

# The DPH Bulletin

From the Delaware Division of Public Health

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Inflatable lungs are traveling to Delaware's high-traffic events, hospitals, and schools to promote lung cancer screenings. Governor John Carney, center, stands with DPH Director Dr. Karyl Rattay, left, and Delaware Cancer Consortium Chair Kathleen Connolly. Photo by Donna Sharp.

## Governor Carney signs Tobacco 21 legislation and promotes lung cancer screenings for high risk Delawareans

On April 17, Governor John Carney signed Senate Bill 25 that raises the legal age for sales of tobacco and vape products from 18 to 21. The law is effective 90 days from enactment.

A day earlier at the Delaware Cancer Consortium (DCC) Retreat, Governor Carney proclaimed April Lung Cancer Screening Awareness Month. The DCC recommends that eligible Delawareans – including those between the ages of 55 and 80 who have a smoking history equivalent to a pack a day for 30 years or longer, and who currently smoke or have quit within the past 15 years – receive a low-dose computed tomography (CT) scan. Low-dose CT scans can catch lung cancer early, when it is most treatable. The screenings are covered by insurance or by the Screening for Life program within the Division of Public Health (DPH).

Determine eligibility at [HealthyDelaware.org/lung](https://www.healthydelaware.org/lung).

Lung cancer is the most frequently diagnosed cancer in Delaware, with 3,965 cases (14 percent of all newly diagnosed cancer cases) and 2,839 deaths (30 percent of all cancer deaths) from 2010 to 2014. In the same period, Delaware (70.9 people per 100,000) had a statistically significantly higher lung cancer incidence rate compared to the U.S. (55.8 people per 100,000). Tobacco use is the number one risk factor for lung cancer.

To schedule a low-dose CT scan, visit [www.healthydelaware.org](https://www.healthydelaware.org) and call 302-744-1020 to speak to a nurse navigator.

## Be prepared for tornadoes

Recent tornadic activity reported in Sussex County remind us to be prepared for emergencies. Advance preparations can reduce storm anxiety.

The National Weather Service issues these alerts:

- **Tornado Watch:** Weather conditions could form tornadoes or severe storms. Know your safe place and be prepared to act quickly.
- **Tornado Warning:** A tornado was spotted or weather radar indicated that it is occurring or will occur soon. There is imminent danger to life and property; immediately take shelter in a safe place.

Designate your household's safe room, such as a basement, storm cellar, or an interior room on the lowest floor with no windows. Clear the safe room of clutter. Store sleeping bags, blankets, pillows, and sports or motorcycle helmets there to protect heads from flying debris.

Best sheltering options recommended by the Federal Emergency Management Agency (FEMA) are in an above or below ground Tornado Storm Shelter (NSSA/ICC 500 compliant) or a specifically designed FEMA Safe Room. Less optimal shelter choices are gymnasiums and auditoriums, manufactured housing, mobile homes, and vehicles.

When driving, get off the road and seek shelter in a safe structure or lay in a ditch or ravine. Do not seek shelter under a tree or an overpass.

Routinely check weather forecasts. Heed dark, greenish skies; hail without rain; funnel or wall clouds; and a loud roar.

Delawareans should have multiple ways to receive weather alerts and warnings, such as television, free phone apps, websites, and social media. A NOAA Weather Radio can alert sleeping families and is useful during power outages.

Set cell phone settings to receive free government text messages known as Wireless Emergency Alerts. They warn of severe weather and other emergencies, including Presidential Messages during national emergencies. When asleep, keep cell phones nearby to hear emergency alerts.

For more information, visit <https://www.weather.gov/>.



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