



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



Know Your COVID-19 Community Level

COVID-19 Community Levels are [a new tool](#) to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area.

As of April 29, Montgomery County's COVID-19 Community Level is **Low**. For communities designated low, CDC recommends the following:

[Stay up to date](#) with COVID-19 vaccines. [Get tested](#) if you have symptoms. Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19. Wear a mask on [public transportation](#). You may choose to wear a mask at any time as an additional precaution to protect yourself and others.



What People Can Do to Protect Themselves

Public Health continues to provide COVID-19 vaccinations throughout the community. For a list of dates, times and locations and to register for a time visit www.phdmc.org.

The Centers for Disease Control and Prevention (CDC) recommends the following vaccinations:

- CDC recommends that everyone ages 5 years and older get their primary series of COVID-19 vaccine, and everyone ages 12 years and older also receive a booster. [Some people can receive two boosters.](#)
- People who are moderately or severely immunocompromised have specific COVID-19 vaccine recommendations, including recommendations

for a booster. Learn more about [COVID-19 vaccine recommendations for people who are moderately or severely immunocompromised](#).

[COVID-19 vaccine and booster recommendations](#) may be updated as CDC continues to follow data related to vaccine effectiveness and safety, waning immunity, and protection against variants.



COVID-19 Test to Treat

A new nationwide Test to Treat initiative was launched to give individuals an important way to quickly access free lifesaving treatment for COVID-19. Through this program, people can get tested and – if they are positive and treatments are appropriate for them – receive a prescription from a health care provider, and have their prescription filled all at one location.

These “One-Stop Test to Treat” sites are available at hundreds of locations nationwide, including pharmacy-based clinics, Health Resources Services Administration (HRSA) supported federally-qualified health centers (FQHCs), and long-term care facilities. People can continue to be tested and treated by their own health care providers who can appropriately prescribe these oral antivirals at locations where the medicines are distributed.

A [Test to Treat locator](#) is available to help find participating sites. A call center is also available at [1-800-232-0233](#) (TTY [1-888-720-7489](#)) to get help in English, Spanish, and more than 150 other languages – 8:00 am to midnight ET, 7 days a week. The [Disability Information and Access Line \(DIAL\)](#) is also available to specifically help people with disabilities access services. To get help, call [1-888-677-1199](#), Monday-Friday from 9:00 am to 8:00 pm ET or email DIAL@usaginganddisability.org



Allergies or COVID-19?

Spring is in the air, and unfortunately, so are tree pollen and mold spores. Rain washes allergens away, but thunderstorms don’t have the same effect. The [Asthma and Allergy Foundation of America \(AAFA\)](#) says that severe weather, most common during the spring and summer, can pick up and swirl pollen around.

According to the American Academy of Allergy, Asthma & Immunology, when you have allergies, your immune system mistakenly identifies a typically harmless substance as an intruder — an allergen. The immune system responds to the allergen by releasing histamine and chemical mediators that typically cause symptoms in the nose, throat, eyes, ears, skin, and roof of the mouth. Learn how to distinguish allergies from COVID-19 using this chart.

COVID-19 vs. Allergies

	COVID-19	Allergies
 Common	Fever or chills 	
	Cough 	
	Body aches 	
	Headaches 	
	Tiredness 	
	Loss of taste or smell 	
	Shortness of breath 	
	Sore throat 	
	Sneezing 	
	Itchy or watery eyes 	
	Runny or stuffy nose 	

 *Seasonal allergies do not usually cause shortness of breath, unless a person has a respiratory condition such as asthma that can be triggered by pollen.

cdc.gov/coronavirus

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Active People, Healthy Montgomery County Downtown Fun Walk

Public Health is hosting a free, fun, downtown event to encourage walking and active lifestyles. The *Active People, Healthy Montgomery County Downtown Fun Walk* is scheduled for Wednesday, May 25, from 11:00 am to 1:00 pm at [RiverScape MetroPark](#). Healthy lifestyle exhibits will be on hand along with music and gift bags. At 11:45 am there will be a group walk from RiverScape to McCook Field and back. For more information call (937) 225-5700.

Active People, Healthy Montgomery County

**Downtown
Fun Walk
Wednesday,
May 25**



[The Centers for Disease Control and Prevention \(CDC\)](#) recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to overall health and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.

Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment. A single bout of moderate-to-

vigorous physical activity can improve sleep, memory, and the ability to think and learn. It also reduces anxiety symptoms.



