

LIVE SAFELY



Responsible social behaviors needed to prevent additional COVID-19 cases

After detecting a new cluster of COVID-19 cases in the beach area, Governor John Carney delayed Delaware's Phase 3 economic reopening indefinitely and prohibited sitting or standing at bars in Sussex County beach areas, effective July 3. One hundred positive cases were detected in Rehoboth Beach on June 25, and 12 positive cases were detected in Dewey Beach on June 26.

Governor Carney and Division of Public Health (DPH) Director Dr. Karyl Rattay remind Delawareans ages 13 and older to wear face masks in public, as required by the [thirteenth modification of the State of Emergency declaration](#). Individuals should also stay six feet apart from those outside their household, wash hands often, and get tested for COVID-19 even if they do not have symptoms or exposure. These requirements are to prevent widespread infection.

"We have lost 507 Delawareans in a short amount of time...from this virus," Dr. Rattay said. "A future wave has the potential to be so much worse."

The risk of getting COVID-19 is greater the more closely you interact, how long you interact (10 minutes or more), the number of people with whom you interact, if you wear a face covering, and if you are indoors or outdoors (outdoors is safest), Dr. Rattay said. The state is stepping up its business enforcement actions that carry fines and restrictions.

"We need everyone to act with a sense of responsibility and community and awareness of the fact that your actions affect your neighbor and vice versa," Governor Carney said.

COVID-19 testing is easy, quick, and free. Workers in industries with frequent public interactions such as the food and retail industry are advised to be tested once per month. Find testing sites at de.gov/gettested.

DPH's new anti-Vape Toolkit helps youth avoid e-cigarette use

Among Delaware middle and high school students, e-cigarette use (vaping) has surpassed their use of regular cigarettes.

DPH's new web-based anti-Vape Toolkit, available at VapeFreeDE.com, helps youth avoid initiating e-cigarette use and shares cessation resources. It was designed for teachers, school administrators, parents, health care providers, youth, and community partners who work with youth.

The anti-Vape Toolkit includes links to evidence-based curriculums for classroom use, brochures, presentations, youth cessation resources, talking points for parents and providers, and links to model school policies. Delaware's toolkit is unique, as it offers a social media calendar and DPH prevention messaging for schools to send to parents and students over a 10-week period.



The Health Promotion and Disease Prevention Section's Tobacco Prevention and Control Program and Community Health Services developed the toolkit with input from the Delaware Department of Education, Polytech High School, the Delaware Department of Services for Children, Youth and Their Families' Division of Prevention and Behavioral Health Sciences, the American Lung Association, and the Division of Alcohol & Tobacco Enforcement.

UD's Disaster Research Center website saves time researching preparedness

It takes time to comb through emergency preparedness and response research. By sharing research summaries, the University of Delaware's Disaster Research Center (DRC) hopes to save governments, businesses, and the public precious time. DRC researchers present their findings through topic and theme summaries, short animated videos, and extensive bibliographies. Currently, "Hurricane Evacuation Decision Making" and "Business Recovery" are featured on its website.

Visit DRC at www.drc.udel.edu/. Questions can be directed to drc-mail@udel.edu or 302-831-6618.



Stay hydrated in the summer heat

Water helps our bodies remove waste, regulate body temperature, and enhance blood volume and brain function. Regularly consuming water, other fluids, and moisture-rich foods hydrates the body.

Health experts recommend drinking water consistently instead of reacting to thirst. They maintain that ideally, water should also be our first choice among beverages.

A person is drinking enough fluids if they urinate regularly and their urine is pale or clear colored. In the heat, the Centers for Disease Control and Prevention (CDC) recommend drinking more water than usual and to stay in air-conditioned places.

Dehydration occurs when fluids and electrolytes that are lost to physical activity, sitting, or illness are not replaced. Symptoms of dehydration are dark urine, thirst, dry mouth, dry lips, headache, and dizziness. During the hot summer months, dehydration can lead to heat exhaustion and heat stroke. Physical activity and humidity can lead to dehydration and heat-related illness.

The CDC shares this hydration advice:

- Drink more fluids in the heat regardless of activity. Do not wait until you are thirsty to drink. Avoid sugary, alcoholic, and very cold drinks.
- Drink a sports drink or fruit juice to replace salt and minerals lost by heavy sweating. Those with diabetes, high blood pressure, or other chronic conditions should talk with their doctor first.
- Drink only enough water to relieve thirst. Too much water can cause hyponatremia, a potentially fatal drop in sodium levels. Call 911 for severe symptoms such as nausea, vomiting, confusion, seizures, or coma.

Visit these links to stay well in the heat and beyond:

- <https://www.cdc.gov/disasters/extremeheat/index.html>
- <https://dhss.delaware.gov/dhss/dph/dpc/eatright.html>.

Prevent heat-related illnesses – stay cool, hydrated, and informed

Heat stress occurs when an overheated person cannot cool down through sweating and their body temperature rises rapidly. Heat stress can be as mild as having a heat rash and heat cramps, or it can lead to the dangerous conditions of heat exhaustion and heat stroke. Heat stroke can damage the brain and other vital organs and cause death or permanent disability without emergency treatment, according to the CDC.

“Every year, high temperatures kill more people than hurricanes, lightning, tornadoes, earthquakes, and floods combined,” said Robin M. Ikeda, MD, MPH, CDC Director of the Office of Noncommunicable Diseases, Injury, and Environmental Health. She provides these prevention tips in an [online video](#):

- Stay cool – Go to an air-conditioned place and wear light, loose-fitting clothing.
- Stay hydrated – Drink more water than usual and avoid caffeine, alcohol, and carbonation.
- Stay informed – Tune into local heat alerts. Watch for symptoms of heat stroke and heat exhaustion. Heat stroke is a medical emergency, so call 911 for heat stroke victims.

People at high risk of heat-related illness are: infants, young children; 65 years of age and older; outdoor workers; athletes; low income individuals; and those who are overweight, who take certain medications; and who are ill, especially with heart disease, high blood pressure, poor circulation, or mental illness.

Coaches and athletes can take an online course at <https://www.cdc.gov/disasters/extremeheat/athletes.html>. Businesses can access [heat stress resources](#).

