

Lead Poisoning Prevention Week

Protecting Our Children, One Home at a Time



National Lead Poisoning Prevention Week serves as a vital reminder that lead exposure remains a serious health hazard, particularly for young children. While progress has been made, lead is still found in many homes, schools, and childcare facilities.

Lead is a toxic metal that can harm nearly every system in the body. Children under six years of age are especially vulnerable because their bodies absorb lead more easily. Even low levels of exposure can impair a child's brain development, learning ability, behavior, hearing, and growth. Because children with lead poisoning often do not look or feel sick, prevention and testing are essential.

The most common source of exposure is deteriorating lead-based paint in homes built before 1978. As paint chips or turns to dust, children can accidentally ingest or inhale it. Lead can also be found in contaminated soil, drinking water carried through lead pipes, imported products, and certain hobbies or occupations.

Steps to reduce exposure risks:

- Test children for lead based on healthcare recommendations.
- Wash hands, toys, and pacifiers regularly.
- Clean surfaces with a wet mop or cloth to reduce dust.
- Avoid renovations that disturb old paint without proper safety precautions.
- Use cold water for drinking, cooking, and baby formula.
- Provide a diet rich in calcium, iron, and vitamin C to help lower lead absorption.

Property owners must also maintain painted surfaces and use lead-safe work practices during repairs. Take time during this week to identify potential lead sources in your environment and schedule testing if recommended. Together, we can create safer communities and brighter futures for our children.

For more information and testing resources, visit [Public Health's Lead Poisoning Prevention webpage](#). Early detection is the best way to protect children from the lifelong effects of lead. If you need financial assistance for home repairs, visit the [Dayton Energy Collaborative website](#).



Protect Your Health



Why Getting Your Updated Flu and COVID-19 Shots Together is a Smart Choice

As the leaves change and temperatures drop, Public Health - Dayton & Montgomery County wants to remind you that [flu season](#) is officially around the corner. Taking a few minutes to get vaccinated this October is the single most effective step you can take to protect yourself, your loved ones, and our community from severe illness this winter.

What is New for the 2026 Flu Season?

Viruses change over time, and this year's flu vaccines have been completely updated. All three components of this year's flu vaccine have been updated to match the flu strains that are expected to be circulating this season. Additionally, the FDA has approved the first-ever mRNA-based flu vaccine for older adults alongside our traditional options. Whether you choose a standard shot, a nasal spray, or a high-dose senior version, getting vaccinated in October ensures you are protected when winter virus activity begins to increase.

Two Shots, One Visit: The Safe, Convenient Option

You can safely get your flu shot and updated COVID-19 vaccine at the same appointment. Receiving both shots during the same appointment does not reduce the effectiveness of either vaccine and saves you an extra trip to the clinic. While you might experience a slightly higher chance of mild, temporary side effects like a sore arm or feeling tired the next day, it is a small trade-off for full winter protection.

