

# The DPH Bulletin

From the Delaware Division of Public Health

December 2023

## DPH announces public hearings on lead poisoning prevention regulations

The Delaware Division of Public Health (DPH) seeks public comment on proposed revisions to two lead poisoning prevention regulations.

DPH proposes revising 16 Delaware Administrative Code Regulation 4459, Lead-Based Paint Hazards, to:

- Add electronic payments for accreditation of training programs.
- Remove the requirement for the Secretary to maintain a list of parties whose accreditation has changed.
- Add the ability for an abatement worker to apply for a one-year provisional certification.

A public hearing in hybrid format is scheduled for Dec. 21, 2023 at 2:30 p.m. at the Delaware Department of Natural Resources and Environmental Control's Richardson & Robbins Building. It will be held in the auditorium, located at 89 Kings Highway, Dover, Delaware 19901.

Teleconferencing is available via Zoom meeting: <https://us06web.zoom.us/j/81003211489?pwd=uJZrt6jnrhnaEVQt4laj3P7HI1y6od.1>. The Meeting ID is: 810 0321 1489 and the Passcode is 523652. Dial: 1-301-715-8592.

On Dec. 21 at 3:00 p.m. at the above location, DPH is holding a second public hearing in hybrid format. DPH proposes revising 16 Delaware Administrative Code Regulation 4459A, Regulations Governing the Childhood Lead Poisoning Prevention Act, to:

- Add DPH investigation and reporting obligations.
- Make technical and renumbering revisions.

Teleconferencing is available via Zoom meeting: <https://us06web.zoom.us/j/84423347909?pwd=WrmablaEIMmig0OFuYkXaUKvgGbOg6.1>. The Meeting ID is: 844 2334 7909 and the Passcode is: 028501. Dial: 1-301-715-8592.

Those wishing to offer verbal comments during the public hearing must pre-register no later than noon on Dec. 21. Public comments will be accepted through Jan. 8, 2024 in written form via email to [DHSS\\_DPH\\_regulations@delaware.gov](mailto:DHSS_DPH_regulations@delaware.gov), or by U.S. mail to: Vicki Schultes, Hearing Officer, Division of Public Health, 417 Federal Street, Dover, DE 19901.

The proposed revisions are available online in the [December 1, 2023 Delaware Register of Regulations](#) or by calling DPH at 302-744-4700.



## Heed safety advice for winter weather

When severe winter weather occurs, it poses serious risks to health and safety.

According to the Federal Emergency Management Agency at [Ready.gov](https://www.ready.gov), "Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice, and high winds."

Follow these safety recommendations from the Delaware Emergency Management Agency and the Centers for Disease Control and Prevention to [prepare for winter](#):

- Make a plan, build an emergency kit, and expand your support network; visit <https://prepared.org/make-a-plan/> and [https://dhss.delaware.gov/dhss/dph/php/prepare\\_dnessbuddy.html](https://dhss.delaware.gov/dhss/dph/php/prepare_dnessbuddy.html).
- Register to receive Delaware emergency alerts at <https://dema.delaware.gov/onlineServices>.
- Weatherproof your home.
- Listen to weather forecasts and comply with official Delaware driving level restrictions.
- Bring your pets indoors.
- Get your car ready.

### During and after winter storms:

- Be prepared for power loss.
- Heat and light your home safely.
- Follow space heater and generator guidelines.
- Conserve heat.
- Make sure infants and older adults stay warm.
- Keep a water supply.
- Eat well-balanced meals and avoid alcoholic and caffeinated drinks.

### Stay safe outdoors:

- Try to stay indoors. Make trips outside brief.
- Wear several layers of cold-weather clothing.
- Cover up; do not leave any skin exposed.
- Stay dry. Do not ignore shivering. Know the signs of frostbite and hypothermia.
- Stay off the ice and treat walkways to avoid falls.
- Breathing cold, dry air can trigger an asthma attack.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health

## State Council for Persons with Disabilities creates Brain Injury Toolkit

Brain injury survivors, their families, and caregivers can now access a [Brain Injury Toolkit](#) on the newly improved [State Council for Persons with Disabilities website](#). The Council's Brain Injury Committee (BIC), Public Outreach Data Development Subcommittee created the toolkit.

Brain injuries can occur from accidents, falls, sports injuries, and assaults. The Brain Injury Toolkit provides information about brain injuries and how to access rehabilitation, testing, therapy, and treatments. Users can access brain injury resources such as support groups, crisis hotlines and interventions, and traumatic brain injury (TBI) financial assistance. Links to state financial and legal resources and survivor stories are meant to assist and inspire.

So that survivors and their families can better prevent and identify concussions, the Council included information on [Delaware's Concussion Protection in Youth Athletic Activity Act](#). Signed by Governor Jack Markell on September 6, 2016, [the legislation](#) is to protect minors participating in athletic activities who manifest symptoms of concussion, increase recognition of the symptoms of concussion through training and education, and establish standards for return to play.

The brain heals slowly and differently than any other organ. TBI patients need ongoing rehabilitation to relearn processes over months to years, according to the Centers for Disease Control and Prevention (CDC). In 2010, the U.S. economic burden of TBI exceeded \$76 billion. In the U.S., the cost of TBI care per person varies from around \$100,000 to millions of dollars, depending on the severity and the potential for rehabilitation and recovery.

As of August 2020, 66,599 Delawareans live with a TBI, according to BIC researchers trying to determine gaps in TBI care. The BIC also found that 34,870 Delawareans were treated at an emergency department for a new TBI between 2013 and 2020. That number does not include the number of Delawareans with mild to moderate TBIs treated in urgent care centers and medical provider offices.



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IN 2023



DPH's Health Promotion and Disease Prevention Section published the following documents in 2023:

1. [Advancing Healthy Lifestyles Initiative: Triple Play Summary, May 2023](#)
2. [The Impact of Diabetes in Delaware, 2023](#)
3. [Lung Cancer Incidence and Mortality in Delaware, 2015-2019](#)
4. [Delaware Cancer Incidence and Mortality in Delaware, 2016-2020](#)
5. [Census Tract-Level Cancer Incidence and Mortality in Delaware, 2016-2020](#)

DPH's Office of Medical Marijuana published the [Delaware Medical Marijuana Program Annual Report, Fiscal Year 2023](#).

# Not cool.

## Winter stinks when you're sick.

COVID-19, flu, and RSV cases can rise in the winter. Follow these steps to reduce serious illness from respiratory viruses.

- ✦ Get vaccinated.
- ✦ Stay home if you're sick.
- ✦ If you test positive for an illness, ask about treatment options.
- ✦ Wear a mask when cases are high.

Learn more at [de.gov/holidays](http://de.gov/holidays).



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This and more resources are available at <http://covidmaterialsde.com>.