



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



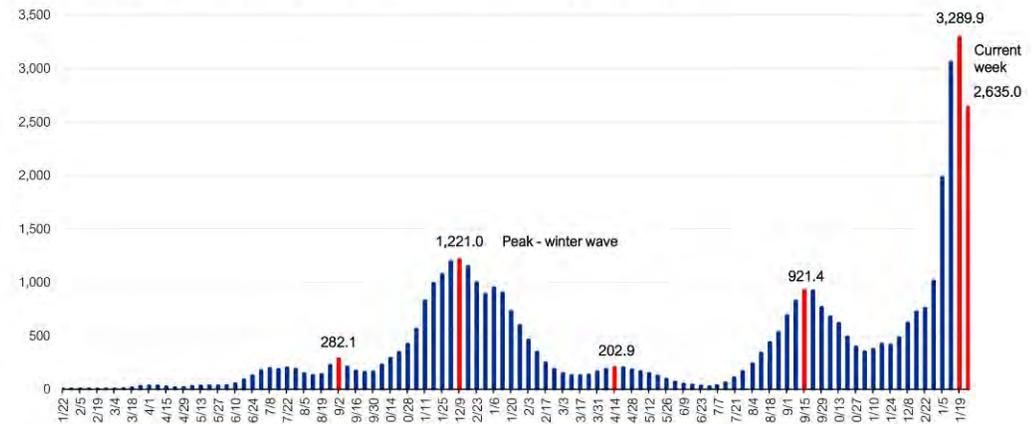
COVID-19 Cases Show Decrease, But Still Very High

Public Health continues its efforts to provide the COVID-19 vaccine to eligible citizens. As of 1/28/22, 62% of Ohioans have completed or started their vaccination and 59% of Montgomery County residents have also been vaccinated.

In Montgomery County, the two-week incident case rate decreased (by 20%) from 3,289.9 per 100,000 last week to 2,635 this week. This is the first case rate decrease since the week before the Thanksgiving holiday (November 24).

There have been more hospital admissions in January (948 admissions, 33.9/day) compared to December (852 admissions, 27.3/day). There were 93 COVID-19 deaths in January compared to 142 deaths in December.

Figure 2. Two-Week COVID-19 Case Rate per 100,000 Residents, Montgomery, As of 1/28/2022



COVID-19 Update

The Ohio Department of Health has released updated guidance to local health departments in which they acknowledge the reality that local health

departments were already facing, the large number of cases has made it a challenge for all health departments to contact every individual who has tested positive. As for the schools, they previously were reporting their total number of cases to us daily, but now will only do so weekly. However, Public Health will continue to report the school's cases weekly to the Ohio Department of Health. The isolation and quarantine procedure for individuals remains unchanged. For more information visit www.phdmc.org.

COVID-19 Vaccinations

Public Health is continuing to provide COVID-19 vaccinations throughout Montgomery County. It is recommended that everyone who is eligible to receive a vaccine do so as soon as possible. In addition, it is recommended that individuals stay up to date on their booster doses. If you have questions about the vaccine, please [visit coronavirus.ohio.gov](http://visit.coronavirus.ohio.gov). Schedule and registration information is available at www.phdmc.org.

COVID-19 Testing

Public Health has begun scheduling COVID-19 testing clinics at Bethesda Temple in Dayton. The PCR tests are provided free of charge with results in 24 to 48 hours. Testing is indicated for individuals who have symptoms of COVID-19 or who have had direct exposure to someone who has tested positive for COVID-19. Registrations may be made by visiting www.phdmc.org.

At-Home COVID-19 Test Kits

Home COVID-19 tests are now available at no cost to most Americans, as part of the Biden administration's effort to increase testing around the United States. There are no shipping costs and people won't need to provide a credit card number to file an order. There's a limit of four tests per household. The tests are expected to ship within seven to 12 days of your order. Order your tests now at www.COVIDtests.gov so you have them when you need them.



Mommy Monday's

Public Health - Dayton & Montgomery County's Ohio Equity Institute's neighborhood navigators are hosting a **"Mommy Monday"** educational event called ***"Crush the Confusion", designed for pregnant women, on Monday, February 7 at 3:00 pm*** via Zoom. The neighborhood navigators will help clarify myths and facts about pregnancy and childbirth.

If you are pregnant and getting a wealth of advice and information from well-meaning family and friends about your pregnancy and impending birthing experience, but you aren't sure what's fact or fiction, let the neighborhood navigators help you sift through the facts and myths.

Participants are encouraged to bring their questions and concerns to this live Zoom event designed to help optimize the pregnancy and birthing experience.

