



Immunizations aren't only for kids

August is National Immunization Awareness Month. The Division of Public Health (DPH) reminds adults that only up-to-date immunizations protect them from diseases. Follow this advice from DPH:

- Complete the COVID-19 vaccination series, including eligible booster doses.
- Get a flu shot every fall.
- Adults who did not get a Tetanus, Diphtheria, and Pertussis vaccine as an adolescent should get one dose and then a booster shot every 10 years.
- The pneumococcal vaccine protects adults ages 65 and older against pneumonia and meningitis.
- First-year college students living in residential housing and individuals with HIV and other conditions need the Meningococcal vaccine.
- The Zoster vaccine protects adults 50 and older from shingles when chickenpox reactivates.
- The Varicella vaccine protects adults with severe immunodeficiency, HIV, and pregnant individuals and health care workers without immunity.
- Ages 19 through 64 should get the Measles, Mumps, and Rubella vaccine.
- The Hepatitis A and B vaccines protect the liver from serious infection, failure, and death.
- The Human Papilloma Virus vaccine protects against viruses that cause cancer.

Visit de.gov/immunizations for the adult vaccine schedule or use the Adult Vaccine Assessment Tool at www2.cdc.gov/nip/adultimmsched/. Contact the Delaware Immunization Program at 1-800-282-8672 weekdays between 8:00 a.m. and 4:30 p.m.

Receiving all eligible doses of COVID-19 vaccine provides the best protection

Nationwide, the emergence of the highly transmissible BA.5 variant and other variants has caused an increase in COVID-19 cases and fluctuations in community risk levels.

DPH reported on [My Healthy Community](#) that on July 24, 2022, Delaware's seven-day average of new positive COVID-19 cases was 358.9, compared to 59.3 on March 21, 2022 and 241.9 on June 25, 2022. As of July 24 in Delaware, there were 132 current hospitalizations and 3,021 deaths due to COVID-19, and 623,250 Delawareans were fully vaccinated.

For the greatest protection against serious illness, hospitalization, and death, DPH urges people to get all booster doses for which they are eligible now; do not wait for a fall booster. Fully boosted eligible Delawareans can still get a fall booster dose. To find vaccination sites, visit de.gov/getmyvaccine.

In mid-May, the Delaware Public Health Laboratory detected the BA.5 variant in less than 1% of the test results sequenced. By the end of June, the BA.5 variant was detected in 45.3% of sequenced tests.

Individuals with general questions about COVID-19 should call Delaware 2-1-1. Individuals who are deaf or hard of hearing can text their ZIP code to 898-211 or email delaware211@uwde.org. Hours of operation are Monday through Friday, 8:00 a.m. to 9:00 p.m. and Saturday, 9:00 a.m. to 5:00 p.m.

Individuals eligible for a booster dose

Ages 5+ and five months since the second dose of Pfizer.

Ages 18+ and five months since the second dose of Moderna.

Ages 18+ and two months since the initial dose of Johnson & Johnson.

Those who qualified for an "additional/third" dose of Pfizer or Moderna because of certain immunocompromising conditions.

Ages 50+ or those who are immunocompromised can get their second booster (fourth) dose four months after receiving the initial booster.





Our health depends on conditions where we live, learn, work, and play – and not just on the medical treatment we receive.

The Social Determinants of Health greatly impact health and longevity

Delawareans have less risk of disease, disability, and injury when they engage in healthy behaviors. They can reach their full health potential with a better quality of life when they live, work, and play in communities with good social, economic, and environmental conditions.

Well-paying and available jobs, a strong education system, affordable housing, and accessible health care are examples of preferred Social Determinants of Health. In contrast, poverty, high drop-out rates, crime, homelessness, and discrimination are dangerous Social Determinants of Health. Identifying upstream social and environmental conditions that cause health inequities leads to a more effective, inclusive, and comprehensive delivery of care.

DPH believes everyone – regardless of race, religion, and economic or social condition – has the right to a standard of living adequate for health and necessary social services. In recent years, DPH has strived to improve health equity with the help of many community leaders, non-profit organizations, state agencies, and stakeholders. One example is improving prenatal education and care to reduce the infant mortality rate. Another is educating parents and guardians how to protect children with asthma to keep them in school and out of the hospital.

Schools, workplaces, businesses, places of worship, health and social service providers, and lawmakers can adopt policies that focus on health promotion. To understand Delaware’s health inequities, read [The Health Equity Guide for Public Health Practitioners and Partners, Second edition](#). To learn about issues impacting state communities, visit My Healthy Community Delaware at myhealthycommunity.dhss.delaware.gov/home.

DPH: a Healthy People 2030 champion

The Office of Disease Prevention and Health Promotion within the U.S. Department of Health and Human Services (HHS) named the Delaware Division of Public Health a Healthy People 2030 Champion for its commitment to furthering health and well-being.



