

The DPH Bulletin

From the Delaware Division of Public Health

October 2016

Diabetes Expo Nov. 1 at Dover Downs

The 15th Annual Diabetes Wellness Expo will be held on Nov. 1 at Dover Downs Conference Center, located at 1131 N. DuPont Hwy. in Dover, Delaware. Approximately 400 people are expected to attend this free event sponsored by the Delaware Diabetes Coalition and others, including the Division of Public Health (DPH).

Between 9:00 a.m.-3:00 p.m., Delawareans can attend educational presentations on diabetes management that cover services, resources, and tips on controlling the disease. Vendors share available diabetes care products and services. Screenings include blood glucose, blood pressure, foot care, and eye exams. Free flu shots will be offered. A box lunch including a gourmet sandwich, fruit, and beverage will be provided on a first come, first served basis.

DPH Director Dr. Karyl Rattay will give remarks at noon.

For more information, contact DPH's Diabetes Control Program at 302-744-1020.

Drug Take-Back Day is Oct. 22

More than 20 sites statewide will accept unused and expired prescription drugs on Saturday, Oct. 22, National Drug Take-Back Day.

Between 10:00 a.m.-2:00 p.m., Delawareans can anonymously drop off their unused drugs in pill bottles, boxes, blister packs, or sealed plastic bags.

Leave liquid medications in original containers, and do not bring needles, aerosols, or biohazard materials. No questions will be asked. Visit delawarehealthyhomes.org for a list of sites.



Persons seeking help for drug addiction can visit <http://www.helpsherede.com> to connect with treatment and recovery services. The website also includes warning signs of addiction. Or, call 24/7 services at 800-652-2929 in New Castle County, or 345-6785 in Kent and Sussex Counties.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Office of Health and Risk Communications

DPH announces flu clinic schedule

DPH urges all Delawareans 6 months of age and older who have not yet been vaccinated against the flu to get a flu vaccination as soon as possible. View the flu clinic schedule at flu.delaware.gov or call DPH at 888-282-8672. DPH will hold two large flu clinics that offer free flu vaccine:

- **Oct. 6, 2016, 10:00 a.m.-2:00 p.m., Porter State Service Center, 509 W. 8th Street, Wilmington, Delaware 19801.** Public Health nurses will administer intramuscular flu vaccine to Delawareans ages 9 years and older. Bilingual staff in Spanish will be on site.
- **Oct. 27, 2016, 10:00 a.m.-4:00 p.m., Blue Hen Corporate Center, 655 South Bay Road, Dover Delaware 19901.** This drive-thru clinic also accommodates pedestrians. Public Health nurses will administer intramuscular flu vaccine to Delawareans age 13 years and older. Bilingual staff in Spanish, African, Haitian Creole, and American Sign Language will be on site.

Delawareans with access and functional needs are encouraged to attend. Attendees should wear short sleeve or sleeveless shirts. Leave pets other than service animals at home.

Find all mapped flu clinics in your ZIP code at:

www.flu.gov

Plan ahead with PrepareDE.org tips

DPH's Office of Preparedness and Delaware Citizens Corps recently refreshed the prepareDE.org website. The website is now more user-friendly and technologically sophisticated, including the ability to do real-time translation of all content, and contains the very latest in emergency preparedness response information.

Delaware is currently in hurricane season and this updated resource will help the community prepare for a variety of severe weather and emergency situations. Caregivers and relatives of individuals with mobility and access needs can find helpful planning resources.