



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



# Monthly Update

## April 2020

*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, along with the Ohio Department of Health (ODH) and the Centers for Disease Control and Prevention (CDC), is closely monitoring and responding to the COVID-19 pandemic. As of April 1, the United States has over 186,000 confirmed cases, with 2,199 in Ohio. For the latest US case count, [visit the CDC's website.](#)

COVID-19 Case Counts as of April 1			
	United States	Ohio	Montgomery County
Cases	189,633	2,199	37
Deaths	4,081	55	1

**Of note, the national, state and local numbers do not reflect the true extent of the pandemic because most cases are not reported.**

On Sunday, March 22, under the direction of Ohio Governor Mike DeWine, Ohio Department of Health Director Amy Acton issued a Director’s Order to require all Ohioans to stay in their homes March 23 through April 6 to prevent the further spread of COVID-19. This order prohibits holding gatherings of any size and closes all nonessential businesses. It does NOT prohibit essential activities like going to the grocery store, receiving medical care, or taking your pet for a walk. Residents can return home from out of state and can leave the state.

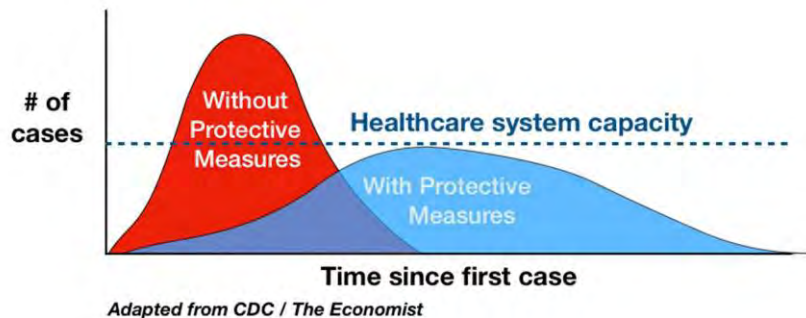
[Click Here](#) to see a copy of the Director’s Stay at Home order. If you have questions after reading the order, please call the Ohio Department of Health’s COVID-19 Hotline at 1-833-427-5634, open seven days a week from 9am-8pm.

Public Health is considered an essential operation in the fight against COVID-19 and will remain open. However, in support of Director Acton's order, Public Health is practicing social distancing across all parts of the agency and employees are working remotely as needed.

**Beginning March 30, 2020, hours for the Public Health Clinic were changed to 8:00 am to 12:00 pm (noon) Monday through Friday.** The Clinic provides specialty services for Sexually Transmitted Diseases (STD), Immunizations, Tuberculosis (TB), and Refugee Health and is located in the Reibold Building at 117 S. Main St. in Dayton. This change will be in effect until further notice. **Call 937-225-4550 to schedule an appointment.**

As a reminder, Public Health's specialty clinics are limited to those services and **cannot provide COVID-19 diagnosis, testing or treatment. If you have been tested for COVID-19, contact your physician to obtain the results.**

Public Health is working with our healthcare, Fire / EMS, law enforcement, emergency management, city and county officials and other partners to slow the spread of COVID-19 within Montgomery County. Our collective efforts are aimed at flattening the epidemic curve as illustrated in the diagram below.



Public Information continues to provide updates to its website at: <https://www.phdmc.org/features/311-coronavirus>.

For the Ohio Department of Health Coronavirus website visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



### FAQ's about COVID-19

Need answers to Frequently Asked Questions about COVID-19?

**Q: What is a novel coronavirus?**

**A:** COVID-19 is a respiratory disease caused by one of the seven coronaviruses known to infect humans. It was first identified in humans in Wuhan, Hubei Province, China, in December 2019. The virus that causes COVID-19 is called SARS-CoV-2.

**Q: Why am I at risk?**

**A:** There is community spread across Ohio, meaning you can pick up the virus that causes COVID-19 from people you know or from out in your community from unknown sources, much like you catch the flu. Because it is a novel, or new virus, humans do not have any pre-existing immunity.

**Q: How does it spread?**

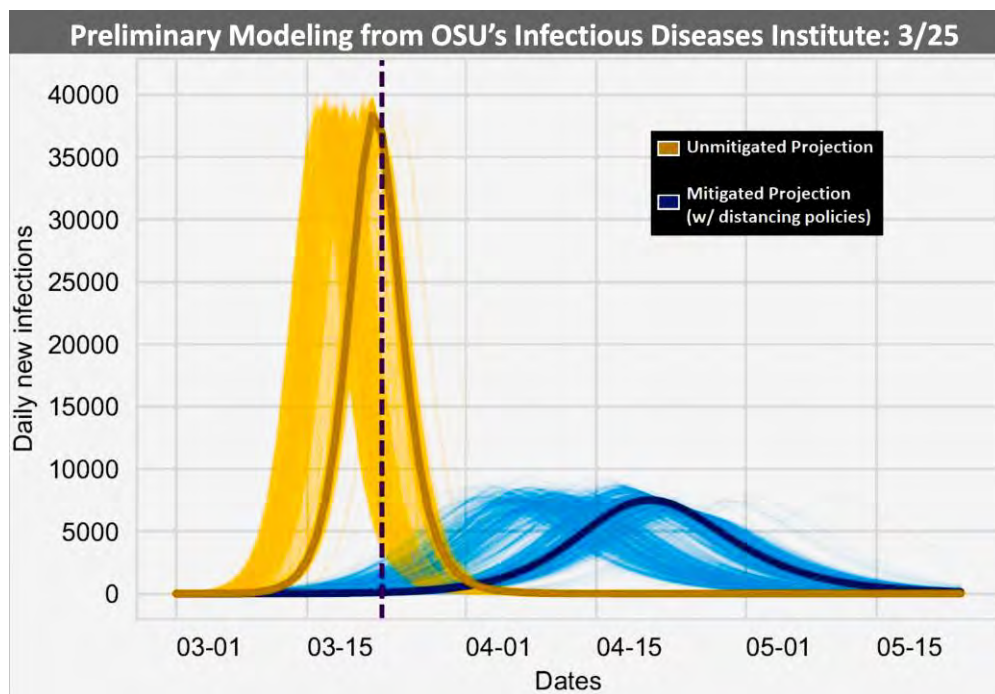
**A:** COVID-19 is believed to spread mainly from person-to-person between people who are in close contact (within about 6 feet) with one another and through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes, but this is not thought to be the main way the virus spreads.

