OF NATIONAL GET TESTED DAY

Community Day & PrEP Rally

PrEP RALLY!

Let's talk about PrEP
for HIV and take
the next step.

PrEP Saves Lives!



FREE TESTING

CONFIDENTIAL HIV
& STI SCREENING



FOOD TRUCK

FREE MEALS FOR
ATTENDEES



CLOTHING GIVEAWAY

RESOURCES & SUPPLIES

Join Us!

 **WHERE:** Mount Olive Baptist Church
502 Pontiac Avenue, Dayton, OH 45417

 **WHEN:** September 29, 2026, 11AM – 3PM



FREE & OPEN TO THE PUBLIC, AGES 13+

This event is sponsored by Gilead, and supported by our community partners.



GILEAD



UMADAOP of Dayton





September 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](#).

SEP 1 TUE

TAI CHI for HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

3:00 PM - 4:00 PM

YEARS AHEAD DAYTON

SEP 3 THU

TAI CHI for HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

6:00 PM - 7:00 PM

LOHREY RECREATION CENTER

SEP 7 MON

TAI CHI for HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

10:00 AM - 11:00 AM

NORTHWEST RECREATION C...

SEP 8 TUE

TAI CHI for HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

3:00 PM - 4:00 PM

YEARS AHEAD DAYTON

SEP 9 WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH

Nourish Your Newborn Class

2:00 PM - 3:00 PM

Sunrise Center

SEP 10 THU

TAI CHI for HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

6:00 PM - 7:00 PM

LOHREY RECREATION CENTER

SEP 14 MON

TAI CHI for HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

10:00 AM - 11:00 AM

NORTHWEST RECREATION C...

SEP 15 TUE

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH

Nourish Your Newborn Class

2:00 PM

Drew Health Center

SEP 15 TUE

TAI CHI for HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

3:00 PM - 4:00 PM

YEARS AHEAD DAYTON

SEP 16 WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH

Nourish Your Newborn Class

2:00 PM

Sunrise Center

SEP 17 THU

2026 DOULA SYMPOSIUM
A Labor of Love

2026 Doula Symposium - A Labor of Love

8:45 AM - 4:30 PM

Central State University Da...

[Register Here](#)

SEP 17 THU

Pumping 101 Classes

MATERNAL AND CHILD HEALTH

Pumping Class 101

4:00 PM

Sunrise Center



September 2026 Events (Cont.)

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](#).

SEP 17 THU

TAI CHI FOR HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

6:00 PM – 7:00 PM

LOHREY RECREATION CENTER

SEP 18 FRI

2026 DOULA SYMPOSIUM
A Labor of Love

2026 Doula Symposium – A Labor of Love

8:45 AM – 4:30 PM

Central State University Da...

[Register Here](#)

SEP 21 MON

TAI CHI FOR HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

10:00 AM – 11:00 AM

NORTHWEST RECREATION C...

SEP 22 TUE

TAI CHI FOR HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

3:00 PM – 4:00 PM

YEARS AHEAD DAYTON

SEP 24 THU

Boundaries & Saying No

Boundaries & Saying No

4:30 PM – 6:30 PM

Dayton Metro Library – Nor...

[Register Here](#)

SEP 24 THU

TAI CHI FOR HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

6:00 PM – 7:00 PM

LOHREY RECREATION CENTER

SEP 26 SAT

SENSE AND ME READING CLUB

Queen's Village – Mommy & Me Reading Club – The Year We Learned to Fly

11:00 AM – 12:00 PM

Dayton Metro Library – Nor...

[Register Here](#)

SEP 26 SAT

FIND MY DOULA

Find My Doula – A Community Doula Match Experience

1:00 PM – 4:00 PM

Dayton Foodbank

[Register Here](#)

SEP 28 MON

TAI CHI FOR HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

Tai Chi for Injury Prevention

10:00 AM – 11:00 AM

NORTHWEST RECREATION C...

SEP 28 MON

FATHERHOOD
★ MONTHLY CONNECT ★

MATERNAL AND CHILD HEALTH Monthly Fatherhood Monthly Connect

5:30 PM – 7:00 PM

Goodwill Easterseals West ...

[Register Here](#)

SEP 29 TUE

Community Day & PrEP Rally

Community Day & PrEP Rally

11:00 AM – 3:00 PM

MOUNT OLIVE BAPTIST CHU...