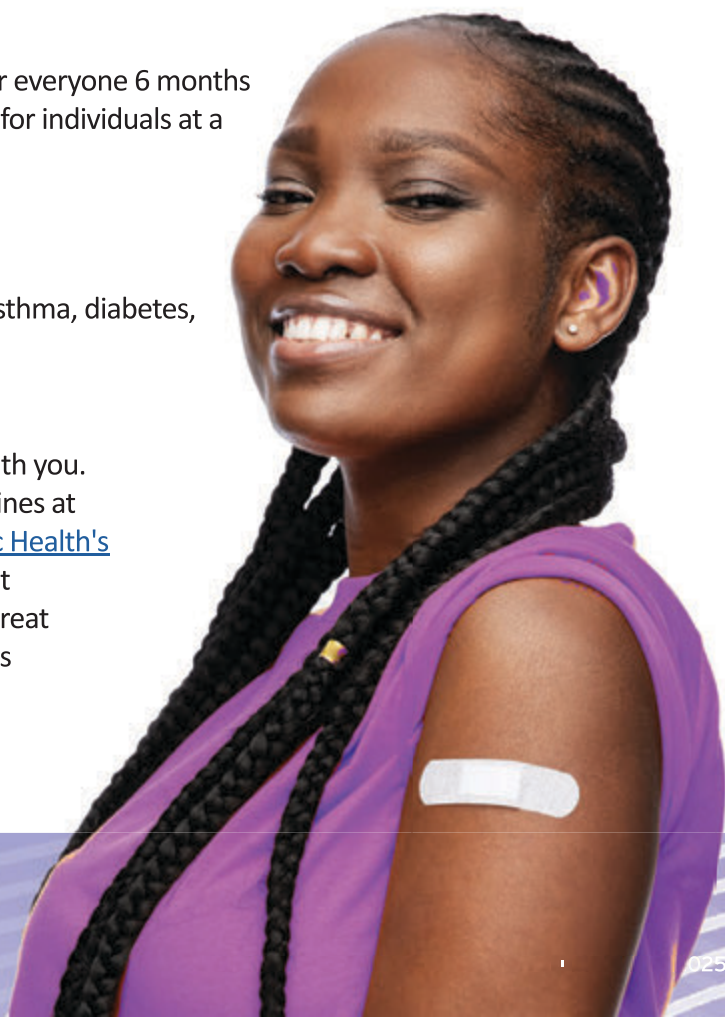
Who Should Get Vaccinated?

The CDC recommends annual flu vaccinations for everyone 6 months of age and older. Vaccination is especially crucial for individuals at a higher risk of severe complications, including:

- Adults aged 65 and older.
- Young children and pregnant individuals.
- Anyone with chronic health conditions like asthma, diabetes, or heart disease.

Schedule Your Appointment

Protecting yourself and your loved ones starts with you. You can get your updated flu and COVID-19 vaccines at local pharmacies, your doctor's office, and [Public Health's Immunization Clinic](#). To schedule an appointment with Public Health call (937) 225-4550. This is a great time to get vaccinated to ensure your body builds strong immunity before the peak of flu season.



Respiratory Virus Immunization Recommendations

ALIGNED WITH EVIDENCE AND GUIDANCE FROM:



	 Influenza (flu)	 Respiratory syncytial virus (RSV)	 COVID-19
 Children and Adolescents 0-18 years	Annual flu vaccine for all children 6 months+	All infants <8 months, if no protection from RSV vaccine during pregnancy and children 8-19 months in certain risk groups	All young children ages 6-23 months and children 2-18 years in certain risk groups or if desired
 Pregnancy	Annual flu vaccine (avoid nasal spray flu vaccine)	One-time RSV vaccine in first eligible pregnancy if 32-36 weeks pregnant, given between September 1 and March 1	Annual updated COVID-19 vaccine
 Adults 19-64 years	Annual flu vaccine for all adults ages 19+	One-time RSV vaccine for adults ages 50-74 at increased risk of severe RSV	Annual updated COVID-19 vaccine
 Older Adults 65+ years	Annual flu vaccine for all adults, high dose for 65+, if possible	One-time RSV vaccine recommended for adults ages 50-74 at increased risk and all adults age 75+	Annual updated COVID-19 vaccine for adults 65+, followed by a second dose 6 months later to boost protection
 Immunocompromised	Annual flu vaccine for those ages ≥6 months (avoid nasal spray flu vaccine)	Single dose of RSV vaccine for those ages ≥18 years and for those ages <18 years, administration should be guided by shared decision making	Annual updated COVID-19 vaccine for those ages ≥6 months
 Healthcare Personnel	Annual flu vaccine	Follow age- and risk-based RSV vaccine recommendations	Annual updated COVID-19 vaccine



Scan here to access additional helpful vaccine and immunization resources at www.SpreadTheFacts.org

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Getting Your Medical Records Just Got Easier

Public Health - Dayton & Montgomery County is excited to announce a faster, more secure way to request your personal health information. You can now submit health record requests entirely online through our [digital portal](#). This update eliminates the need for printing to sign, faxing, mailing, or making in-person trips to submit your paperwork.

What's New?

