



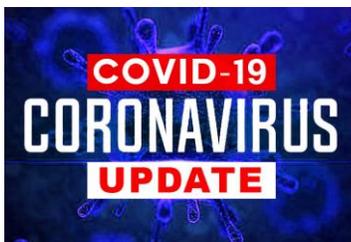
Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County



Monthly Update

January 2021

Our Mission: To improve the quality of life in our community by achieving the goals of public health: prevention, promotion and protection.



Coronavirus Disease 2019 (COVID-19) Update

Public Health continues its effort to control the spread of COVID-19 in our community. As of January 5, 2020, the United States reported **20,977,966** cases with **355,650** deaths. Ohio reported **735,003** cases with **9,247** deaths. Montgomery County reported **37,411** cases, **3,240** hospitalizations, **362** deaths and **30,800** people are presumed to be recovered.

For the latest U.S. case count, [visit the CDC's website.](#)

For the latest Ohio and Montgomery County case counts, [visit the ODH Coronavirus website.](#)

Limit Your Activities

Montgomery County residents are *strongly advised to not invite guests into their homes*, unless they are essential workers providing services such as plumbing, heating or electrical work. During such service, all workers and residents should wear masks and maintain as much distance as possible.

Public Health also recommends that you limit your activities that bring you into contact with others as much as possible, recommendations include:

- Work from home if you can
- Do not host in-person meetings
- Do not dine indoors
- Do not visit friends in their homes
- Limit your trips to stores
- Avoid crowds

Local COVID-19 Vaccinations Begin

Ohio has begun distributing safe, effective COVID-19 vaccines statewide to those who choose to be vaccinated. Currently two vaccines have been

approved for use, one from Pfizer and one from Moderna. As COVID-19 vaccines are granted Emergency Use Authorization (EUA) by the Food and Drug Administration (FDA), the state has begun to strategically and thoughtfully distribute the vaccines to Ohioans at the greatest risk.

Phase 1A members are currently receiving the COVID-19 vaccine. This phase includes EMS personnel, health care workers, nursing home residents and staff, assisted living facilities residents and staff, psychiatric hospital patients and staff, people with developmental disabilities and those with mental illness who live in group homes or centers and staff at those locations, and Ohio veterans homes residents and staff

As of January 5, 2021, Public Health has administered 3,100 doses of the vaccine. For updates on Ohio's vaccine distribution in Ohio visit [ODH's Vaccine Dashboard](#).

Not all of these groups are being provided the vaccine through Public Health. Notification of when you can receive the vaccine is being made through your employer for those groups in Phase 1A.

Public Health does not have a date when we will be moving to Phase 1B vaccinations which includes Ohioans age 65 and older.

Public Health will notify the public when the next phase begins through local news media, our social media platforms including Facebook, Twitter and Instagram @PublicHealthDMC and our website www.phdcmc.org. There is no waiting list, so we ask that you please be patient as we work through the priority groups.

CDC offers an FAQ about COVID-19 vaccination at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

Curfew Extended

Governor Mike DeWine announced that the Ohio Department of Health will extend Ohio's 10 p.m. to 5 a.m. curfew until January 23, 2021. The extension is necessary until Ohio can determine if it will see a post-holiday case surge that impacts hospitals.

The curfew does not apply to those going to and from work, those who have an emergency, or those who need medical care. The curfew is not intended to stop anyone from getting groceries or going to the pharmacy. Picking up carry-out or a drive-thru meal and ordering for delivery is permitted, but serving food and drink within an establishment must cease at 10:00 p.m.



National Birth Defects Prevention Month 2021

The [National Birth Defects Prevention Month](#) campaign theme, “**Best for You. Best for Baby.**” aims to raise awareness of birth defects occurring each year. The Montgomery County Women, Infants, and Children Program promotes healthy outcomes with nutrition education, breastfeeding support, and supplemental foods. While not all birth defects can be prevented, the following steps increase a woman’s chance of having a healthy baby.

Be sure to take 400 micrograms (mcg) of folic acid every day.

- Folic acid is very important because it can help prevent some major birth defects of the baby’s brain and spine when taken before and during early pregnancy.

Book a visit with your healthcare provider before stopping or starting any medicine.

- There are often benefits to continuing treatment throughout pregnancy. Discussing a treatment plan before a pregnancy allows a woman and her health care provider to weigh the pros and cons of all options to keep mom and baby as healthy as possible.

