

The DPH Bulletin

From the Delaware Division of Public Health

May 2021



Thirteen-year-old Amanda Rattay, center, the daughter of Division of Public Health Director Dr. Karyl Rattay, right, received her COVID-19 vaccination on May 12. Lieutenant Governor Bethany Hall-Long, left, administered Amanda's vaccine. Photo by Jeff Winslow.

Delawareans urged to get COVID-19 vaccinations; ages 12 and older eligible

The Division of Public Health (DPH) urges Delaware residents and non-residents ages 12 and older to get their Coronavirus Disease 2019 (COVID-19) vaccinations as soon as possible.

The Pfizer, Moderna, and Johnson & Johnson vaccines are widely available from registered health care providers, pharmacies, hospitals, Federally Qualified Health Centers, Curative clinics, public health clinics, and four new DPH stand-alone clinics at Elizabeth Shopping Center, University Plaza, Georgetown Plaza Shopping Center, and the Blue Hen Corporate Center. State vaccination sites can accommodate those with disabilities.

Children ages 12 to 17 may only receive the Pfizer vaccine. On May 10, the U.S. Food and Drug Administration amended Pfizer-BioNTech's Emergency Use Authorization request to vaccinate youth ages 12-15.

Written parental consent is required to vaccinate individuals younger than 18 years old; however, the parent is not required to be on site with the child during the vaccination. For information about vaccinating children 12+, visit de.gov/youthvaccine.

Find vaccine at de.gov/getmyvaccine or call the DPH Vaccine Call Center at 1-833-643-1715. Some locations require appointments; walk-ins do not.

DPH invites parents and guardians of 12 to 15-year-olds to take a survey at this link by May 20: <https://s.alchemer.com/s3/29e2747e9e4b>.

Sussex County leads state in percentage of COVID-19 vaccinations for ages 16+

Governor John Carney praised Sussex County's vaccination rate in his May 11 COVID-19 briefing.

"Sussex County really leads the way with 60 percent of Sussex County residents 16 and older having at least one dose," Governor Carney said, adding that vaccination rates are 56% in New Castle County and 47.2% in Kent County. View the briefing at

<https://news.delaware.gov/2021/05/11/may-11-2021-covid-19-briefing/>.

As of May 11, 816,090 doses of COVID-19 vaccine had been administered in Delaware and 35.1% people are fully vaccinated. Currently, the State is focusing its efforts at the beach, Farmer's Markets, and community events. More than 77,000 doses were given in 2½ months at large vaccination events held at the Dover International Speedway.

To host vaccinations at an event, send an email to vaccineevents@delaware.gov. Employers seeking vaccination advice should contact DPH's Vaccine Planning team at vaccineplanning@delaware.gov.

Capacity restrictions are lifted May 21

On May 12, Governor Carney signed a [new COVID-19 omnibus order](#), the twenty-eighth modification to the original State of Emergency order. It updates school bus distancing requirements and eliminates most business capacity restrictions effective May 21. Facilities will be able to use as much capacity as social distancing requirements (shortening to three feet) will allow. Masks are still required indoors and in outdoor crowds. See details at de.gov.

Online Vaccine Resources

Where Can I get My Vaccine? Webpage and access to Vaccines.gov search tool:

<https://coronavirus.delaware.gov/vaccine/where-can-i-get-my-vaccine/>

[Click here](#) for vaccine information for persons with disabilities or access or functional needs.

COVID-19 vaccinations are free:

<https://coronavirus.delaware.gov/vaccine/covid-19-vaccines-are-free/>

Those who are fully vaccinated should read <https://coronavirus.delaware.gov/vaccine/fully-vaccinated/>.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Prevent dog bites with these safety tips from Delaware Animal Services

Delaware Animal Services (DAS) reminds dog owners that they are responsible for their dog's behavior in public.

By state law, dogs must be on a leash unless at a designated off-leash area. A rabies vaccination and a Delaware dog license are both required by law after six months of age. If an unvaccinated dog bites a person or animal, the owner is responsible for fines, the cost of quarantine, and is liable for any damages, such as medical or veterinary expenses.

Socialize young dogs so they do not fear other people or dogs. If a dog exhibits excessive barking or growling at other dogs, take an obedience class. Train dogs to obey "sit" and "stay" commands.

"Keep your dog on a leash, keep the leash close to you, and keep your animal under control," says DAS Chief Mark Tobin. "When approaching a dog that you don't know, keep your voice low and slow. Stay calm, cool, and relaxed. Ask permission to pet someone's dog. Keep your hand in a fist and allow it to approach you."



If a dog is aggressive, try to get to a safe area. If that is not possible, stand still like a tree, lift up your hands to protect your face, and call out for help.

Always supervise children and dogs. Educate children to recognize and avoid dogs that are feeling anxious, afraid, threatened or aggressive. Teach children not to approach a dog but to stand still and quiet with a closed fist and let it come to them. Running and loud noises excite dogs.

If a dog is aggressive, try to get to a safe area. If you cannot get away from the dog and it is running towards you, remain calm, do not run, and stand still like a tree. Lift up your

hands to protect your face and call out for help. Do not look directly into the dog's eyes.

