

The DPH Bulletin

From the Delaware Division of Public Health

June 2021

Delaware offers cash and prizes to boost COVID-19 vaccination rates

Delawareans who receive the COVID-19 vaccine in Delaware by June 29, 2021 will be entered to win a \$302,000 cash prize and two low-number Delaware license plates. Delawareans ages 12 to 17 vaccinated between May 25 and June 29 will be entered to win \$5,000 in cash and additional prizes in twice-weekly drawings conducted by the Delaware Lottery.

These incentives and more are offered through [DE Wins!](#), a public education and incentive program launched by Governor Carney and the Division of Public Health (DPH) to increase COVID-19 vaccination rates in Delaware.

Other DE Wins! prizes include: a four-day vacation, a full scholarship to a Delaware public university, Delaware State Parks annual passes, camping fees and tickets to the Firefly Music Festival. Prizes also are being offered from the following partners: Funland, The Wilmington Blue Rocks, and the Delmarva Shorebirds. The Delaware Lottery will conduct the twice-weekly drawings on Mondays and Fridays from May 31 through June 29.

Between May 25 and June 29, Delawareans vaccinated at [locations](#) managed by DPH and the Delaware Emergency Management Agency,



including Curative vaccination sites and DPH clinics, will also receive a \$10 gift card. DPH is expanding gift

card locations.

“Our goal is to reach 70 percent of vaccinated adults in Delaware in the coming weeks, and to continue vaccinating as many Delawareans as possible against COVID-19,” Governor Carney said.

As of June 1, Delaware providers had administered 916,758 doses of the COVID-19 vaccine. Of Delawareans 18 or older, 60.6 percent have received at least one shot.

“Incentive programs are another tool to drive vaccine uptake among different audiences, particularly younger ones,” DPH Director Dr. Karyl Rattay said.

[Visit DEWins.org for full details on prizes and eligibility.](#)



DPH and Delaware Transit offer free rides to vaccination sites

The Division of Public Health (DPH) and the Delaware Transit Corporation (DTC) are providing free transportation to COVID-19 vaccination sites.

If you need a ride to a DPH clinic for vaccination, call the DPH Vaccine Call Center at 1-833-643-1715. The call center will verify the caller's vaccination appointment before arranging transportation through the Dineste Health Transportation Group or Delmarva Transportation, Inc. Clients should not call vendors directly.

DPH will add two more vendors for statewide coverage.

DART offers free paratransit transportation to customers traveling to COVID-19 vaccination sites, according to Corey Burris of DTC. When customers call to make a paratransit reservation, they should mention the purpose of the reservation is to get their COVID-19 vaccination. The drivers will already have the information when they arrive.

“By offering free transportation to those seeking vaccine, we increase access to vaccines and reduce logistical barriers,” Dr. Rattay said.

Visit [de.gov/getmyvaccine](#) to locate vaccination sites. Many locations offer walk-in hours. Anyone with questions about COVID vaccines and where to get one may call 1-833-643-1715.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

June is Pet Preparedness Month

The Office of Animal Welfare's Delaware Animal Response (DAR) program reminds household pet owners to include pets in family emergency plans.



GETTY IMAGES

The disaster organization Red Rover provides these preparedness tips:

- Ask neighbors or friends to care for your pets if emergencies occur when you are not at home.
- Always take pets with you during evacuations.
- Find out now if you and your pets can stay with family and friends in case of evacuation.
- Have a list of pet-friendly accommodations, boarding facilities, veterinary offices, and pet clinics outside your immediate area.

Pet owners must also prepare their pets:

- Dogs and cats should wear a collar with an identification tag. Dogs age 6 months and older that live in Delaware must be licensed. Visit www.petdata.com/for-pet-owners/dlw/license-online. Keep dog license tags on collars so lost pets can be returned to their owners quickly.
- Have your pet microchipped and registered with up-to-date owner information. The primary contact number should be a cell phone.
- Create a pet "go bag" that includes pet food, water, medications, and treats to last at least three days. Include a pet first aid kit, one leash per pet, food and water dishes, bedding, litter and pan, favorite toys, and 24-hour instant heat packs. Pack veterinary records, including proof of rabies and other vaccinations, in a waterproof bag in case veterinary care or admittance to a pet-friendly evacuation shelter is needed. In the same waterproof bag, put pet photos to help find lost pets and provide proof of ownership.
- Keep a clear photo of each pet and veterinary records on your cell phone for easy access.

Visit Red Rover at <https://redrover.org/resource/pet-disaster-preparedness-2/>. Visit DAR at <https://animalservices.delaware.gov/services/disaster-preparedness>.

