



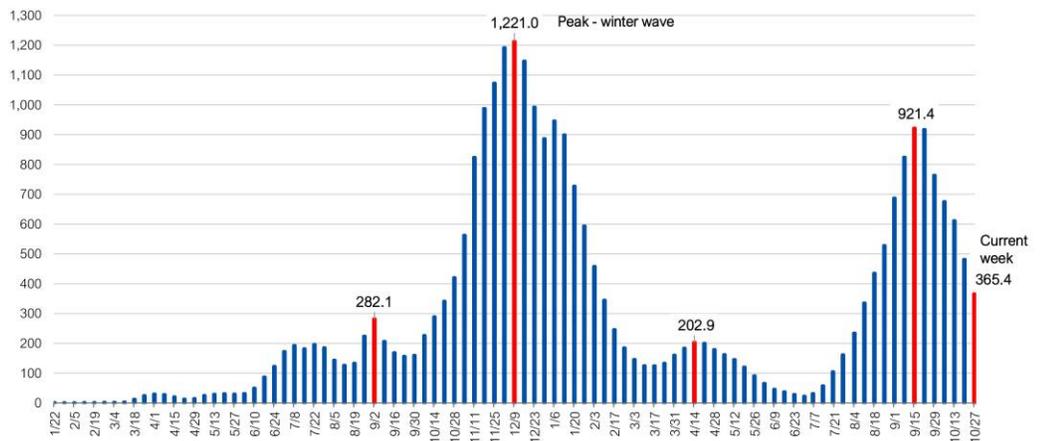
*Our Mission: To improve the quality of life in our community by achieving the goals of public health: prevention, promotion and protection.*



### COVID-19 Cases Remain High but Trending Down

The number of COVID-19 cases remain high in Montgomery County but are starting to trend down. In the last week, current COVID cases decreased by 18% from 3,767 to 3,104. In Montgomery County as of October 29, there have been 74,918 total cases, 6,620 total hospitalizations, and 1,294 total deaths. Among the county’s total population of 531,687, 53.4% have been fully vaccinated.

Figure 2. Two-Week COVID-19 Case Rate per 100,000 Residents, Montgomery, As of 10/27/2021



\*Data are preliminary and subject to change as new and/or updated information is received  
Source: Ohio Department of Health, COVID-19 Dashboard



### School Quarantine Guidance

#### “Mask to Stay” and “Test to Play” Additional School Quarantine Options

The Ohio Department of Health announced additional quarantine options, “Mask to Stay” and “Test to Play,” for school districts and local health departments. The changes incorporate mask-wearing and testing to reduce the chance of spread of COVID-19 within structured school settings and provide a safe alternative to out-of-school quarantine. These options only

apply to direct contacts in a school environment – those individuals who are identified as being directly exposed to COVID-19 by a positive case in a classroom or other school setting. COVID-19 is spread through sneezing, coughing, talking, and breathing. The best practices for distancing are 3 feet with everyone masked, 6 feet if not masked. Tests can be either PCR or antigen tests, but they must be proctored or observed.

### ***“Mask to Stay”***

Direct contacts in a school environment, regardless of vaccination or masking status, may remain in the classroom environment if they:

1. Wear a mask for 14 days after their last date of exposure.
2. Self-monitor, or parent-monitor, for [symptoms of COVID-19](#).
3. Isolate and get tested if they start to experience symptoms associated with COVID-19 (regardless of level of severity).
4. Consistent with guidance for others quarantining in lower-risk environments, students and staff may discontinue these quarantine procedures after seven days — if they meet two basic criteria: one – they don’t develop symptoms, and two – they test negative between days 5-7.

While parents and students are responsible for symptom monitoring, if school staff or school nurses see a child exhibiting symptoms they should act [accordingly](#).

### ***“Test to Play”***

Asymptomatic contacts in a school environment may continue to participate in extracurricular activities if they:

1. Wear a mask when able. This includes wearing a mask during transportation, such as traveling on a team bus to and from games; while in locker rooms; while sitting or standing on the sidelines; and any time the mask will not interfere with breathing, the activity in which they are participating, or create a safety hazard.
2. Test on initial notification of exposure to COVID-19.
3. Test again between days 5-7 following exposure to COVID-19. If they are negative at this time, they will test out of quarantine after day 7 and can resume normal activities.

School districts are also encouraged to consider same-day testing for athletic competitions where there is the potential of school-to-school exposure.

Those who are fully vaccinated, as well as those who consistently wear masks in school, [can already remain in the classroom](#) if exposed to COVID-19 in a school setting.

The full guidance is available at <https://coronavirus.ohio.gov/static/responsible/schools/k-12-schools-quarantine-alternative.pdf>.

The recording of the press conference can be watched at [https://www.youtube.com/watch?v=bBDhjLtuDJg&list=PL0gaHgZgaSNcaArRSL\\_OXZHwaJotZ17eM&index=14](https://www.youtube.com/watch?v=bBDhjLtuDJg&list=PL0gaHgZgaSNcaArRSL_OXZHwaJotZ17eM&index=14).



### COVID-19 Booster Shots

The U.S. Food and Drug Administration (FDA) and Centers for Disease Control and Prevention (CDC) announced they have authorized a single booster dose for the three COVID-19 vaccines available in the United States (Pfizer/Comirnaty, Moderna, and Johnson & Johnson/Janssen) to increase protection against COVID-19. Guidance from ODH was sent to vaccine providers. Please reference and share this guidance:

<https://coronavirus.ohio.gov/static/vaccine/guidance-vaccine-providers-admin-booster-doses.pdf>.