- **Fully Digital Submissions:** Request your medical records from any smartphone, tablet, or computer.
- **Secure Document Uploads:** Easily upload your required supporting documents — such as a photo ID, birth certificate, or legal guardianship forms — directly and safely through the portal.

How to Get Started

1. Visit our website phdmc.org, under “How Do I” find “Request” and click on the [Medical Records](#).
2. Carefully read the instructions and information provided on the Medical Records page before you proceed with your request.
3. Fill out the secure form.
4. Upload your supporting documents.
5. Submit your request. Staff will begin processing it immediately.

NOTE: Standard processing times still apply, and in-person submission options remain available if you prefer.

Public Health is committed to making your healthcare management as seamless as possible. If you have any questions or need assistance using the new portal, please call our Medical Records department directly at (937) 225-4189.



Commissioner Wentzel Re-elected to the Board of the Association of Ohio Health Commissioners



Health Commissioner Jennifer Wentzel was re-elected to the board of the Association of Ohio Health Commissioners (AOHC) representing the Southwest District. AOHC supports and strengthens Ohio's local public health leaders by providing responsive guidance, collaborative networks, and forward-thinking solutions. Grounded in shared purpose, they foster leadership growth, elevate member voices, and champion innovation that advances the health of communities across the state.

National Latinx AIDS Awareness Day



Observed annually on **October 15**, National Latinx AIDS Awareness Day (NLAAD) concludes Hispanic Heritage Month by focusing national attention on the disproportionate impact of HIV within Hispanic and Latino communities across the United States.

Recent data from the Centers for Disease Control and Prevention (CDC) underscores the urgency of this initiative: Hispanic and Latino individuals account for **32 percent of new HIV diagnoses**, despite making up just 19 percent of the total U.S. population. Within these diverse communities, individuals who are recent immigrants, have limited English proficiency, or have completed less formal education face the steepest barriers to accessing testing, prevention, and treatment services.

The 2026 NLAAD campaign "**Should I get tested for HIV? Yes.**" emphasizes a vital dual message of testing and treatment adherence.

Expanding access to routine testing is a critical first step to ending the epidemic. Early diagnosis allows individuals to quickly access advanced treatments, enabling them to achieve an undetectable viral load. Under the medically proven framework of **Undetectable = Untransmissible (U=U)**, individuals adhering to effective treatment suppress the virus to levels that maintain their own health and completely prevent the sexual transmission of HIV.

For more information on local testing sites, bilingual community resources, or to get involved in NLAAD events, please visit your local public health department's website or the CDC's [testing locator](#).



October is Breast Cancer Awareness Month, a vital time to highlight the lifesaving power of early detection and regular screenings. Finding breast cancer early greatly improves treatment success, which is why health experts recommend that individuals at average risk start scheduling regular mammograms at age 40. Beyond clinical screenings, staying familiar with your own body and noticing changes like new lumps or skin texture shifts plays a crucial role in proactive health tracking.

You can take action this October by using the month as a personal reminder to schedule your annual wellness exam or mammogram. It is also a perfect time to support the cause by sharing educational resources with your loved ones or contributing to trusted organizations like the [National Breast Cancer Foundation](#). Spreading the word and encouraging the women in your life to prioritize their health can make a lifesaving difference.



October is Safe Sleep Month



During Safe Sleep Month, infant caregivers and healthcare professionals can encourage safe infant sleep and help raise awareness about ways to reduce the risk of SIDS.

[Sudden Infant Death Syndrome \(SIDS\)](#) is the term used to describe the sudden death of a baby younger than 1 year of age that does not have a known cause, even after a full investigation.

Certain factors can increase a baby's risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths. Babies face a higher risk when they are placed to sleep on their stomachs or sides, sleep on soft surfaces, or have blankets, pillows, toys, or other loose items in their sleep area. Overheating, exposure to tobacco smoke during pregnancy or after birth, and sleeping on adult beds, couches, or armchairs can also increase risk.

In Ohio, approximately two babies die each week in unsafe sleep environments. These deaths are preventable by keeping in mind the ABCs of safe sleep: Babies are safest **Alone**, on their **Back**, in an empty **Crib**.

