

# The DPH Bulletin

From the Delaware Division of Public Health

May 2018

## Organize household papers to rebound faster after emergencies

Those living in poverty are at greatest risk of disasters, according to a 2016 report published by the International Bank for Reconstruction and Development/The World Bank. According to [\*Shock Waves: Managing the Impacts of Climate Change on Poverty\*](#), low income households have little if any savings and most likely no emergency funds. In addition, their dwellings are not disaster-resistant or insured; or they live in buildings with low resistance to natural hazards (such as floodplains), or which do not meet safety codes.



While low income households may not have cell phone, computer, or transportation access, they can still be prepared.

Families will recover from disasters faster and easier when they gather household information beforehand. They should write down and keep the following information in their emergency supply kits and in a safe remote place, such as a bank safety deposit box or lock box at home:

- Full names and Social Security numbers of all household members
- Annual household income
- Insurance policies (homeowner's, rental, car, health, life)
- Birth and marriage certificates
- Bank account information
- Passwords for online accounts
- Copies of utility bills (electric, water, trash) for proof of home address

To begin your household plan, visit the University of Delaware's Center for Disabilities Studies website, <http://www.allreadyde.org>. It features an online form that all households can use. For additional preparedness tips, visit [PrepareDE.org](http://PrepareDE.org).

## HEALTHY VISION FAMILY NIGHT

Wednesday, May 16, 2018 - 5:00 p.m.-8:00 p.m.

Delaware Children's Museum  
550 Justison St., Wilmington, DE  
\$2.00 per person

Register for **FREE** vision screenings. Write to [Delawaredvi@gmail.com](mailto:Delawaredvi@gmail.com).



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health



## Optimal birth spacing reduces infant risks

Women should wait at least 18 months between giving birth and getting pregnant again, as recommended by The Delaware Perinatal

Cooperative, the Delaware Healthy Mother and Infant Consortium (DHMIC), and the Division of Public Health (DPH). When the birth spacing interval is less than 18 months, there is a higher risk of preterm birth, low birth weight, and being small for gestational age, according to national data.

Optimal birth spacing allows physical and emotional recovery time for the mother, a greater chance that the next baby will arrive at the right time and at a healthy weight, and more time to breastfeed. Children have more time to bond, interact, and play with parents. Access a life planning template at: <http://dethrives.com/mlmpw/overview> on DE Thrives.

## Be Sun Smart this summer

Skin cancer is the most common form of cancer in the United States. Suffering a blistering sunburn in childhood or adolescence more than doubles a person's chances of developing potentially deadly melanoma later in life.



Know your risks for skin cancer. Check your skin for moles that are different from others, sores that do not heal, and new skin growths. See a dermatologist immediately for moles with the "ABCDE" characteristics:

**ASYMMETRY:** Moles with unmatched halves

**BORDER:** Moles with irregular, uneven borders

**COLOR:** Moles with several colors

**DIAMETER:** Moles larger than a pencil eraser

**EVOLVING:** Moles that change color, shape, or size, or that itch or bleed

Outdoors, wear water-resistant sunscreen with SPF 30 or higher and wide-brimmed hats and sunglasses that block 99 percent or more of ultraviolet (UVA and UVB) radiation. Limit sun exposure from 10:00 a.m. to 4:00 p.m., and encourage children to play in shaded areas or stay indoors. For more information and tips, visit [ProtectYourSkinDE.com](http://ProtectYourSkinDE.com).