



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



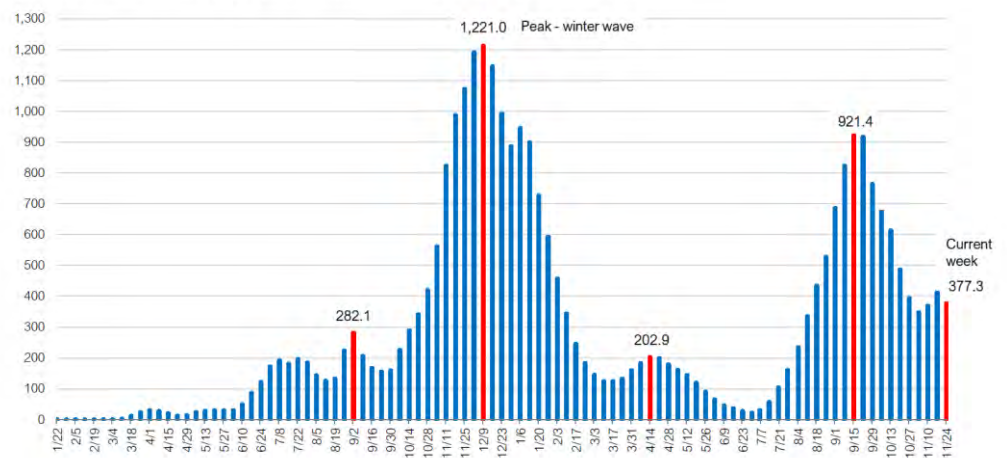
COVID-19 Cases on the Rise

Public Health continues its efforts to provide the COVID-19 vaccine to eligible citizens. As of November 30, 58% of Ohioans and 55.6% of Montgomery County residents have started their vaccination.

The number of COVID-19 cases in Ohio remains high with a statewide daily average of 5,236 new cases being reported as of November 30. There has also been a 13% increase in statewide hospitalizations the week ending November 29.

In Montgomery County, the two-week incident case rate decreased (by 9%) from 413.0 per 100,000 last week to 377.3 this week. There are 314 reported COVID-19 hospital admissions and 31 deaths in November. For comparison, there were 500 hospitalizations and 105 deaths in October.

Figure 2. Two-Week COVID-19 Case Rate per 100,000 Residents, Montgomery, As of 11/26/2021



Travel and social gatherings can play a leading role in COVID-19 transmission if proper precautions are not taken. One of the best things you can do to protect yourself and your loved ones is to get vaccinated. Vaccination helps protect you from infection and reduces the severity of symptoms for those who become ill.

Individuals should also pay close attention to any signs of COVID-19 and get tested if any symptoms develop. Public Health encourages you to [follow these tips](#) to help keep you and your loved ones safe this holiday season.

Omicron Variant

On November 26 the World Health Organization (WHO) classified a new variant, B.1.1.529, as a Variant of Concern and has named it Omicron. No cases of this variant have been identified in the U.S. to date. [CDC is following the details of this new variant](#), first reported to the WHO by South Africa. CDC continues working with other U.S. and global public health and industry partners to learn more about this variant, as we continue to monitor its path.

The CDC expects Omicron to be identified quickly, if it emerges in the U.S. They further continue to stress the need for increased vaccinations of both primary and booster doses for eligible individuals in the U.S.

CDC Expands Booster Dose Eligibility

All fully vaccinated Ohioans age 18 and older are now eligible to receive a booster dose of the COVID-19 vaccine of their choice following action by the U.S. Food and Drug Administration and the Centers for Disease Control and Prevention.

The [Centers for Disease Control and Prevention](#) has reviewed the authorization from the [U.S. Food and Drug Administration](#) on Nov. 19 and recommended the following:

Pfizer/Comirnaty and Moderna Booster Dose

People age 18 and older who received the Pfizer-BioNTech/Comirnaty or Moderna COVID-19 vaccine for their primary vaccine series can receive a booster dose of any of the three approved COVID-19 vaccines (Pfizer/Comirnaty, Moderna, or Johnson & Johnson) **at least six months after their second dose (or third dose if immunocompromised)**.

Individuals younger than 18 are not eligible for booster doses at this time. The FDA and CDC will continue to evaluate vaccine data to determine if or when that eligibility will be extended to teens or children.

Johnson & Johnson Booster Dose

Booster doses are authorized for [all recipients](#) of the single-dose Johnson & Johnson/Janssen COVID-19 vaccine age 18 or older. These individuals can

receive a booster dose of any of the three approved COVID-19 vaccines (Pfizer, Moderna, or Johnson & Johnson) **at least two months following the initial dose.**

What You Need to Know About the COVID-19 Vaccine

- [Everyone ages 5 and older](#) can get vaccinated against COVID-19. Learn how to [find a COVID-19 vaccine](#).
- COVID-19 vaccines are [effective at helping protect against severe disease and death](#) from the virus that causes COVID-19, including known [variants](#) currently circulating (e.g., Delta variant).
- The [benefits of COVID-19 vaccination](#) outweigh the [known and potential risks](#), which are rare.
- As with other routine vaccines, [side effects](#) may occur after vaccination. These are normal and should go away within a few days.
- [People who are fully vaccinated](#) can resume many activities they did before the pandemic. However, people should wear a mask indoors in public if they are in an [area of substantial or high transmission](#).
- People who are [moderately to severely immunocompromised](#) are recommended to get an additional primary dose of an mRNA COVID-19 vaccine (i.e., Pfizer-BioNTech or Moderna).
- Unlike many medications, COVID-19 vaccine dosage does not vary by patient weight but by age on the day of vaccination.
- People can get a COVID-19 vaccine and other vaccines, including flu vaccine, at the same time.