Become up-to-date with all vaccines, including the flu shot.

- Having the right vaccinations, like the flu and Tdap vaccines, at the right time during pregnancy can help keep a woman and her baby healthy.

Before you get pregnant, try to reach a healthy weight.

- Obesity increases the risk for several serious birth defects and other pregnancy complications.

Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.

- There is no known safe amount of alcohol during pregnancy and its exposure can cause major birth defects.
- Smoking during pregnancy can cause dangerous chemicals to damage the placenta and/or reach the baby’s bloodstream.
- The opioid epidemic has led to a sharp increase in Neonatal Abstinence Syndrome (NAS), premature birth and drug withdrawal in developing babies.

Enroll when you know! Receiving WIC services during pregnancy decreases the risk of preterm birth, birth defects and infant mortality. Sign up for WIC as soon as you know you are pregnant! Call 937-225-4491 to find your closest clinic and enroll over the phone. For assistance finding other resources for a healthy pregnancy call the Ohio Equity Institute Neighborhood Navigators at 614-645-6425.



Media Opportunities:

- 12/1/2020 - Dayton Daily News - COVID-19 Testing
- 12/1/2020 - WDTN - COVID-19 Testing
- 12/1/2020 - WKEF - COVID-19 Testing
- 12/2/2020 - WDTN - COVID-19 Thanksgiving
- 12/2/2020 - Fox 45 - COVID-19 Schools
- 12/2/2020 - Fox 45 - COVID-19 Vaccines
- 12/2/2020 - Dayton Daily News - COVID-19 Zip Codes
- 12/3/2020 - WHIO - COVID-19 Case Investigations
- 12/3/2020 - Fox 45 - COVID-19 Advisory System
- 12/3/2020 - Dayton Daily News - COVID-19 Advisory System
- 12/4/2020 - WDTN - COVID-19 Level 4
- 12/7/2020 - WDTN - COVID-19 Vaccines
- 12/8/2020 - Dayton Daily News - COVID-19 Vaccines
- 12/8/2020 - Dayton Daily News - At Home Burials
- 12/8/2020 - Fox 45 - COVID-19 Holidays
- 12/9/2020 - WDTN - COVID-19 Testing
- 12/10/2020 - WDTN - COVID-19 Advisory System
- 12/10/2020 - Fox 45 - COVID-19 Advisory System
- 12/11/2020 - WDTN - COVID-19 Advisory System
- 12/14/2020 - Fox 45 - COVID-19 Vaccines
- 12/15/2020 - Fox 45 - COVID-19 Vaccines
- 12/16/2020 - Dayton Daily News - The Flu
- 12/16/2020 - Dayton Daily News - COVID-19 Outreach Team
- 12/16/2020 - Dayton Daily News - COVID-19 Survey
- 12/16/2020 - Fox 45 - COVID-19 Stay at Home Advisory
- 12/16/2020 - WDTN - COVID-19 Stay at Home Advisory
- 12/17/2020 - WDTN - COVID-19 Vaccines
- 12/17/2020 - Fox 45 - COVID-19 Scams
- 12/18/2020 - WDTN - COVID-19 Nursing Homes
- 12/18/2020 - Dayton Daily News - COVID-19 Vaccines
- 12/21/2020 - Fox 45 - COVID-19 Vaccine
- 12/21/2020 - WDTN - COVID-19 Vaccine
- 12/22/2020 - Fox 45 - Infant Mortality
- 12/22/2020 - Dayton Daily News - COVID-19 Vaccine
- 12/23/2020 - CNN - COVID-19 Vaccination Process
- 12/24/2020 - Dayton Daily News - COVID-19 First Vaccination Clinic
- 12/24/2020 - WDTN - COVID-19 First Vaccination Clinic
- 12/24/2020 - WHIO - COVID-19 First Vaccination Clinic

12/28/2020 - Fox 45 - COVID-19 Vaccination Schedule
12/29/2020 - Dayton Daily News - COVID-19 Vaccination Schedule
12/30/2020 - WDTN - COVID-19 Holidays
12/30/2020 - Fox 45 - COVID-19 Vaccination Schedule



For answers to your COVID-19 questions, call Public Health at 1-937-225-6217 or the Ohio Department of Health at 1-833-4-ASK-ODH (1-833-427-5634).

Submitted by:
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