

# The DPH Bulletin

From the Delaware Division of Public Health

October 2020

## Health Systems Protection Section helps keep consumers safe during COVID-19

To reduce the transmission of COVID-19, food establishments must adhere to strict measures that are updated in the [27th modification of the State of Emergency](#), including:

- Other than when eating or drinking, staff and customers must wear a face covering at all times.
- Customers must have a reservation at establishments that provide table service, unless the establishment has a system for ensuring that customers without a reservation do not gather while waiting to be seated. Takeout may continue under pre-Phase 1 guidelines as long as patrons do not enter the dining facility when picking up an order.
- For food and drink establishments that do not provide table service, signage and floor markings must designate appropriate spacing for patrons waiting in line.



- Customers seated at one table or booth must be at least six feet apart from seated customers at another table or booth.
- Ketchup and other condiments must be provided directly to diners in single-use,

disposable containers, or re-usable containers that are cleaned between uses by new parties.

Between June 2 and September 15, DPH's Health Systems Protection Section (HSP) completed 1,004 inspections of businesses and food establishments in response to 2,350 complaints regarding violations of the Governor's executive orders. Non-compliance can result in fines, closures, and reduced capacity.

Customers who observe food establishment workers not wearing their masks or other violations should send a complaint to [HSPcontact@delaware.gov](mailto:HSPcontact@delaware.gov). Dining establishments that need HSP's advice can send floor plans and questions to the same address.

For information about preventing foodborne illness at home or when eating out, visit [www.cdc.gov/foodsafety/foodborne-germs.html](http://www.cdc.gov/foodsafety/foodborne-germs.html).



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health



## Diabetes Wellness Expo goes virtual in November

The Annual Diabetes Wellness Expo is moving online in 2020 due to the COVID-19 pandemic.

The Delaware Diabetes Coalition (DDC) is sponsoring six virtual education sessions that promote self-management and a healthier lifestyle for people with diabetes and prediabetes, their families, and their caregivers. The free 2020 sessions are on November 12 and 19 at 12:00 p.m., 2:00 p.m., and 4:00 p.m. The agenda and registration will be released in the coming weeks.

Self-management prevents complications such as kidney failure, adult blindness, lower-limb amputations, heart disease, and stroke.

More than 91,000 Delawareans have diabetes and an additional 78,000 people have been diagnosed with prediabetes, according to the Division of Public Health (DPH). Being overweight or being obese are major contributing factors for developing diabetes. People with prediabetes can significantly reduce their risk for developing type 2 diabetes by being more physically active and eating a healthier diet.

For more information about the Virtual Diabetes Wellness Expo Education Sessions, visit the DDC at <https://www.dediabetescoalition.org/>, send an email to [director@dediabetescoalition.org](mailto:director@dediabetescoalition.org), or call 302-519-6767. Sponsors can register online at <http://bit.ly/DDCVirtual>. For programs and resources, contact DPH's Diabetes and Heart Disease Prevention and Control Program at 302-744-1020 or <http://www.dhss.delaware.gov/dhss/dph/dpc/diabetes.html>.

## Proper household drug disposal



Use a medication drop box to safely dispose of unused medications.

Find 28 locations at [HelpsHereDE.com](http://HelpsHereDE.com).

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is here.  
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## Annual Delaware Healthcare Forum will be held virtually on October 29

The Delaware Healthcare Association’s 24th Annual Delaware Healthcare Forum will be held virtually on October 29, 2020. The educational conference is designed for Delaware’s hospitals and health systems, from chief executive officers to managers and nurses. The day-long event is sponsored by the Delaware Healthcare Association, in a joint providership with the Healthcare Leadership Network of the Delaware Valley, and Bayhealth.

[Click here](#) to register. For more information, visit [www.deha.org/](http://www.deha.org/) or contact Yasmine Chinoy at [Yasmine@Deha.org](mailto:Yasmine@Deha.org) or call 302-674-2853.

## Virtual Communicable Diseases Summit scheduled for November 9

The popular “Health Summit: Communicable Diseases” will be held virtually and a month earlier. The virtual summit will be held on November 9, 2020 from 8:30 a.m. to 12:30 p.m.

The annual event is sponsored by the Delaware Academy of Medicine/Delaware Public Health Association and the Division of Public Health. Attendees represent health care professionals including physicians, nurses, public health professionals, and allied staff.

[Click here](#) to register. For more information, visit [www.delamed.org/CD2020](http://www.delamed.org/CD2020) or contact Kate Smith, MD, MPH at [ksmith@delamed.org](mailto:ksmith@delamed.org) or 302-733-5571.



## State launches COVID-19 mobile app

Delawareans can download a new mobile app, COVID Alert DE, to get notifications whenever they were in close contact with someone who tested positive for COVID-19. Close contact is less than six feet for 15 min. or more. Residents age 18 and older who live, work, or attend college in Delaware can download the free app to receive secure and anonymous notifications.

The Delaware Department of Health and Social Services (DHSS), Division of Public Health (DPH) and the Delaware Department of Technology and Information created the COVID Alert DE app with NearForm, a software developer. Its purpose is to supplement the work of DPH contact tracers by identifying close contacts sooner, as well as identifying contacts for which positive persons may not have information.



The app sends an exposure alert to those who are running the app on their phones when their phone is near other phones also running the app. It works across state lines in states such as New Jersey, Pennsylvania, and New York that use the same app technology. COVID Alert DE is available in the App Store or Google Play. For more information, visit <https://coronavirus.delaware.gov/covidalert/>.

## Overdose prevention training events scheduled statewide

Naloxone (Narcan®) is a lifesaving medication that usually can reverse an opioid overdose by restoring someone’s breathing, giving people time to call 911. If you use opioids or you have friends or family who use opioids, you should consider getting naloxone and having a plan of action. Tell people where you store the naloxone kit. Make sure to keep naloxone in the home, as that is where the majority of overdoses occur.

Free naloxone distribution and training events are scheduled statewide. Participants receive naloxone kits and on-the-spot training on how to administer it. Trainers share overdose rescue information and assist in downloading the OpiRescue app.



[Click here](#) for upcoming overdose prevention training events. Find more resources on [HelpsHereDE.com](http://HelpsHereDE.com) or the [HelpsHere Facebook page](#).