

The DPH Bulletin

From the Delaware Division of Public Health

August 2018

FASD Awareness Day is September 9

International Fetal Alcohol Spectrum Disorders (FASD) Awareness Day, celebrated on September 9, teaches that prenatal alcohol exposure is the leading preventable cause of birth defects and developmental disorders in the United States.



Drinking during pregnancy can result in a wide range of disabilities for children, of which fetal alcohol syndrome (FAS) is the most severe. Women who are, who may be, or who are trying to become pregnant, should not drink alcohol. All types of alcohol, including wine and beer, are harmful to developing babies.

Neurobehavioral effects associated with FASD are low IQ, learning disabilities (especially with math), poor memory, speech and language delays, hyperactivity, poor social skills, and poor reasoning and judgment skills. Physical effects include low body weight, poor coordination, vision or hearing problems, and problems with the heart, kidneys, or bones. These can persist throughout life and carry heavy emotional and financial burdens.

Those struggling with alcohol or other substance use disorders can find a list of treatment providers at www.helpsherede.com/; or call 1-800-652-2929 in New Castle County and 1-800-345-6785 in Kent and Sussex counties. Substance Use Disorder screening tools for providers are on the website.

For general information about FASD, visit the Centers for Disease and Prevention (CDC) at www.cdc.gov/ncbddd/fasd/.



Brush up on your knowledge of vaccine-preventable diseases for National Immunization Awareness Month, observed in August. Visit the Delaware Immunization Program for recommended immunization schedules at <http://www.dhss.delaware.gov/dph/dpc/immunize.html>, or call the Immunizations Hotline at 1-800-282-8672 weekdays from 8:00 a.m. to 4:30 p.m. The National Public Health Information Coalition and the CDC offer numerous resources at www.nphic.org/niam-resources. Providers can download the CDC's Vaccines Schedules app at <https://www.cdc.gov/vaccines/schedules/index.html>.

Flood insurance can protect homes, belongings, and finances

Flooding is the most common and costly natural disaster in the U.S. One inch of water in a home can cause more than \$25,000 in damage. Yet most homeowners and renters insurance policies do not cover flood damage, according to the Delaware Department of Insurance.

Insurers who participate in the National Flood Insurance Program (NFIP) can purchase flood insurance for residences and businesses listed in the NFIP's online Community Status Book. Fifty Delaware communities, including New Castle, Kent, and Sussex counties, participate.

"What most people don't know is that more than 20 percent of flood insurance claims are for properties that reside outside high risk areas," said Delaware Insurance Commissioner Trinidad Navarro.

Officials recommend that all homeowners, renters, and businesses prepare for flooding, especially if they are located in a low-lying area near a body of water, along the coast, or downstream from a dam or levee. Flash floods can occur during torrential and extended downpours, and when water, sewer systems, or dams break. Flooding can also occur slowly during prolonged rain, when waterways and the ground cannot absorb excess water, and from storm surges during tropical storms or hurricanes.

For more information about NFIP, visit FloodSmart.gov or call 1-800-427-4661. Flood insurance policies typically take 30 days to go into effect. For disaster preparedness tips, visit www.prepared.org/ and read the Federal Emergency Management Agency's guide, "[How to Prepare for a Flood.](#)" To safeguard belongings, visit insurance.delaware.gov/disaster-preparedness/ for a property inventory form. To learn your area's flood risk, use the Delaware Department of Natural Resources and Environmental Control's interactive Flood Tool at <http://maps.dnrec.delaware.gov/FloodPlanning/default.html>.



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