

The DPH Bulletin

From the Delaware Division of Public Health

April 2018



Discussing acute overdose care management are, clockwise from top left: Rochelle Little, family crisis therapist, Department of Services for Children, Youth, and Their Families; Dr. Karyl Rattay, director, Division of Public Health; Fran Phillips, acting health officer, Anne Arundel County Department of Health; John Powell, chair of the Department of Emergency Medicine, Christiana Care Health System (CCHS); and Kate Groner, MD, attending physician, Department of Emergency Medicine, CCHS. Photos by Donna Sharp.

DPH convenes forum on acute overdose system of care

The Division of Public Health (DPH) convened a forum last month to get feedback from Delaware emergency medical services, law enforcement, and emergency department partners on plans to develop an Overdose System of Care. Delaware is the first state to take on a statewide system of care approach for overdoses, modeled after its other successful systems of care. For more information, contact Kate Brookins, Public Health Treatment Program Administrator, at 302-223-1741.

What are vaping teens inhaling?

Nearly one in three U.S. 12th grade students use vaping devices, yet do not know what they are inhaling, according to the National Institutes of Health's (NIH) 2017 Monitoring the Future survey. Nearly 52 percent of 12th graders said, "just flavoring," 32.8 percent said "nicotine," and 11.1 percent said "marijuana" or "hash oil." Labeling can be inconsistent or inaccurate. Read the results at: <https://www.drugabuse.gov/news-events/news-releases/2017/12/vaping-popular-among-teens-opioid-misuse-historic-lows>.

DPH launches Lyme disease campaign

Delaware is among the top 10 states with the [highest incidence rates](#) of Lyme disease, a bacterial infection spread through the bite of the black-legged tick or deer tick. According to the Centers for Disease Control and Prevention, Lyme disease is the most commonly reported vectorborne illness in the United States.

DPH will run Lyme disease ads and social media messages this spring, summer, and fall.

Educational materials are being distributed to students in grades K-12. Five key messages are: bathe within two hours after coming indoors; look for ticks on your body and remove them;



apply repellent; spray your yard; and treat your pet.

One symptom of Lyme disease is a red bull's-eye rash that can occur anywhere on the body, and vary in size and shape. Not everyone develops the rash. Other early symptoms are fever and/or chills, fatigue, muscle and joint aches, and headaches. Seek early treatment from a health care provider to prevent debilitating symptoms such as severe joint pain and swelling; heart palpitations; dizziness; neck stiffness; severe headaches; and short-term memory and concentration problems.

For more information about Lyme disease, including fact sheets, visit <http://de.gov/lyme>.



The New Castle County Vo-Tech School District opened the St. George's Vocational Technical High School Wellness Center in February. DPH Director Dr. Karyl Rattay (pictured in the center of the back row) spoke with other attendees. In 2017, of all students seen in Delaware's wellness centers, 40 percent were seen for mental health reasons. The other 60 percent were seen for medical reasons such as sports physicals, nutrition counseling, and diagnoses and treatment for sexually transmitted infections. Photo by Jen Brestel.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health