SEP 29 TUE

TAI CHI FOR HEALTH
Dr. Paul Lam

Tai Chi for Injury Prevention

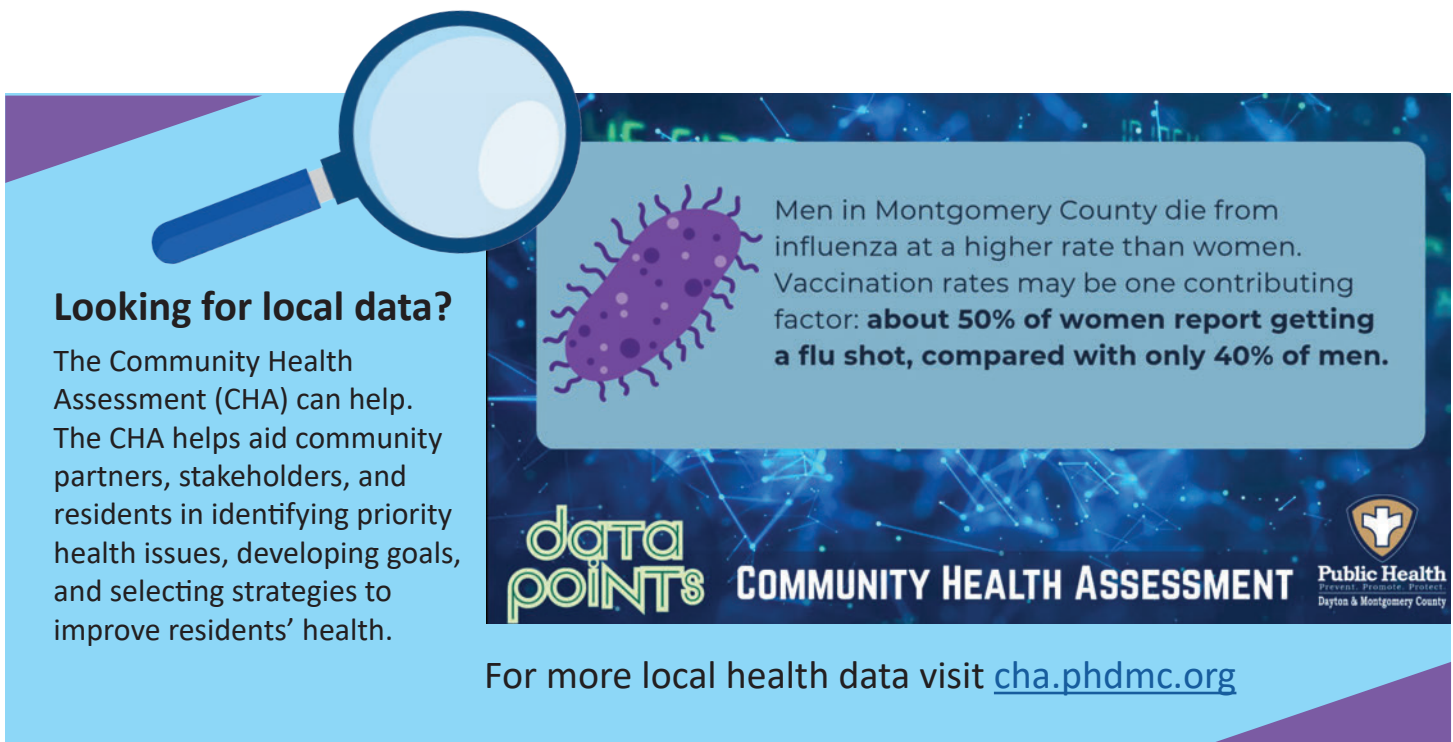
Tai Chi for Injury Prevention

3:00 PM – 4:00 PM

YEARS AHEAD DAYTON

Media

Date	News Source	Topic
8/5/26	DDN	Tai Chi for Injury Prevention
8/10/26	WHIO	Salmonella
8/19/26	ABC 22	Overdose Awareness Day
8/19/26	DDN	Cyclosporiasis
8/21/26	WHIO	Cyclosporiasis
8/28/26	WDTN	Overdose Awareness Day
8/28/26	ABC 22	Black Breastfeeding Brunch
8/31/26	WHIO	Overdose Awareness Day
8/31/26	WDTN	Overdose Awareness Day
8/31/26	ABC 22	Overdose Awareness Day
8/31/26	HOT 102.9	Overdose Awareness Day
8/31/26	Mix 107.7	Overdose Awareness Day



Looking for local data?

The Community Health Assessment (CHA) can help. The CHA helps aid community partners, stakeholders, and residents in identifying priority health issues, developing goals, and selecting strategies to improve residents' health.

Men in Montgomery County die from influenza at a higher rate than women. Vaccination rates may be one contributing factor: **about 50% of women report getting a flu shot, compared with only 40% of men.**

data points COMMUNITY HEALTH ASSESSMENT

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For more local health data visit cha.phdmc.org

Submitted by:

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