Rabies reminders: Do not touch wild or unfamiliar animals; and vaccinate pets

Rabies is an infectious and potentially fatal disease affecting the nervous system of humans and other mammals. Infection can occur through the bite or scratch of an infected animal or if saliva from infected animals gets into the eyes, nose, mouth, or an opening in the skin. Once symptoms appear, rabies in humans and animals cannot be cured.

Anyone who is bitten, scratched, or contacted a stray cat or dog or wild mammal such as a raccoon, fox, bat, or groundhog should immediately contact their health care provider or call the Division of Public Health's Rabies Program at 302-744-4995. Anyone who thinks a feral cat might have bitten their pet should call their private veterinarian for examination and treatment.

In April, a stray cat bit two people in the area of Four Seasons Parkway, near Route 896 in Newark. The cat tested positive for rabies and the individuals began receiving post-exposure prophylaxis treatment: a series of four vaccinations recommended by DPH.

To prevent rabies, DPH recommends:

- In accordance with state law, have all dogs, cats, and ferrets 6 months of age and older vaccinated against rabies by a licensed veterinarian.
- Do not let pets, especially cats, roam free.
- Do not touch or otherwise handle wild or unfamiliar animals, including cats and dogs, even if they appear friendly.
- Do not feed feral animals, including cats.
- Keep garbage cans securely covered.
- Consider vaccinating livestock and horses by consulting with a veterinarian.



GETTY IMAGES

Do not touch or handle wild or unfamiliar animals.

To report sick or hurt animals or those behaving aggressively, call the Office of Animal Welfare at 302-255-4646 to report dogs and cats; to report wild animals, call the Delaware Department of Natural Resources and Environmental Control's Wildlife Section at 302-739-9912 or 302-735-3600.

Find nutritious fruits and vegetables at local Farmer's Markets, grocery stores

Eating healthy foods reduces the risk of obesity and chronic disease such as heart disease, diabetes, and some cancers, according to the Division of Public Health (DPH). Consuming nutritious foods and beverages supports the immune system's ability to prevent, fight, and recover from infections and illnesses.

The U.S. Department of Agriculture (USDA) [recommends](#) that Americans eat fruits and vegetables daily. Dietary patterns and nutritional food goals by age group are recommended in the [Dietary Guidelines for Americans, 2020-2025](#), published by the USDA and the U.S. Department of Health and Human Services.



Americans are advised to eat 1.5 to 2.5 cups of fruit per day (1.5 to 2 cups for most women, and 2 to 2.5 cups for most men), and 2 to 4 cups of vegetables (2 to 3 cups for most women and 3 to 4 cups for most men). It does not

matter if fruits and vegetables are fresh, frozen, dried, or canned. All amounts of consumed fruit and vegetables count towards daily servings and should be consumed every day, all year round.

Aim to eat a [rainbow of colorful fruits and vegetables](#) for the benefits of phytonutrients, unique compounds that give plants their different colors, tastes, and aromas. Phytonutrients promote overall health. This summer, seek berries, melons, peaches, grapes, beans, carrots, corn, cucumbers, beets, eggplant, lettuce, peppers, potatoes, spinach, squash, and tomatoes.

A bounty of fresh fruits and vegetables can be found at Farmer's Markets, farm stands, grocery stores, local food banks, and food distribution centers. Use Healthy Delaware's [Healthy Lifestyles Map](#) at www.healthyselaware.org. That website also offers listings of parks, trails, playgrounds, fitness and yoga centers, and campgrounds.

Find healthy summer recipes on [Healthy Delaware's Blog](#) and Harvard University's [Healthy Living Blog](#). View recipe videos on DPH's Women, Infant and Children Program website: <https://www.dhss.delaware.gov/dhss/dph/chca/dphw/ichominf01.html>

Households interested in growing their own fruit and vegetables can find helpful videos and tips from the [University of Delaware Cooperative Extension Master Gardeners](#).



U.S. Senator Thomas R. Carper greets Delaware National Guard (DNG) personnel outside the Division of Public Health (DPH) vaccination clinic at the Blue Hen Corporate Center in Dover, Delaware. The DNG assists DPH staffs at vaccination sites. Senator Carper toured the clinic on May 24 with Delaware Health and Social Services Secretary Molly Magarik, left.

For walk-in hours for a COVID-19 vaccine, visit de.gov/covidvaccine. To have vaccination questions answered, call the DPH Vaccine Call Center at 1-833-643-1715. Photo by Sean Dooley.



Those who attended the COVID-19 vaccination event held at the Rehoboth Beach Convention Center on May 21 gave it a "thumbs up." Above are Jodi Johnson, left, and Kathryn Giles. Below are Ed Rowles, left, and Bill Minturn. Photos by Sharon Smith.