Public Health, in collaboration with Ohio Department of Health and Every Baby Sleeps Safe is providing Infant Survival Kits to parents and caregivers in our community. The Infant Survival Kit includes a cribette, fitted sheet, sleep sack and educational safe sleep material. To learn more about safe sleep or to access resources call [Every Baby Sleeps Safe](#) at (937) 225-6355.

Always
Alone

On their
Back

In an empty
Crib



Domestic Violence Awareness & Prevention Month

Working Together to Build Safer Communities



Every October, communities observe [Domestic Violence Prevention Month](#) to support survivors and promote safe relationships. According to the [National Domestic Violence Hotline](#), 1 in 4 women (24.3%) and 1 in 7 men (13.8%) aged 18 and older in the United States have been the

victim of severe physical violence by an intimate partner in their lifetime.

Domestic violence is a pattern of behavior used to gain or maintain power and control over another person. It can include physical violence, emotional abuse, intimidation, threats, financial control, stalking, and other forms of coercive behavior. While often hidden from public view, its impact can be felt throughout families, workplaces, schools, and communities. [Public Health's Domestic Violence Program](#) reminds you to look for the warning signs of abuse.

Warning Signs of Abuse

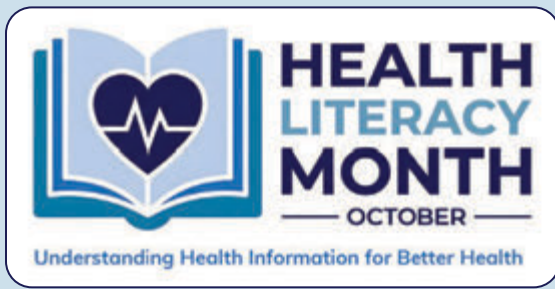
- ▶ **Extreme Jealousy:** Showing intense jealousy of friends, family, or time spent away from them.
- ▶ **Isolation:** Preventing or discouraging you from seeing loved ones or peers.
- ▶ **Insults and Shaming:** Demeanor that makes you feel like you never do anything right, especially in front of others.
- ▶ **Financial Control:** Controlling household finances, taking your money, or withholding funds for necessities.
- ▶ **Controlling Decisions:** Dictating choices regarding your work, school, or daily life.
- ▶ **Threats and Intimidation:** Using threatening looks, destroying property, or weapon intimidation.

If you or someone you know may be experiencing domestic violence, help is available by calling the National Domestic Violence Hotline, 1-800-799-SAFE (7233), texting "START" to 88788, or by visiting www.thehotline.org.



800.799.SAFE





October is Health Literacy Month, a time to raise awareness about the importance of finding, understanding, and using health information to make informed decisions.

Health literacy affects everyone. Whether reading a prescription label, scheduling a medical appointment, understanding test results, or comparing health insurance options, people use health information every day. When health information is clear and easy to understand, individuals are better able to manage their health,

prevent illness, and make informed choices about their care.

Limited health literacy can create barriers that lead to missed appointments, medication errors, delayed treatment, and poorer health outcomes. This is why healthcare providers, public health agencies, and community organizations are working to make health information more accessible and easier to understand.

Health literacy is a shared responsibility. Healthcare professionals can support patients by using clear communication, avoiding medical jargon, and providing easy-to-read materials. Community organizations can help by offering educational resources and connecting residents with trusted information.

