

The DPH Bulletin

From the Delaware Division of Public Health

July 2016



Governor Jack Markell, holding shelter puppy Coupe, attended the June 21 pet adoption center ribbon-cutting at the Dover PetSmart store. Other dignitaries, from left: Kent County Commissioner Brad Eaby, Steve Kaufman of PetSmart Charities, Adam Lamb of Brandywine Valley SPCA (BVSPCA), Dover Mayor Robin Christiansen, Office of Animal Welfare Director Hetti Brown, Division of Public Health Director Dr. Karyl Rattay, and Rita Schorn of BVSPCA. Photo by Donna Sharp.

Women's Mobile Health Screening Van offers more than mammograms

Starting this month, in addition to mammography screenings, the new Women's Mobile Health Screening Van will offer cervical cancer screenings, blood pressure screenings, and healthy lifestyle education.

"We will talk to women on the van about risk factors for cancer (and other chronic diseases)," said Division of Public Health (DPH) Director Dr. Karyl Rattay. "Women will receive glucose screening for diabetes, tobacco cessation referrals, Body Mass Index screening, and physical activity and nutrition education."

The van, which serves nearly 800 women a year, is funded by DPH and managed by the Delaware Breast Cancer Coalition.



Women who qualify for the Screening for Life program may

receive free mammography and cervical screenings. All women can be screened on the van. The program accepts Medicaid, Medicare, most health insurance, and self-pay clients.

For more information, call 888-672-9647.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

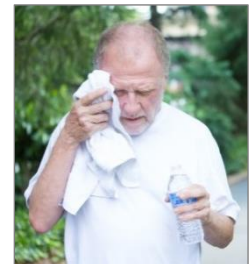
Plan now for extreme heat

DPH reminds households to prepare for extreme heat. Extreme heat can cause heat exhaustion and heat stroke and be fatal to humans and pets. It is especially dangerous for seniors, young children, people with disabilities, and people with asthma, chronic obstructive pulmonary disease (COPD), and other chronic health issues.

Service air conditioners and obtain electric fans now. Buy cases of bottled water to keep on hand. To prepare for power outages when you may need to open windows, repair tears in window screens.

During heat waves, check on elderly and vulnerable family members and neighbors or go to community "cooling centers," such as libraries or churches. Never leave children or pets alone in a parked car, and call 911 if you see any left unattended in a vehicle.

To prevent heat illness, carry water with you and drink continuously even if you do not feel thirsty. Overheated individuals should drink and shower in cool (not cold) water to avoid hypothermia.



Stay indoors on the lowest floor possible. When outdoors, wear lightweight, light-colored clothing. Wear a hat or use an umbrella. Use sunscreen (SPF 15 and above). Sunburn slows the skin's ability to cool itself, and is linked to skin cancer.

Protect pets by providing shade and provide plenty of cool water. In dogs and cats, watch for heat stress signs: rapid panting, increased heartbeat and body temperature, weakness, bright red or pale and sticky gums, and vomiting and diarrhea.

Visit cdc.gov/extremeheat/warning.html for more information. Eligible callers to Delaware 2-1-1 can receive referrals to summer cooling and crisis assistance, the City of Wilmington's Free Electric Fan Program for seniors, and cooling centers.



HELPFUL TIP: Apply sunscreen before insect repellent, and always follow product label instructions.