We also have a new vaccine booster chart graphic to share with you. It is attached and is available at

<https://coronavirus.ohio.gov/static/vaccine/booster-chart-2021.pdf>.

### What is the Difference Between a Booster Shot and an Additional Dose?

It is understandable that individuals often confuse or interchange the meanings for a “booster” and “additional dose” of COVID-19 vaccine. According to the CDC, a booster shot is administered when a person has completed their vaccine series and protection against the virus has decreased over time. Additional doses are administered to people with moderately to severely compromised immune systems. This additional dose of an mRNA-COVID-19 vaccine is intended to improve immunocompromised people’s response to their initial vaccine series. See more about this topic from the CDC [here](#).



### 25 Days of Fitmas Challenge

‘Tis the season for healthy habits! Put self-care and healthy living on the top of your Christmas list with Public Health - Dayton & Montgomery County’s “25 Days of Fitmas Challenge”. The challenge is designed to help you start and maintain healthy habits during the holiday season.

“Amidst the chaos of the holiday season, the *25 Days of Fitmas Challenge* will help you prioritize your health and well-being,” said Eileen Jones, Health Education Specialist for Public Health.

To participate individuals must register for this free challenge on Public Health’s website before November 24. The “*25 Days of Fitmas Challenge*” begins the week of November 29<sup>th</sup>.

Each week, participants will receive a list of exercises and healthy habits they may choose from. Once the weekly challenge is completed, participants must email pictures of themselves completing the challenge to be eligible for gift card drawings ranging from \$15 to \$300. A total of \$1,500 worth of gift cards are available.

For more information or to register, visit <https://www.phdmc.org/25-days-of-fitmas>



### Infant Safe Sleep Drive-Thru Event

Over 200 people joined Public Health during the Safe Sleep Drive-Thru event held on Saturday, October 30 at the Dayton Job Center. Participants received free resources, safe sleep education, infant onesies, pack n' play cribs and more.

Every year, approximately 3,600 babies die in the U.S. suddenly and unexpectedly in infancy. This is termed Sudden Unexpected Infant Death or SUID and is the number one cause of death for babies from 1 month to 1 year of age. Many of these deaths are due to babies being placed in unsafe sleep environments. The best way caregivers can prevent these tragic losses is by following the ABCs of safe sleep – babies sleeping ALONE, on their BACKS and in an empty CRIB.

To learn more about safe sleep visit:

<https://www.phdmc.org/events/icalrepeat.detail/2021/11/17/400/30%7C31%7C33%7C43/safe-sleep-ambassador-training>



### Decolonizing Your Plate

Eat without guilt, respect your body, and embrace your culture! Join the Local Office of Minority Health as we commemorate Native American Heritage Month, by hosting a free webinar titled “Decolonizing Your Plate” on Monday, November 15, from 2:30 pm – 3:30 pm via Zoom. Find out what it means to “Decolonize Your Plate” with culturally competent and sensitive healthy eating practices and thinking. Featuring guest speaker, The Black Nutritionist, Dr. Kera Nyemb-Diop! To register visit [www.phdmc.org](http://www.phdmc.org).



### New Study Shows 1 in 6 U.S. Adults Binge Drink

Binge drinking is a preventable risk factor for many diseases and injuries; however, [a new study](#) found that in 2018, 1 in 6 U.S. adults binge drank, increasing their risk for many preventable diseases and injuries. Among adults who binge drank, 25% did so at least weekly, on average, and 25% consumed at least eight drinks during a binge occasion. Binge drinking is defined as five or more drinks on an occasion for men or four or more drinks for women. The study reveals that the frequency of binge drinking and the number of drinks consumed affects the risk of adverse outcomes. Regulating alcohol sales and

increasing alcohol taxes are effective community prevention strategies to reduce binge drinking. If you or someone you know is concerned about alcohol addiction, Public Health's Addiction Services program can help, call (937) 461-5223 or visit [www.phdmc.org](http://www.phdmc.org).



### Media Opportunities:

- 10/5/2021 - Fox 45 and WDTN - COVID-19 Booster Doses
- 10/5/2021 - WHIO - COVID-19 Update
- 10/6/2021 - WDTN - COVID-19 HB435
- 10/12/2021 - WYSO - SNAP Benefits
- 10/13/2021 - Fox 45 - COVID-19 Booster Doses
- 10/13/2021 - ABC 22 - COVID-19 Childhood Vaccinations
- 10/13/2021 - Fox 45 and WDTN - Flu
- 10/14/2021 - WHIO - COVID-19 Childhood Vaccinations
- 10/18/2021 - WDTN - Safe Sleep
- 10/21/2021 - WDTN - COVID-19 Booster Doses
- 10/22/2021 - WHIO - COVID-19 Masks
- 10/25/2021 - DDN and WDTN - COVID-19 School Quarantine
- 10/26/2021 - ABC 22 - COVID-19 Masks in Schools
- 10/26/2021 - DDN - COVID-19 Children Vaccinations
- 10/26/2021 - DDN - COVID-19 School Quarantine
- 10/27/2021 - WDTN - COVID-19 Halloween Safety
- 10/31/2021 - WDTN and WKEF - Safe Sleep



**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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