Healthy and Safe Swimming Week

Swimming is a fun, healthy way to stay physically active and spend quality time with family and friends. During the summer, Public Health sanitarians inspect approximately 331 pools in Montgomery County to help them stay safe. In 2021, 3,120 pool inspections were conducted. *Healthy and Safe Swimming Week*, May 23-29 highlights the roles that swimmers, parents of young swimmers, aquatics and beach staff, residential pool owners, and public health officials play in preventing disease outbreaks, drowning, and pool chemical injuries.

Chemicals like chlorine are added to pool water to kill germs and stop them from spreading, helping to keep swimmers healthy. However, mishandling pool chemicals can cause injuries. Operators of public pools, hot tubs/spas, or water playgrounds and owners of residential pools or hot tubs/spas can take steps to prevent pool chemical injuries, such as reading and following directions on product labels of pool chemicals before using them.

Swimmers and parents of young swimmers can also promote healthy and safe swimming through pool chemistry. When swimmers don't shower before getting in pools, hot tubs/spas, or water playgrounds or pee in the water, free chlorine (the form of chlorine that kills germs) combines with pee, poop, sweat, dirt, and personal care products. This means there is less free chlorine to kill germs and unwanted chemical compounds are produced. One example is a group of irritants called chloramines, which makes eyes red and sting, causes skin irritation and rashes, and respiratory problems. These chloramines are different from the type of chloramine that is sometimes used to treat our drinking water.

Tips for Healthy Swimming

- Check out the latest inspection results. You can typically find inspection scores online or onsite.
- Do your own inspection. Use test strips to check disinfectant (chlorine or bromine) level and pH before getting in the water. Most superstores, hardware stores, and pool-supply stores sell test strips.
- Shower before you get in the water. Rinsing off in the shower for only one-minute helps get rid of most stuff that might be on a swimmer's body.
- Check yourself! Keep the pee, poop, sweat, blood, and dirt out of the water.
- Don't swim or let children swim when sick with diarrhea.

- Don't swallow the water. Just one mouthful of water with diarrhea germs can make you sick for up to 3 weeks.

To learn more about swimming healthy visit:

<https://www.cdc.gov/healthywater/pdf/swimming/resources/share-fun-not-germs-508c.pdf>



Ohio Environmental Health Association Annual Conference

Public Health's Environmental Health staff attended the [Ohio Environmental Health Association](#) Annual Education Conference in April 2022 in Dublin, Ohio. Staff attended the two-day conference meant to provide education and CEUs for the variety of topics environmental health encompasses.

This year's topics included a wide range of areas such as drones in public health, academic public health and workforce development, ticks, PFAS exposures, harmful algal blooms (HAB's) in the Toledo public water system and Lake Erie, Performance Management and Continuous Quality Improvement (CQI), as well as a presentation by the Ohio Restaurant Association on ghost kitchens.

Public Health's own Tracy Clare and OEHA's Dan Baker together, gave one of the keynote addresses and spoke on the successes of the 2021 Cleveland, Ohio COVID-19 Vaccine Clinic. Jennifer Wentzel gave a presentation on foodborne illness investigation. Sessions were also held dedicated to helping Environmental Health Specialists in training pass the National Environmental Health Association (NEHA) licensure test.



(L to R) Health Commissioner Jennifer Wentzel Tracy Clare, Dan Baker, and Matt Tyler

Matt Tyler (Vice President) served as the chair of the conference. Mr. Tyler also received the Presidents Award for his efforts during the pandemic to ensure membership and that Registered Environmental Health Specialists across the state had access to virtual training so they could maintain their credentials. The 75th Annual Conference was a great success.



Media Opportunities:

- 4/1/22 – Dayton Daily News - COVID-19 Variants
- 4/11/22 – WDTN - Maternal Health
- 4/12/22 – WHIO - COVID- 19 Mask Mandates
- 4/14/22 – WDTN - COVID-19 Mask Mandates
- 4/15/22 – ABC 22 - COVI-19 – Masks on Planes
- 4/18/22 – COVID-19 - Minority Health Month Expo
- 4/22/22 – WDTN - COVID-19 Cases
- 4/26/22 – Dayton Daily News - Community Health Rankings

4/27/22 – WDTN - COVID-19 - Is it a Pandemic?
4/28/22 – Dayton Daily News - Food Service License
4/28/22 – WDTN - COVID-19 Is it a Pandemic?
4/28/22 – WDTN – Menthol Cigarettes



Need a COVID Vaccine or Booster?

Check phdmc.org for upcoming clinics



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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