This free event will be hosted on Zoom, and you must pre-register. After registration you will be sent a link to access the discussion. All Montgomery County registrants who attend and complete an exit survey will be entered to win one of three prizes:

- 1st Prize - \$75 in Gift Cards to Bayer's Melon Farm
- 2nd Prize - \$50 in Gift Cards to Bayer's Melon Farm
- 3rd Prize - \$25 in Gift Cards to Bayer's Melon Farm

To register in advance visit www.phdmc.org/mommy-mondays or for more information call (937) 496-7718.



Heart Health Awareness Month

February is Heart Health Awareness Month and Public Health encourages people to focus on their cardiovascular health. Cardiovascular disease is a group of diseases that affect the heart or blood vessels. The most common cardiovascular disease is coronary artery disease, which involves narrowing or blocked arteries that can lead to life-threatening events such as heart attack, stroke, or heart failure.

According to the American Heart Association's 2021 Research, cardiovascular disease claims more lives each year than all forms of cancer and chronic lower respiratory disease combined and was listed as the underlying cause of 868,662 deaths in the US in 2017.

One of Public Health's Community Health Improvement Plan goals is to bring awareness to heart health and to decrease cardiovascular disease related hospital visits among Montgomery County residents.

In recognition of Heart Health Awareness Month, Public Health encourages you to wear red for Go Red for Women on Friday, February 4, and to take the following pledge for your heart health:

- Be more physically active – commit to 150 minutes of physical activity per week and two days of strength training.
- Maintain a healthy weight.
- Eat a nutritious diet – filled with a variety of fruits, vegetables, and whole grains.
- Quit smoking.
- Reduce stress.
- Get enough quality sleep - recommended 6-7 hours each night.
- Track your heart health status and know your numbers
 - Blood pressure – Systolic (upper number) less than 120 and diastolic (lower number) less than 80.
 - Blood cholesterol – low-density lipoproteins (LDL) and high-density lipoproteins (HDL).
 - Blood sugar.
 - Body weight.

For more information visit www.goredforwomen.org



Tackling Food Safety for the Big Game

Tackling a game day spread? [Play by these rules from the CDC](#) and keep the runs on the field. Make sure your game day favorites are memorable for all the right reasons. Follow these four tips to avoid food poisoning:

1. Keep it Clean

- [Wash your hands](#) with soap and running water for at least 20 seconds before, during, and after preparing food and before eating. Also, wash your hands after using the bathroom and touching pets.
- [Wash your cutting boards](#), dishes, utensils, and countertops with hot, soapy water after preparing each food item.
- [Wash or scrub fruits and vegetables under running water](#)—even if you do not plan to eat the peel—so dirt and germs on the surface do not get inside when you cut.

2. Avoid Mix-ups

- [Separate](#) raw meats from ready-to-eat foods like veggies when preparing, serving, or storing foods.
 - Use separate cutting boards, plates, and knives for produce and for raw meat, chicken, turkey, seafood, and eggs.
- Offer guests individual serving utensils and small plates to discourage them from eating dips and salsa directly from the bowls.

3. Cook it Well

Cooking food to the right temperature kills harmful germs. Use a food thermometer to check meat, egg, and microwaved dishes on your menu.

- Make sure chicken wings (and other poultry) reach an internal temperature of at least 165°F. Ground beef and egg dishes should reach at least 160°F. Check the [safe internal temperature](#) for other foods.
- Follow [recommended standing or rest times](#) after cooking some foods like steaks or roasts.
 - Areas of the food that are not completely cooked (cold spots) can provide a hiding place for germs.
 - Always follow directions for the standing time (the extra minutes food should rest to finish cooking).
- Follow cooking directions on the package when cooking frozen food in the [microwave](#).

4. Keep it Safe

Serve food at the right temperature:

- Keep hot foods at 140°F or warmer. Use chafing dishes, slow cookers, and warming trays to keep food hot.
- Keep cold foods, like salsa and guacamole, at 40°F or colder. Use small service trays or nest serving dishes in bowls of ice.
- [Getting takeout or delivery?](#) Make sure to keep hot foods hot and cold foods cold.