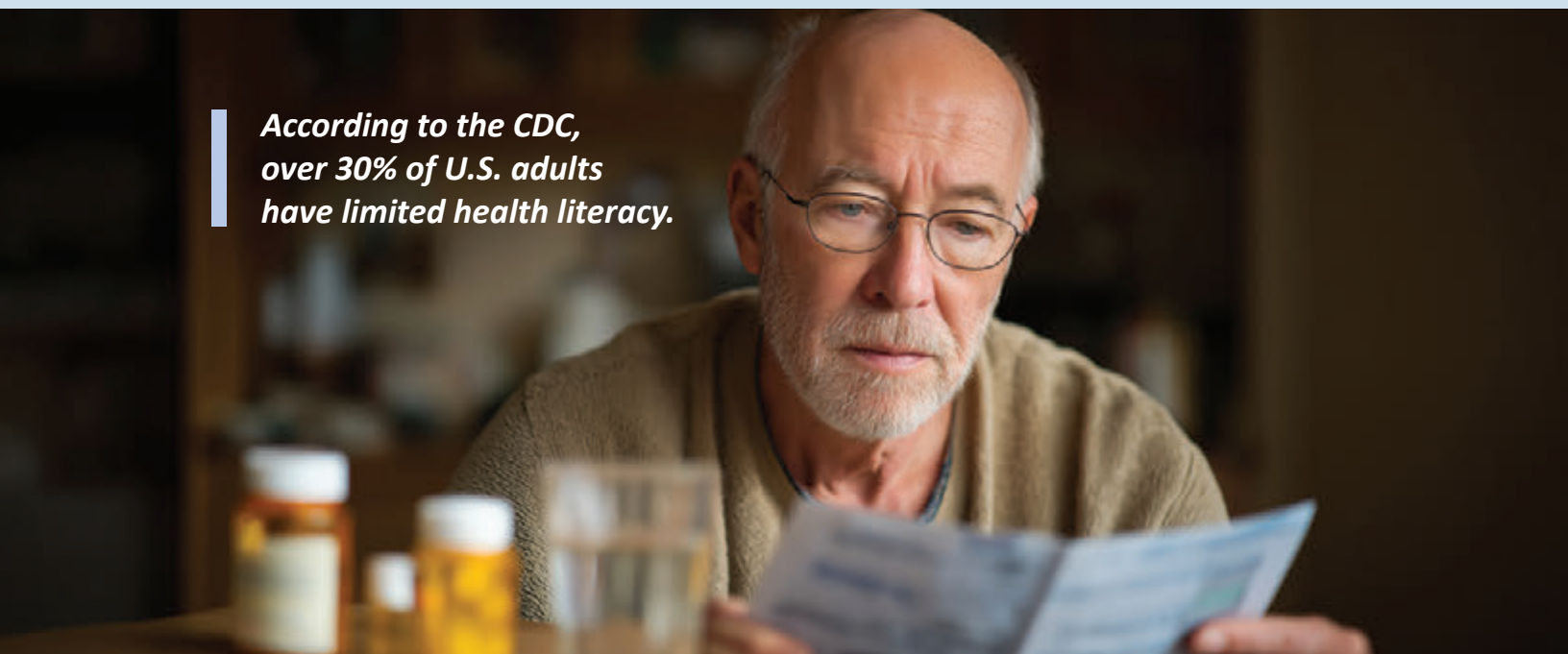
Simple steps everyone can take to improve health literacy:

- Ask questions during medical appointments.
- Request information in plain language.
- Take notes or bring a trusted friend or family member to appointments.
- Use reliable sources for health information.
- Review medication instructions carefully and seek clarification when needed.



This Health Literacy Month, take time to learn more about your health, ask questions, and encourage family members and friends to do the same. Understanding health information is an important step toward improving individual health, strengthening families, and building healthier communities. [Watch this video for more information about how your organization can support health literacy.](#)

**According to the CDC,
over 30% of U.S. adults
have limited health literacy.**



Public Health's Matthew Tyler Appointed to the Ohio Radiation Advisory Council



Matthew Tyler, Director of Public Health - Dayton & Montgomery County's Office of Environmental Health, has been appointed to the [Ohio Radiation Advisory Council](#), a key state body that provides guidance and recommendations on radiation protection and safety matters.

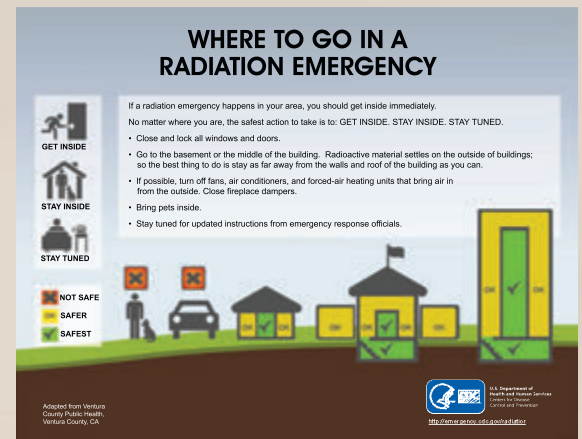
The appointment reflects Tyler's commitment to public service and his dedication to protecting the health and safety of Ohio residents. As a member of the Radiation Advisory Council, he will work alongside other professionals and stakeholders to advise state officials on issues related to radiation safety, regulation, and public health.