CDC Study Finds Delta Variant Linked to Increased Risk of Stillbirth

Pregnant women who become infected with the Delta variant are at increased risk of a stillbirth or dying during childbirth, according to [two new studies](#) published by the CDC. The research expands on reports from doctors nationwide who have noted an unprecedented rise in pregnant women becoming critically ill with COVID-19. Stillbirths were rare in the U.S. before the pandemic, at a rate of 0.59 percent. Once the delta variant took hold in July this year, the rates rose exponentially: 2.7 percent of COVID-positive pregnancies ended in stillbirth, according to the CDC report.



Addiction Services Launches New Treatment Designed to Treat Trauma, Stress, Anxiety and Depression

Public Health's Addiction Services program is launching a new service designed to diagnose and treat individuals suffering from trauma, stress, anxiety and depression along with their Substance Use or Gambling Disorder.

Addiction Services staff are now trained to utilize [Eye Movement Desensitization Reprocessing](#) (EMDR) therapy for people who have substance

use disorders with co-occurring trauma from their past or present. EMDR is a psychotherapy method to help people grow through trauma and other distressing life experiences.

“We have learned that for some the journey to full recovery is deeply enhanced by addressing other issues that may be stopping their progress,” said William Roberts, Addiction Services Senior Manager. “Stress from trauma can show itself in many ways including depression and anxiety that can make it very difficult for anyone to continue a recovery life. With the addition of EMDR there is evidence that a sustainable recovery becomes more possible.”

The EMDR Institute describes the therapy as an eight-phase treatment process that incorporates eye movements and other physical stimulation. The therapist may also teach the client a variety of imagery and stress reduction techniques to use during and between sessions. This process can allow the brain to update unhelpful experiences and gain new insights for today. This groundbreaking therapy is used alongside our other best practice therapy tools and gives each person a recovery plan tailored to meet their specific needs.

If you or someone you know is suffering from addiction, contact Public Health’s Addiction Services program for a free consultation and evaluation at (937) 461-5223 extension 0. If further treatment is recommended, Addiction Services staff can link clients with an appropriate treatment program.



Tai Chi for Arthritis

If there is a way to improve movement, balance, strength, flexibility, and decrease pain and risk of falls would you be interested? The founder of Tai Chi for Health, Dr. Paul Lam, developed a safe, fun, and effective program for individuals to take control of their health and improve their well-being. *Tai Chi for Arthritis* is a form of exercise designed to improve one’s daily activities, decrease the risk of falls, and manage symptoms of arthritis.

Arthritis is a common condition that includes swelling and tenderness of the joints, has affected over 53 million adults and, it’s projected that 78 million adults will be diagnosed by 2040 (CDC,2021).

Although there is no cure, arthritis is manageable. Public Health’s *Tai Chi for Arthritis* workshop is designed to help individuals impacted with arthritis to manage the severity of their condition. Arthritis places diagnosed individuals at risk of falling or injury due to the inability to move fluidly.

Tai Chi for Arthritis, launching on December 1 is a series of 8-weekly virtual workshops with the choice of morning, afternoon, and evening sessions to

accommodate various schedules. Montgomery County residents 18 years of age or older diagnosed with arthritis are encouraged to participate in the program. If you are interested in signing up for one of the workshops, please visit <https://www.phdmc.org/special/taichi-workshop/>.



World AIDS Day

[World AIDS Day](#), observed each year on December 1, is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and remember those who have died from an HIV-related illness. Started in 1988, World AIDS Day was the first-ever global health day.

Public Health’s HIV Prevention program strives to increase the number of people who are aware of their HIV status, increase community STD screenings and treatment per CDC guidance, and increase awareness and linkage to care. For more information or to find an HIV testing location visit <https://www.phdmc.org/client-services/hiv-aids-prevention>



Mommy Monday

The Ohio Equity Institute (OEI) and EveryOne Reach One Neighborhood Navigators bring pregnant women together one Monday a month to offer resources that will address social determinants of health in our efforts to improve birth outcomes in Montgomery County.

In addition to our general Mommy Monday objective to continue to educate expecting mothers and families on the importance of prenatal care and awareness of infant mortality risk factors, many of the Mommy Monday events focus on relieving and managing stress, which we know can contribute to high blood pressure during pregnancy and premature birth. Finally, [Mommy Monday](#) events aim to spread the work of Neighborhood Navigation and increase enrollment into OEI.

To register for the next Mommy Monday visit www.phdmc.org



Media Opportunities:

- 11/3/2021 - WKEF - COVID-19 Holiday Vaccinations
- 11/4/2021 - WKEF - COVID-19 Mask Mandate
- 11/4/2021 - WDTN - COVID-19 Childhood Vaccinations
- 11/8/2021 - WKEF - COVID-19 UD Arena
- 11/8/2021 - WDTN - COVID-19 Holiday Safety
- 11/15/2021 - DDN - Lead in Homes
- 11/15/2021 - WHIO - COVID-19 Booster Doses
- 11/15/2021 - ABC 22 - COVID-19 Vaccine

11/17/2021 - WDTN - COVID-19 Rising Cases
11/17/2021 - DDN - Overdose Deaths
11/19/2021 - WDTN - COVID-19 Boosters
11/22/2021 - WDTN - COVID-19 Thanksgiving
11/23/2021 - WDTN - COVID-19 Holiday Travel
11/24/2021 - ABC 22 - COVID-19 Thanksgiving
11/29/2021 - WDTN - COVID-19 Omicron variant
11/29/2021 - WDTN - Addiction Services EMDR Therapy

Public Health wishes all of Montgomery County a healthy and safe holiday season!



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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