

# The DPH Bulletin

From the Delaware Division of Public Health

June 2015



## Know the risks of tick and mosquito bites

Stay healthy by preventing tick and mosquito bites and the dangerous diseases they transmit.

Lyme disease, Delaware's most common tick-borne illness, is transmitted by infected deer ticks. Unless treated, Lyme disease can cause chronic joint, heart, and neurological problems.

Half of all Lyme disease cases have a "bull's-eye" rash around the bite. Also be alert for fever, chills, fatigue, headache, and muscle and joint aches. Those bitten by a tick should contact a physician if symptoms develop.

Mosquitoes can carry West Nile virus (WNV), Eastern equine encephalitis (EEE), and other diseases that cause brain inflammation (encephalitis) and can be fatal to humans and animals. Approximately 20 percent of human WNV infections develop as a mild illness (West Nile fever): fever, body and muscle aches, headache, nausea, vomiting, and a rash. A small percentage of patients, usually the elderly, develop severe neurological disease that results in meningitis or encephalitis.

For prevention tips, visit [www.cdc.gov](http://www.cdc.gov).

## Pack an emergency supply kit for summer emergencies

Flameless lanterns and candles  
Flashlights and batteries  
Bottled water (cases)



Canned foods, manual can opener  
Non-salty snacks  
Battery-operated weather radio  
Camping equipment  
Blankets and board games

For more ideas, visit <http://www.ready.gov>.

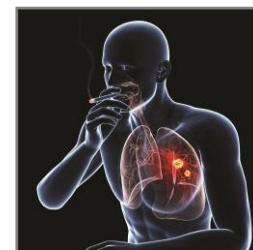
## Screening for Life offers lung cancer screening

Lung cancer is the No. 1 cancer killer of Delaware men and women, accounting for more than 30 percent of all cancer deaths.

The [Division of Public Health's Screening for Life Program](#) now covers lung cancer screenings for uninsured or underinsured Delawareans who qualify for the Screening for Life Program and are not eligible for Medicaid or the ACA Health Insurance Marketplace.

The low-dose CT scan is available to current and former smokers deemed at high-risk for lung cancer:

- Current smokers or those who quit smoking within the last 15 years
- Those who smoke or have smoked the equivalent of a pack a day for 30 or more years
- Are 55 to 80 years of age



These high-risk individuals should visit [HealthyDelaware.org/lung](http://HealthyDelaware.org/lung) or call 302-401-4212 to speak with a screening nurse navigator. Christiana Care Health System, Bayhealth Medical Center, and Beebe Healthcare will offer the screening.

## Taste of Summer Sampling Lunch

Thursday, July 16, 2015

11:00 a.m. – 2:00 p.m.

Delaware Health and Social Services  
Campus Café

1901 N. Dupont Hwy., New Castle DE

Sample six dishes and a full salad bar featuring fresh produce from the Planting Hope Urban Farm at DHSS.

\$8 pre-purchase by July 9; \$10 at the door. To order and view menu: [de.gov/planthope](http://de.gov/planthope).

Benefits the Planting Hope Urban Farm.  
Call 302-698-4587 for more information.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health