



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

Monthly Update

June 2022

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 May 27, 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. You may choose to wear a mask at any time as an additional precaution to protect yourself and others.



Boosters

The Centers for Disease Control and Prevention (CDC) expanded eligibility of [COVID-19 vaccine booster doses to everyone 5 years of age and older](#). CDC now recommends that children ages 5 through 11 years should receive a booster shot 5 months after their initial Pfizer-BioNTech vaccination series.

Since the pandemic began, more than 4.8 million children ages 5 through 11 have been diagnosed with COVID-19, 15,000 have been hospitalized and tragically, over 180 have died. As cases increase across the country, a booster dose will safely help restore and enhance protection against severe disease.

In addition, CDC is strengthening its recommendation that those 12 and older who are immunocompromised and those 50 and older should receive a second booster dose at least 4 months after their first. Over the past month

we have seen steady increases in cases, with a steep and substantial increase in hospitalizations for older Americans. While older Americans have the highest coverage of any age group of first booster doses, most older Americans received their last dose (either their primary series or their first booster dose) many months ago, leaving many who are vulnerable without the protection they may need to prevent severe disease, hospitalization, and death.

Whether it is your first booster, or your second, if you haven't had a vaccine dose since the beginning of December 2021 and you are eligible, now is the time to get one.

For a list of Public Health's COVID-19 vaccination clinic dates, times and locations visit www.phdmc.org.



Public Health Pride

Public Health continues to strive for “Health Equity for All” in our community, and during the month of June we recognize and celebrate all LGBTQ+ individuals in Montgomery County.

As part of Public Health's health equity and diversity and inclusion efforts it is proud to have been named a [“Leader” in the Human Rights Campaign's most recent edition of its Healthcare Equality Index.](#)

Public Health works to advance healthcare access for LGBTQ+ individuals by providing a comprehensive schedule of staff training and policies, educational opportunities for local healthcare providers and community agencies, and working collaboratively with local partners through the [LGBTQ+ Health Alliance.](#)

Public Health is excited to participate in celebrating with the LGBTQ+ community in Montgomery County during several PRIDE events. On Friday June 3 at 6:00 pm on Courthouse Square, Public Health will share the stage with other community organizations and be providing information regarding its inclusive services.

Public Health staff and members of the LGBTQ+ Health Alliance will also be walking and motorcycling in the parade that kicks off downtown Saturday, June 4 at noon and right after the parade Public Health will have an information table until 4pm on Courthouse Square.

And finally on Sunday, Public Health will provide educational information and participate in the 7th annual PFLAG Running with Pride event at Eastwood Metro Park

Additionally, Public Health has two employee resource groups that have relevance to PRIDE month. The LGBTQ+ and Black employee's resources groups. These groups foster an inclusive culture by promoting and enhancing diversity.

These two resource groups have a specific link during PRIDE month. [According to an article from American Progress](#) "Black LGBTQ+ individuals find themselves at the intersection of multiple forms of discrimination, as anti-Blackness and anti-LGBTQ sentiment compound to result in a [higher incidence](#) of police interactions, toxic [workplace discrimination](#), and large-scale [economic difficulties](#)."

For more information about Public Health's LGBTQ+ and Health Equity initiatives visit www.phdmc.org.



Monkeypox

As of May 21, 92 confirmed cases and 28 suspected cases of monkeypox were under investigation in 12 countries, the [World Health Organization](#) said in a news release.



[Monkeypox](#) is not as contagious as COVID-19 and scientists work to learn more about the recent spread.

Initial monkeypox symptoms are typically flu-like, such as fever, chills, exhaustion, headache, and muscle weakness. After that, a widespread rash typically appears on the face and body -- including inside the mouth, on the palms of the hands and soles of the feet.

Monkeypox was first discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research, hence the name 'monkeypox.' The first human case of monkeypox was recorded in 1970 in the Democratic Republic of Congo during a period of intensified effort to eliminate smallpox. Since then, monkeypox has been reported in humans in other central and western African countries.



Beware of Ticks this Summer Season

Lyme disease is the most common vector-borne disease in the United States. In 2021 there were 4 reported cases of Lyme disease in Montgomery County residents. Lyme disease is [transmitted](#) to humans through the bite of infected blacklegged ticks. Typical [symptoms](#) include fever, headache, fatigue, and a characteristic skin rash.

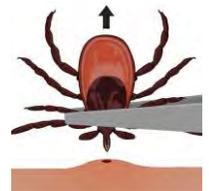


If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is [diagnosed](#) based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks.

