



## DPH updates vaccination campaigns

The Division of Public Health (DPH) has updated its comprehensive COVID-19 and flu vaccination campaigns.

Messaging includes the reminder that vaccines provide protection from preventable diseases. Free vaccines are available for the uninsured or underinsured at public health clinics or Federally Qualified Health Centers.

Key campaign visuals are full-page ads, social media posts, and digital displays. All Delawareans can access social media, print, video ads, and more at [covidmaterialsde.com](https://covidmaterialsde.com).

## Screening for Life clients receive Valentine's Day mammograms

Mammograms are available to enrolled Screening for Life (SFL) clients aged 40 and older on February 14, 2025, at the Milford Walmart. The store is located at 939 N. Dupont Boulevard in Milford, Del. Appointments are between 9:00 a.m. and 4:00 p.m.

This outreach is hosted by Mammogram Now in partnership with the Division of Public Health's Bureau of Cancer Prevention and Control.



Call 302-744-1040 (option 2) to make a mammography appointment. Appointments are available on other dates. To enroll in SFL, [click here](#).



## 2025 HEIDE lecture series opens with oral and dental health talk

The first Working4Equity lecture of the new year is on January 15 at 12:00 p.m. "Dental 101 for the Primary Care Physician: A look at the Relationship between Oral and Systemic Health" will be presented by Nicolas R. Conte, Jr., DMD, MBA, Dental Director for the Division of Public Health's (DPH) Bureau of Oral Health and Dental Services.

DPH offers the virtual lecture series through its Health Equity Institute of Delaware and in partnership with the Medical Society of Delaware (MSD). Lectures are designed for working physicians and clinicians, scholars, and community members.

The lecture is free. Registration is required at: <https://reg.planetreg.com/Dental101forthePCP>.

View all lectures at [MSD Events](#). Accredited continuing Medical Educational credits are available from MSD at nominal cost.

## Advancing Healthy Lifestyles Coalition presents Lunch and Learn webinar series

The newly developed 2025-2028 strategic plan for the Division of Public Health Physical Activity, Nutrition, and Obesity Prevention Program (PANO) will be presented during a January 16, 2025 webinar hosted by the Delaware



Advancing Healthy Lifestyles (AHL) Coalition. [Click here to register](#) for the webinar, which will be held from 12:00 p.m. to 1:00 p.m..

The event is the first of the Coalition's lunch and learn webinar series, *Bite-Sized Bits with the AHL Coalition*. The series will highlight programs, services, and best practices related to physical activity, nutrition, and obesity prevention, chronic disease prevention, and advancing health equity.

The webinars aim to strengthen obesity prevention efforts across the state and provide networking opportunities for AHL Coalition members and partners. The AHL Coalition works with cross-sector partners to leverage and expand resources in the community.

For more information, including upcoming webinars, visit [www.AHLCoalition.org](http://www.AHLCoalition.org).



## Protect your food and health during winter power outages

During power outages, prevent refrigerated and frozen food from spoiling and avoid food poisoning. Follow these recommendations from the [Centers for Disease Control and Prevention](https://www.cdc.gov/disease-control-and-prevention).

### Before the power outage

- Create a [household emergency kit](#) with drinking water and dried and canned food to last at least three days for all people living in the household.
- Keep appliance thermometers in your refrigerator and freezer. The refrigerator should be at 40 degrees F or below. The freezer should be at 0 degrees F or below.
- Freeze containers of water and gel packs. Have a clean cooler handy. Consider buying ice or dry ice.

### During the power outage

- [During an outage, keep refrigerators and freezers closed](#). If the power has been out for four hours, put refrigerated perishable foods (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) in a cooler with ice, frozen gel packs, or dry ice and keep it at 40 degrees F or below. You can safely refreeze or cook thawed frozen food that still contains ice crystals or is at 40 degrees F or below. Discard refrigerated perishable foods after four hours without power with no added cold source and if the temperature in the refrigerator or cooler falls below 40 degrees F. If the freezer doors stay closed, food will stay safe for up to 48 hours in a full freezer or 24 hours in a half-full freezer.
- Prevent [Carbon monoxide poisoning](#) by not using a generator, grill, or portable gas camp stove indoors.

### After the power outage

- Throw away refrigerated medication when the power is out for a day or more, unless the drug label says otherwise or it is life saving.
- Check with local authorities to be sure your water is safe. Bottled, boiled, or treated water is safe for drinking, cooking, and personal hygiene.

## State monitors avian flu in poultry

On January 5, 2025, the Delaware Department of Agriculture announced that affected poultry at a commercial farm in Kent County, Del. had highly pathogenic H5 avian influenza (HPAI) of the Eurasian lineage 2.3.4.4b. Early indications show the virus is the D1.1 genotype found in wild birds. State officials quarantined the affected premises and depopulated the birds, which did not enter the food system.

Avian influenza is a highly contagious airborne respiratory virus that spreads quickly among birds. In December 2024, Delaware shared that snow geese at Prime Hook Beach were H5 presumptive positive.