See the full list of FAQ's [here](#).



**What Does “Flatten the Curve” Mean**

As people around the world try to understand and protect themselves from COVID-19, a simple graph has gone viral—and it’s been praised for shedding some light on the scale and speed of the outbreak. The "flattening the curve" chart illustrates the wave of new cases expected to hit. A high curve means the virus is spreading quickly; some people won't get the medical care they need, and the number of deaths is likely to increase. A low curve means coronavirus is spreading slowly, which gives doctors the time and resources to treat more people (and hopefully save more lives). See more explanation about the curve [here](#).













# Comparing the Symptoms



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## Covid-19, Cold, Flu and Allergies

### How can you tell the difference?

SYMPTOMS		CORONAVIRUS COVID-19	COLD	FLU	ALLERGIES
	<b>Sore throat</b>	Sometimes	Common	Common	—
	<b>Cough</b>	Common	Common	Common	Mild
	<b>Sneezing</b>	—	Common	Sometimes	Common
	<b>Fever</b>	Common	—	Common	Mild
	<b>Body aches</b>	Sometimes	Mild	Common	—
	<b>Tiredness</b>	Sometimes	Mild	Common	Mild
	<b>Headache</b>	—	—	Common	Mild
	<b>Runny/stuffy nose</b>	—	Common	Sometimes	Common
	<b>Nausea</b>	—	—	Sometimes	—
	<b>Shortness of breath</b>	In severe cases	—	—	Common

Adapted from the Cleveland Clinic. Sources: Centers for Disease Control and Prevention, World Health

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)



ACTIVE & HEALTHY | APRIL 2020

## April is Minority Health Month

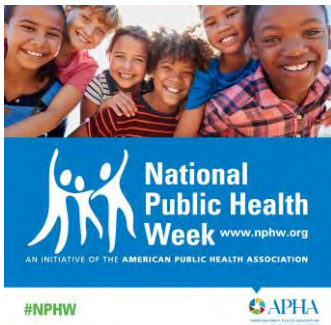
Public Health celebrates Minority Health Month (MHM) every April with a series of events aimed at reducing health disparities and improving health outcomes among minorities in Montgomery County. Minority Health Month is an annual 30-day health and wellness campaign that was instituted by the Ohio Commission on Minority Health. Unfortunately, all events that were scheduled as part of the 2020 MHM celebration have been cancelled due to the COVID-19 pandemic.

In the midst of fighting this pandemic, it is important to remember that many health disparities exist among minority groups and Public Health must continue to be committed to reducing the burden of chronic disease within vulnerable populations.

In our effort to improve health outcomes for all Montgomery County residents, Public Health will continue to:

1. Provide crucial information to allow individuals to practice disease prevention.
2. Promote healthy lifestyles and healthcare resources.
3. Highlight the health disparities of Montgomery County's minorities compared to non-minorities.
4. Increase ongoing community support to improve minority health.

For more information regarding health disparities and Public Health's strategies to improve overall community health, visit [phdmc.org](http://phdmc.org).



## National Public Health Week – April 6-12

Everyone deserves to live a long and healthy life in a safe environment. To make that possible, we need to address the causes of poor health and disease risk among individuals and within our communities. Where we live, learn, work and play affects each of us and can determine our health and life expectancy. In the workplace, let's partner across public and private sectors to make sure decisions are made with the public's health in mind. Within our communities, let's start new conversations with our neighbors and become advocates for positive change. Working together, we can build healthier communities and eventually, the healthiest nation. But we need your help to get there.

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation and everyone can do their part to help.

## 2020 NATIONAL PUBLIC HEALTH WEEK DAILY THEMES

### COVID-19 and the NPHW Daily Themes

**Monday: Mental Health** — advocate for and promote emotional well-being

**Tuesday: Maternal and Child Health** — ensure the health of mothers and babies throughout the lifespan

**Wednesday: Violence Prevention** — reduce personal and community violence to improve health

**Thursday: Environmental Health** — help protect and maintain a healthy planet

**Friday: Education** — advocate for quality education and schools

**Saturday: Healthy Housing** — ensure access to affordable and safe housing

**Sunday: Economics** — advocate for economic empowerment as the key to a healthy life



### **Media Opportunities:**

**DDN, WHIO, WDTN, Fox 45, Dayton 24/7 on Daily COVID-19 news conference (3/12 through 3/31)**

*Submitted by:*

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