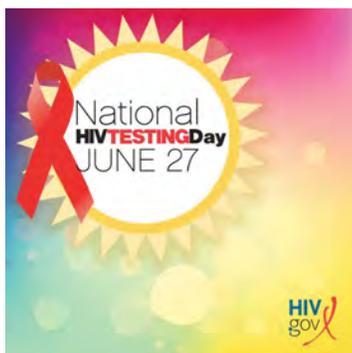
Contrary to popular belief, ticks do not jump, fly, or fall out of trees. They wait on low growing plants for a host to pass by. When a person or animal brushes against the vegetation, the tick will cling to fur or clothing and crawl upward, looking for a place to attach and begin feeding. The risk of exposure to ticks and disease can be reduced by following these precautions:

- Avoid tick-infested areas such as tall grass and dense vegetation.
- Tuck your pants into sock tops or boots.
- Wear light-colored clothing to make it easier to find crawling ticks.
- Use repellants and follow label instructions carefully.
- Check yourself, your children, and pets frequently for ticks.
- Bathe or shower after exposure to tick habitat (preferably within two hours) to wash off and more easily find ticks that may be crawling on you.

Prompt removal of an attached tick will significantly reduce the risk of infection. Ticks must bite and remain attached for hours to transmit diseases. If you develop symptoms of tick-borne disease, including fever, flu like illness or a rash within a few weeks of a tick bite, be sure to tell your doctor about your tick exposure. It is recommended to record the date of any tick bites in case symptoms occur later.



For more information visit <https://www.cdc.gov/ticks/index.html>.



National HIV Testing Day

HIV testing is an act of self-care. Encouraging people to get tested and know their HIV status can help them stay healthy. Today, there are more free, easy, fast, and confidential HIV testing options available than ever before. [Testing](#), including [self-testing](#), is the first step to engaging in HIV prevention or treatment services. HIV testing is a critical tool to helping us end the HIV epidemic in the United States.



[Watch this video](#) to learn about HIV testing selfcare.

HIV Testing Day at Drew Health Center

Monday, June 27, 10:00 am to 3:00 pm at the Dr. Charles R. Drew Health Center, 1323 W. Third St. Dayton. Free, drive-thru rapid testing will take place with counselors on hand to review your results.

All participants will be entered into a drawing to receive a \$50 gift card. You must have a picture ID to be entered into the drawing. For more information call (937) 225-4023.



Public Health Launches “Stepping On”

Public Health’s Chronic Disease Prevention program has launched a new series of classes called Stepping On. This evidence-based program is effective and proven to reduce falls in older people living in the community. The program incorporates strategies to implement positive lifestyle changes to keep people independent, upright, and active.

[Stepping On](#) is a 7-week fall prevention program conducted by trained leaders and accompanied by physical therapists, pharmacists, and other experts to help participants adapt to fall prevention practices for individual needs and levels.

Stepping On has been proven to [reduce falls by 31%](#) and offers older adults 50 years of age and up a way of reducing falls, while at the same time increasing self-confidence in a situation where they are at risk of falling.

This program is designed to help participants understand the risk of falls and avoid common fall risks within the home and within the community. Each class is held once a week for 2-hours covering topics on the following:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- Ways to keep from falling when out in your community
- How medications can contribute to falls
- How to eliminate fall hazards from your home
- What to look for in safe footwear
- Importance of vitamin D and calcium to protect from fall injuries

For more information visit <https://www.phdmc.org/steppingon-workshop>



June is Men’s Health Month

June is Men’s Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men, and their families to practice and implement healthy living decisions such as exercising and eating healthy.

According to the [Centers for Disease Control and Prevention](#), men in the United States, on average, die 5 years earlier than women and die at higher rates from the three leading causes of death, heart disease, cancer and unintentional injuries. During Men’s Health Month, we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood.

Public Health along with Health & Human Services’ Office of Minority Health will observe [Wear Blue Day](#) on Friday, June 17. This day is a part of the year-round Wear BLUE® awareness campaign that was created by Men’s Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

We invite you to join us in promoting messages that remind men and boys that they can improve their health by seeking medical advice and taking other important steps, such as making healthy food choices, staying active, quitting smoking, getting regular checkups and taking care of their mental health.

For more information see Public Health’s Chronic Disease Prevention [Men’s Health Checklist](#).



Media Opportunities:

- 5/6/2022 - WDTN - COVID-19 J&J Vaccine
- 5/11/2022 - DDN - Downtown Walk
- 5/11/2022 - DDN - Baby Formula Shortage
- 5/13/2022 - Spectrum News - NaloxBox
- 5/16/2022 - WHIO - Baby Formula
- 5/17/2022 - ABC 22 - COVID-19 Vaccination
- 5/18/2022 - WHIO - Pool Safety
- 5/19/2022 - DDN - Addiction
- 5/20/2022 - Fox 45 - COVID-19 Boosters
- 5/20/2022 - WDTN - COVID-19 Cases Increasing



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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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