Getty Images

Report dead birds to the Delaware Department of Natural Resources and Environmental Control, [Division of Fish and Wildlife's Sick and Dead Wildlife Reporting Form](#). For more information, visit [news.delaware.gov](https://news.delaware.gov) and <https://www.cdc.gov/bird-flu/situation-summary/index.html>.

## Breastfeeding Coalition of Delaware hosts Meet and Greet January 29

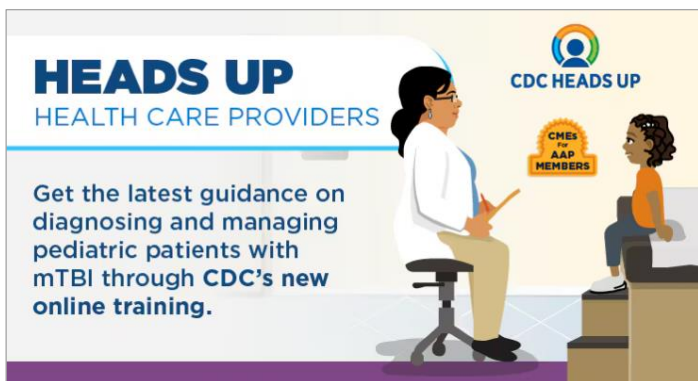


Breastfeeding Coalition of Delaware

The Breastfeeding Coalition of Delaware (BCD) is hosting a "Meet and Greet" on January 29 at 5:00 p.m. at Bayhealth Kent Campus. This event is open to breastfeeding advocates in Delaware. Dinner will be provided. Register at <https://tinyurl.com/bcdmag2>.

The coalition now has a comprehensive calendar on its website that details statewide breastfeeding classes and support groups. Many classes are virtual, and some are offered in Spanish and Haitian Creole.

For more information about BCD, visit [www.delawarebreastfeeding.org](http://www.delawarebreastfeeding.org). To contact the coalition, write to [info@delawarebreastfeeding.org](mailto:info@delawarebreastfeeding.org) or Lisl Phelps at [lisl.phelps@delaware.gov](mailto:lisl.phelps@delaware.gov).



[www.cdc.gov](http://www.cdc.gov)

## Pediatric concussion training available to providers, coaches, and schools

Online concussion trainings are offered by the Centers for Disease Control and Prevention (CDC). Content includes mental health symptoms following a mild traumatic brain injury (mTBI), violence-related mTBI, and caring for patients with mTBI living with disabilities. The trainings are free.

Almost 40,000 people have taken the [HEADS UP to Health Care Providers](#) training that shares the current diagnostic criteria for mTBI and how to use validated, symptom-based assessment tools to identify them. The training, which the CDC recently updated, details the return-to-school process and common mental health sequelae following mTBI. The training offers 1.5 continuing medical education credits from the American Association of Pediatrics (AAP) until June 8, 2026. It takes up to 90 minutes to complete.

In addition to health care providers, the CDC trainings are tailored to the following groups:

- Training for [youth sports coaches \(Español\)](#)
- Training for [school professionals](#)
- Training for [sports officials](#)
- Training for [athletic trainers](#).

Parents and guardians can learn how to care for their child's concussion through videos available in [English](#) and [Spanish](#). Another video is about how to care for yourself after a concussion, and it too is offered in [English](#) and [Spanish](#).

For more information about concussions, visit CDC at <https://www.cdc.gov/heads-up/about/index.html>.



## Delawareans with qualifying disabilities can enroll in 529(a) savings plans

People with disabilities and their families can open tax-advantaged savings and investment accounts as a result of the Achieving a Better Life Experience (ABLE) Act of 2014. These 529(a) ABLE accounts can help designed beneficiaries pay for qualified disability expenses while maintaining eligibility for supplemental security income (SSI), Medicaid, and other government means-tested benefits.

On January 1, 2025, the annual ABLE contribution limit increased from \$18,000 to \$19,000 and the age of disability onset to qualify for ABLE rose from 26 to 46 years old.

The State of Delaware's ABLE plan, **DEPENDABLE**, offers a tax deduction up to \$5,000 for contributions from the account owner or another contributor if they file their income taxes in Delaware. Earnings on investments are federally tax-deferred. Withdrawals are federally tax-free if used for qualified expenses.

"Without an ABLE account, people who rely on benefits such as Supplemental Security Income, Medicaid or food stamps (SNAP) are limited to just \$2,000 in assets, but that's not nearly enough," State Treasurer Colleen Davis said. "According to a National Disability Institute report, adults with disabilities require, on average, 28% more income to achieve an identical standard of living as a household of the same size and income where no one has disabilities."

Qualifying account owners must be blind or have a



medically determinable physical or mental impairment that results in marked and severe functional limitations expected to last for a year or longer. Also, the individual must be entitled to SSI benefits or Social Security Disability Insurance (SSDI) based on blindness or disability; or the applicant must self-certify that the account owner has a qualifying disability. A written copy of the diagnosis by a qualified, licensed physician must be readily available upon request for verification.

Eligible individuals can open an account for themselves, or an authorized individual can open an account on their behalf. To open a **DEPENDABLE** account, call 1-888-609-8914 Monday through Friday. For more information, contact the Office of the State Treasurer at 1-888-609-8914 or <https://treasurer.delaware.gov/able-program/>.