

# The DPH Bulletin

From the Delaware Division of Public Health

September 2015

## Prepare for emergencies now

September is National Preparedness Month. The Federal Emergency Management Agency (FEMA) asks that we support America's [PrepareAthon](#) by [making a plan](#) now. Readiness plans should include our families, pets, and [communities](#). At home, [create a household emergency kit](#), buy batteries and a battery-operated or hand crank NOAA weather radio, keep car gas tanks half full, and trim trees now in preparation of high winds. Individuals with special health needs can visit [ready.gov](#) for tailored tips. Individuals should also ask their [workplaces, schools, and daycares](#) about their emergency plans and how to get copies. FEMA's [National PrepareAthon! Day](#), is Sept. 30. Watch the video, ["It Started Like Any Other Day"](#) to be reminded of the importance of being prepared.

**DON'T WAIT. COMMUNICATE.**  
**MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S  
**PrepareAthon!**



## DPH holds statewide flu clinics

DPH plans a series of flu vaccination clinics this fall:

**New Castle Farmers Market**, 110 N. DuPont Hwy., New Castle, DE 19720:

- Oct. 9, 2015, 10:00 a.m. – 3:00 p.m.
- Oct. 30, 2015, 3:00 p.m. – 6:30 p.m.
- Nov. 13, 3:00 p.m. – 6:30 p.m.

**Greenwood Fire Hall**, 12611 Sussex Hwy., Greenwood, DE 19950:

- Oct. 22, 2015, 2:00 p.m. – 7:00 p.m.

Many more flu clinics are scheduled. Visit [www.flu.delaware.gov](http://www.flu.delaware.gov) or call 800-282-8672.



## Million Hearts Delaware® Month teaches "ABCS" of prevention

Millions Hearts® is a national initiative working to prevent one million heart attacks and strokes by 2017. In Delaware, over 70 partners across the state – including all major hospitals and the Division of Public Health (DPH) – are working hard to educate residents about prevention.

Key messages for the public are identifying risk, knowing your numbers (blood pressure and waist circumference), connecting with care, and specific "ABCS" questions that at-risk individuals should ask their doctor: "Is **A**spirin appropriate for me?", "What is my **B**lood pressure goal?", "Should I be taking **C**holesterol medicine?" and "How can you help me to quit **S**moking?"

"Decreasing the incidence of smoking will have the largest impact on preventing heart attacks and strokes in Delaware," said Christiana Care cardiologist and MHD founder Dr. Ed Goldenberg. Smokers are encouraged to work with their healthcare provider or call the Delaware Quitline at 1-800-QUIT-NOW or [www.quitsupport.com](http://www.quitsupport.com).

For toolkits, videos, and a chance to be "counted" as a Delawarean that has heard the MHD message (click on 'Save Your Heart, Take the Pledge'), visit <http://millionheartsde.com/> or contact Project Director Denise Taylor at [detaylor@christianacare.org](mailto:detaylor@christianacare.org).



Read the first issue of [Impressions](#), the Bureau of Oral Health and Dental Services' newsletter. Subscribe by emailing a request to [Barbara.Antlitz@state.de.us](mailto:Barbara.Antlitz@state.de.us).



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Office of Health and Risk Communications