Report dog bites immediately to DAS at 302-255-4646.

For more information about dog bite prevention and licensing, visit the Office of Animal Welfare at <https://www.dhss.delaware.gov/dhss/dph/oaw/oawome.html>.



Atlantic hurricane season begins June 1; families should prepare now

The Atlantic hurricane season begins on June 1. Hurricanes bring strong winds, tornadoes, storm surge, and inland flooding. Do not wait until the last minute to prepare. Follow this advice from [PrepareDE.org](https://www.preparede.org) and the [National Weather Service](https://www.weather.gov):

- Register cell phones with the Delaware Emergency Notification System (DENS) at <https://www.preparede.org/stay-informed/> to receive emergency voice messages.
- Develop an evacuation plan with several routes off the peninsula. The Delaware Department of Transportation evacuation route maps are at <https://deldot.gov/Programs/gate/index.shtml>. Determine where you and your pets will stay.
- Pack a go-bag with supplies for people and pets in case of evacuation. Backpacks work well. Since reentry to your home may be restricted, include two bills with your name and street address.
- If emergency or public safety officials tell you to evacuate, do so immediately. Always take pets with you. You may not be able to return quickly.
- Assemble disaster supplies to last one week or more in case you need to shelter in place. Include non-perishable food and water, medicine and prescriptions, battery-powered radio, batteries, and portable crank or solar powered USB chargers for charging cell phones. Visit www.ready.gov/kit.
- Review homeowner's and renter's policies so there is enough insurance to repair or replace your home. Flood insurance requires a separate policy with a 30-day waiting period. Visit floodsmart.gov.
- Make needed home repairs. Get proper plywood, steel, or aluminum panels to board up windows and doors. Visit flash.org/protect.php.
- Complete and share a written plan with family and friends. Use the form at www.ready.gov/plan.

Everyone is at risk for skin cancer

Skin cancer is the most common form of cancer in the United States. In Delaware between 2002-2006 and 2012-2016, incidence rates for malignant melanoma increased 35% in Delaware and 17% in the U.S., according to the Division of Public Health (DPH). Malignant melanoma is a type of skin cancer that can spread quickly.

People of all colors, including those with brown and black skin, can get skin cancer even if they never sunburn. When skin cancer occurs in people of color, it is often diagnosed in a late stage, when treatment is most difficult.

Protection from damaging and dangerous ultraviolet A and ultraviolet B (UVA and UVB) radiation is important year-round to avoid cancer, premature aging, wrinkles, and age spots. Follow these tips:

- Prevent sunburns by applying sunscreen to your entire body 30 minutes before going outside.
- Use a water-resistant sunscreen with UVA and UVB protection and a broad-spectrum Sun Protection Factor (SPF) 30+.
- Reapply sunscreen every two hours or immediately after swimming or excessive sweating.
- Seek shade, especially between 10:00 a.m. and 4:00 p.m.
- Wear wide-brimmed hats to cover your head, face, neck, and ears. Wear long-sleeve shirts and pants. Protect your eyes with sunglasses that block 99% or more of UV light.
- Avoid indoor tanning beds, booths, and sunlamps.
- Get regular check-ups by a dermatologist, especially if you have a family history of skin cancer or are more likely to develop it.



For more information, read DPH's Delaware Cancer Incidence and Mortality Report, 2012-2016 at [iandm2012-2016.pdf](#)). Visit Healthy Delaware at www.protectyourskinde.com and the American Academy of Dermatology Association at <https://www.aad.org/public/diseases/skin-cancer/types/common/melanoma/skin-color>.



Left to right: Basal cell carcinoma, Malignant Melanoma, Solar Keratosis (a precancerous condition), and Squamous Cell Carcinoma. Photos from Healthy Delaware, www.protectyourskinde.com, with information credit to CDC.gov/Cancer/Skin.

How to check yourself for skin cancer

Learning what is normal for your skin – and what is not – is one of the best things you can do to catch skin cancer early and improve your chances of recovery.

Perform a monthly self-exam of your entire body to check for any new moles or changes in existing moles. Closely inspect between your fingers and toes and your scalp, eyelids, lips, groin, and under your arms, since you may not see moles in these places during your daily routine. Ask someone to check your back, shoulders, and back of your neck.

See a dermatologist immediately if any unusual, itchy, or bleeding spots are found on your skin. The dermatologist will determine which spots are normal and which ones may pose a cancer risk.

Individuals at greater risk of skin cancer are those who have freckles, skin that reddens or sunburns easily, blonde or red hair, and blue or green eyes. The dermatologist can demonstrate how to do a self-exam and recommend good skin care.

Familiarize yourself with the ABCDEs of skin cancer warning signs in moles:

- **Asymmetry.** If an imaginary line is drawn through the mole, the halves do not match.
- **Border.** Irregular, uneven borders.
- **Color.** Moles that have several colors or become lighter or darker.
- **Diameter.** Moles larger than the size of a pencil eraser.
- **Evolving.** Moles that itch or bleed, shrink or grow, change color, or have portions that are elevated; or a new growth on the skin.

For more information, visit Healthy Delaware at www.protectyourskinde.com.