The council plays an important role in reviewing policies and programs that address radiation use in medical, industrial, academic, and environmental settings. Its recommendations help ensure that Ohio maintains effective standards for radiation protection while supporting the safe and beneficial use of radiation technologies.

"Advances in medical imaging, cancer treatment, and other technologies continue to increase the importance of strong oversight and expert guidance in radiation-related matters," said Matthew Tyler, Director, Office of Environmental Health.

"Local representation on state boards and commissions helps ensure that the perspectives and needs of Public Health's Montgomery County residents are considered in statewide decision-making," said Jennifer Wentzel, Health Commissioner, Public Health - Dayton & Montgomery County.

Tyler's appointment is effective immediately and runs through September 6, 2029.





October 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



Pumping 101 Classes

MATERNAL AND CHILD HEALTH
Pumping Class 101

● 4:00 PM

📍 Sunrise Center

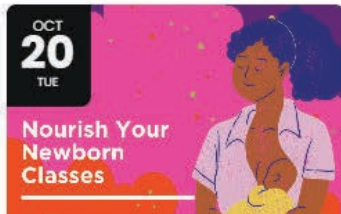


Health Talks Series - Hypertension Basics

● 5:30 PM - 6:30 PM

📍 Dayton Metro Library - Sou...

[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



Healing & Release

● 4:30 PM - 6:30 PM

📍 Dayton Metro Library - Nor...

[Register Here](#)



FATHERHOOD ★ MONTHLY CONNECT ★

MATERNAL AND CHILD HEALTH
Monthly Fatherhood Monthly Connect

● 5:30 PM - 7:00 PM

📍 Goodwill Easterseals West ...

[Register Here](#)



Saturday, October 24, 2026 - 10 AM - 2 PM

Event Details

- Location: Various local law enforcement agencies and community collection sites across the country. You can find a nearby drop-off site using the [DEA Collection Site Locator](#).
- Free and anonymous with no questions asked.
- Accepted Items: Tablets, capsules, patches, and other solid or sealed prescription forms, as well as securely sealed liquid products.
- Excluded Items: Syringes, sharps, needles, and illicit drugs

Media

Date	News Source	Topic
9/9/26	WDTN	Doula Symposium
9/17/26	ABC22	Emergency Preparedness Month
9/17/26	WHIO	Mosquitoes
9/24/26	ABC22	Find My Doula
9/28/26	WHIO	Flu

Montgomery County Launches New Emergency Alert System

Montgomery County's Emergency Management Agency has launched a new emergency alert mass notification system, powered by **Regroup**, to keep residents informed and safe during emergency situations. The free alert system is designed to provide a more flexible and user-friendly way for residents to receive critical information about severe weather, evacuations, boil advisories, shelter-in-place emergencies, and more.



[Montgomery County Regroup Alerts](#) allow residents to personalize the information they receive by selecting the places that matter most to them, including home, work, school, and other important locations. When enabled, the system's location-based capabilities can also help notify residents when they are in the area of a nearby emergency. Residents can choose to receive alerts by text message, phone call and/or email.

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.

According to Montgomery County Vital Records, **sleep-related deaths accounted for 1 in 5 infant deaths (20%)** in 2023-2024. This is an improvement from 2018-2019, when 1 in 3 infant deaths (33%) were sleep-related.

data points COMMUNITY HEALTH ASSESSMENT

Public Health
Depot & Montgomery County

For more local health data visit cha.phdmc.org

Submitted by:

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





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

Public Health Nurse I
Disease Intervention Specialist I
Accounting Services Supervisor
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!



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