If you prepare food in advance or have leftovers, store and reheat them the right way:

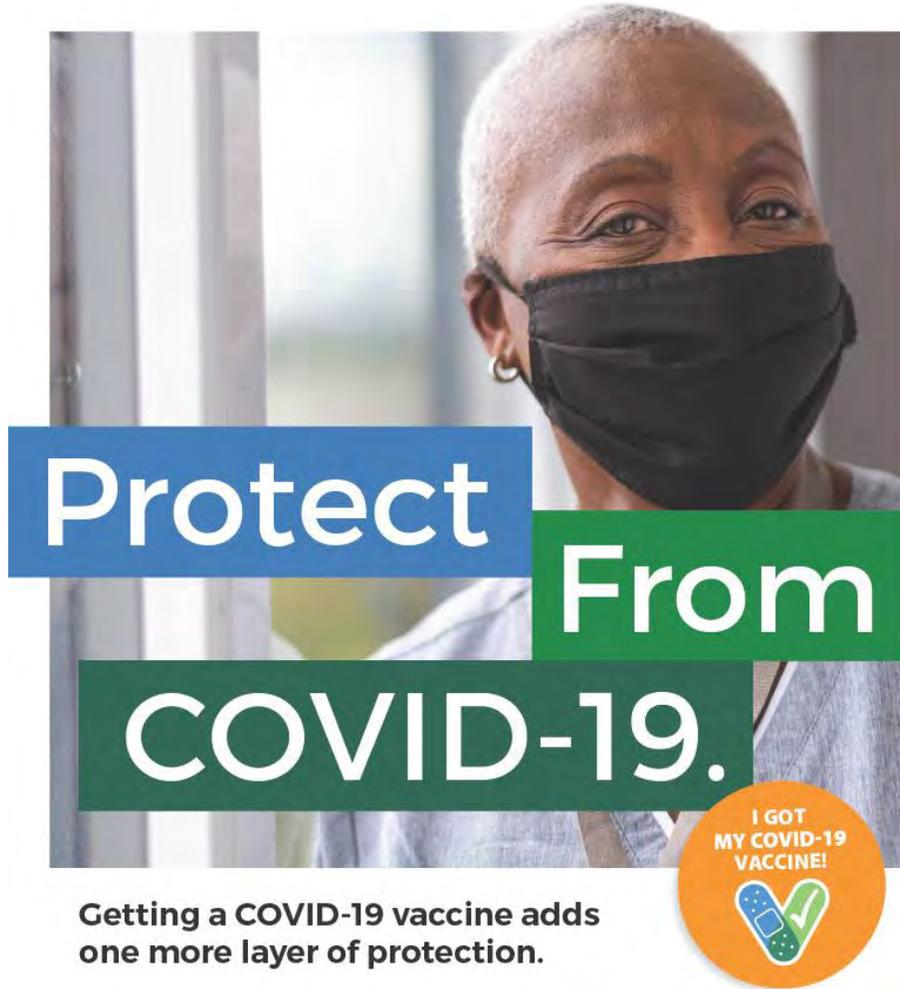
- Divide cooked food into smaller portions or pieces and put in [shallow containers](#) to cool. This encourages rapid, even cooling.
 - Be sure to divide large pots of food (for example, soups and stews) and [large cuts of meats](#) (for example, roasts and whole chickens).
- Put cooked food and leftovers in a refrigerator or freezer as soon as possible—always within 2 hours of preparing, or 1 hour if the food is exposed to temperatures above 90°F (like a hot car or tailgate party).
 - It’s ok to put hot foods directly into the refrigerator.
 - Keep your refrigerator at 40°F or below and your freezer at 0°F or below.
- [Refrigerate](#) cooked food and leftovers for 3 to 4 days at most. Freeze the food if you won’t be eating it soon.
- Reheat food to at least 165°F before serving. This includes leftovers warmed up in the microwave.



Media Opportunities:

- 1/3/2022 - WKEF - COVID-19 Schools
- 1/3/2022 - WDTV - COVID-19 Schools
- 1/3/2022 - DDN - COVID-19 Testing
- 1/4/2022 - WHIO - COVID-19 Test Kits
- 1/4/2022 - WDTN - COVID-19 Isolation & Quarantine
- 1/4/2022 - WHIO - COVID-19 Test Kits
- 1/6/2022 - WDTN - COVID-19 Testing
- 1/7/2022 - Fox45 - COVID-19 CDC Guidance
- 1/9/2022 - WDTN - COVID-19 Schools
- 1/10/2022 - DDN - COVID-19 Mask Mandates
- 1/11/2022 - DDN - COVID-19 Testing
- 1/11/2022 - DDN - Overdose Deaths
- 1/11/2022 - WDTN - COVID-19 Face Masks
- 1/12/2022 - ABC 22 - COVID-19 Face Masks
- 1/12/2022 - WHIO - COVID-19 Face Masks

1/20/2022 - WDTN - COVID-19 Children
1/21/2022 - ABC 22 - COVID-19 Vaccination
1/23/2022 - DDN - COVID-19 Vaccination Rates
1/27/2022 - DDN - COVID-19 Schools
1/28/2022 - ABC 22 - COVID-19 Face Masks & Variants



Protect From COVID-19.

Getting a COVID-19 vaccine adds one more layer of protection.

I GOT MY COVID-19 VACCINE!

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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