

The DPH Bulletin

From the Delaware Division of Public Health

June 2020



Prevent COVID-19 spread

- Wear a face covering in public.
- Social distance (Keep at least 6 feet away from others.)
- Wash hands often.
- Cough or sneeze into your elbow.
- Clean frequently used surfaces, doorknobs, shared keyboards, and TV remotes every day.
- Limit your time in public.
- Stay home if you are sick.
- Call your doctor about testing if you are experiencing symptoms.

Help us trace the virus. If DPH calls - please answer.

To slow the spread of COVID-19, contact tracers calling on behalf of the Division of Public Health (DPH) inform the close contacts of COVID-positive persons that they may have been exposed to the virus. Close contacts are anyone you have been within 6 feet of for 10 minutes or more, including: people in the same house, intimate partners, and/or COVID-19 positive persons for whom you are providing care without using recommended protective equipment. DPH's contact tracers ask close contacts to stay at home and self-quarantine. They may also recommend the close contact be tested.

DPH's contact tracers will reach out through phone calls or visits to the home if a phone number is not available for the person. They confirm a person's identity and ask questions about any symptoms, underlying health conditions, and their ability to quarantine at home safely. DPH contact tracers in the community wear a shirt, identification, and a mask, face shield, and gloves.

DPH will NOT collect social security numbers, bank account information, credit card information, or immigration status. DPH does not share information with any person or other organizations (including immigration or family services).

For more information about contact tracing, visit <https://coronavirus.delaware.gov/>.

Men: follow these health tips

Men can reduce their chance of illness and early death by following these tips:

- Regularly visit your health care provider for check-ups and [recommended vaccinations](#).
- Be sun smart to [prevent skin cancer](#). Delaware males accounted for 60 percent of malignant melanoma cases in 2010-2014, according to the Division of Public Health (DPH). To prevent skin cancer, avoid the sun between 10:00 a.m. and 4:00 p.m. when it is hottest. When outdoors, wear long-sleeved shirts, pants, and a wide-brimmed hat. Apply sunscreen with SPF15 or higher on exposed skin, especially the ears, neck, and exposed arms. Do not delay seeing a dermatologist for unusual moles, rashes, or other changes to the skin.
- Get recommended cancer screenings. Visit www.healthylivingdelaware.org/Individuals/Cancer to learn when you should be screened for colorectal, prostate, and lung cancers.
- Do not smoke or vape and avoid breathing in secondhand smoke because [cigarette smoking causes lung and other cancers](#). Delawareans age 18 and older who smoke can get free help quitting from the [Delaware Quitline](#) (toll-free: 1-866-409-1858).
- Get tested for chronic diseases: [diabetes](#), [high blood pressure](#), and [high cholesterol](#). An early diagnosis and treatment can help you avoid health complications, including heart attack and stroke.
- Achieve and maintain a [healthy weight](#) with [healthy eating](#), [regular physical activity](#), and balancing consumed calories with used calories.
- Visit the dentist twice a year for [dental cleanings](#).
- Seek help for mental health or addiction issues. Visit <https://www.helpisherede.com/> or call 1-833-9-HOPEDE (467333).



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



Include pandemic considerations when preparing for hurricanes

Hurricane season began June 1. Delawareans should review their emergency preparedness efforts with the new coronavirus (COVID-19) in mind.

Since the pandemic may impact shelters, determine which local shelters will be used this year. Print [evacuation route maps](#) from the Delaware Department of Transportation. Everyone in the household should understand your evacuation plan.

Download the Federal Emergency Management Agency ([FEMA](#)) app now so that during an emergency, you will have maps of open shelters and recovery centers, disaster survival tips, and weather alerts from the National Weather Service. The app is available in English and Spanish.

Each household should have an emergency supply kit with enough non-perishable food, drinking water, and other supplies for every household member to last at least three days. Kits should also include a battery-powered or hand-crank powered radio or a NOAA weather radio, flashlights, phone chargers, extra batteries, paper products, a can opener, essential medications, and pet food. FEMA recommends including two cloth face coverings per family member and soap, hand sanitizer, disinfecting wipes, and general household cleaning supplies to disinfect surfaces. After a hurricane, you may not have access to these supplies for days or weeks.

The FEMA app provides a customizable emergency supply checklist. For those on a limited budget, [click here](#) to assemble a kit in small steps.

It is critical to gather and back up financial information to recover from disasters faster. [FEMA's Emergency Financial First Aid Kit](#) simplifies that overwhelming task.

For more readiness tips, visit [PrepareDE.gov](#), [Ready.gov](#), and <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>.

Be pet-prepared for emergencies

June is National Pet Preparedness Month, an observance that reminds pet owners that their emergency plans need to include their pets. In case of an evacuation, take pets with you. Never leave pets behind because they can be injured, become lost, or die without your care. First responders are put in danger when trying to rescue abandoned pets.

Be pet-prepared by following this advice:

- Have pets wear a collar with ID tag containing updated contact information.
- Microchip your pet and register your current contact information with the chip company.
- Have a pet carrier, leash, and “pet go kit” ready. Pet go kits are a backpack filled with three days’ worth of pet food and water, food and water bowls, litter and disposable litter trays, crate, toys, blankets, and any pet medications. Also include copies of your pet’s license and vaccination papers, especially for rabies; and medical records. Be sure to include proof of pet ownership such as several printed photos of you and your pet together. Back up these documents on smartphones and your home computer.
- Determine which family, friends, or neighbors can care for your pet in case a disaster or emergency occurs when you are not at home.
- Make a list of pet-friendly accommodations, boarding facilities, veterinarian offices, and clinics outside your immediate area. Not all emergency shelters accept companion animals.



For more information on pet preparedness, visit http://djph.delamed.org/V5_I4/DP017.pdf to read “Being pet prepared saves human and animal lives,” an article that appeared in the October 2019 issue of the Delaware Journal of Public Health.

Visit the American Society for the Prevention of Cruelty to Animals at <https://www.aspca.org/pet-care/general-pet-care/disaster-preparedness> and <https://www.ready.gov/pets>.