Healthy People is the longest running disease prevention and health promotion initiative within the federal government. It focuses on reducing morbidity, mortality, and infectious diseases, prevention, chronic diseases, health care associated infections, and opioid use. Several goals apply to long-term risk factors such as tobacco use, obesity, and social determinants of health.

HHS releases 10-year objectives with specific targets that set a shared vision for the nation and a society in which all people can achieve their full potential and well-being across the lifespan. The federal government hopes to achieve its goals through multi-sector partnerships in public health.

“More than ever, strengthening health and prosperity is a shared responsibility,” says Vice Admiral Jerome M. Adams, MD, MPH, former U.S. Surgeon General, in a [YouTube video](#). “It happens at the local, state, tribal, and national levels and involves public, private, and non-profit sectors.”

To learn more about Healthy People 2030, visit <https://health.gov/healthypeople>.

Social Determinants of Health



Source: <https://health.gov/healthypeople/priority-areas/social-determinants-health>

Know the warning signs of suicide

Every day, approximately 105 Americans of all ages die by suicide, according to the Centers for Disease Control (CDC). In 2020, suicide was the second



leading cause of death for people ages 10-14 and 25-34.

In the U.S., suicide rates are highest among non-Hispanic Whites, American

Indians, and Alaska Natives. Also at risk are veterans, those living in rural areas, and young people who identify as lesbian, gay, or bisexual, and individuals who experienced violence, including child abuse, bullying, sexual violence, or physical abuse. [Read more about groups at high risk for suicide here.](#)

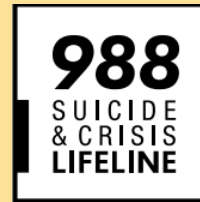
September 4-10, 2022 is National Suicide Prevention Week. Be concerned if someone you know talks about committing suicide, has attempted suicide, seems preoccupied with death, and gathers dangerous items such as pills or a weapon. Those at risk of suicide may have experienced recent difficult life events such as relationship or financial trouble, have a terminal or chronic illness, or have a disability. Other signs are trouble eating or sleeping, lack of personal hygiene, a history of mental illness, and drastic changes in behavior such as acting aggressively and driving recklessly. At-risk individuals may withdraw from friends or social activities, give away prized possessions, and lose interest in school, work, or hobbies.

Increased alcohol or drug use is another warning sign. To connect to treatment services, visit <https://www.helpisherede.com/>.

Connections to family, community support, and easy access to health care can decrease suicidal thoughts and behaviors. If you or someone you care about feels overwhelmed with sadness, depression, or anxiety, or if you want to harm yourself or others, call the Delaware Hope Line at 1-833-9-HOPEDE or 833-946-7333, or text DEHOPE to 55753.

Individuals in the U.S. experiencing thoughts of suicide, a mental health or substance use crisis, or any other kind of emotional distress can call the National Suicide & Crisis Lifeline at 988.

Suicide Support Groups and Community Resources



National Suicide & Crisis Lifeline

Dial 988 toll-free, 24/7.
Calls are confidential.

Contact Lifeline Suicide Hotline

New Castle County: 302-761-9100

Kent and Sussex counties: 1-800-262-9800

Crisis Intervention Services

Northern Delaware: 1-800-652-2929

Southern Delaware: 1-800-345-6785

Assists those 18 years and older with severe personal, family, or marital problems 24/7.

Delaware 24/7 Youth Crisis Support

1-800-969-HELP (4357)

Crisis Text Line: Text DE to 741741

Emergency Response: Dial 911

Survivors of Suicide

Mental Health Association of Delaware

www.mhainde.org

New Castle County: 302-654-6833

Kent and Sussex County: 800-287-6423

Wilmington meetings: held on the first Monday of the month (or the third if there's a holiday), 7:00 p.m. to 8:30 p.m. For locations, contact information@mhainde.org.

Newark meetings: held on the second and fourth Thursdays of the month from 7:00 p.m. to 8:30 p.m. at Newark United Methodist Church, 62 E. Delaware Avenue, Newark, Delaware 19711.

Zoom meetings are held every Thursday from 7:00 p.m. to 8:00 p.m. To receive a Zoom link, contact Rochelle Balan at 302-654-6833 or rbalan@mhainde.org.



State announces first monkeypox cases

The state's first-ever monkeypox cases in people were announced by the Division of Public Health (DPH) on July 12 and 21. The cases, which are considered probable pending confirmatory testing by the Centers for Disease Control and Prevention (CDC), were reported in each county in a 41-year-old New Castle County man, a 25-year-old Kent County man, and a 46-year-old Sussex County man.

Monkeypox is a zoonotic disease caused by infection with the Monkeypox virus (MPX). It may cause flu-like illness with fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion, followed by a blister-like rash one to four days later. The illness lasts two to four weeks and is rarely fatal. Prior to 2022, monkeypox cases rarely occurred in the United States and were associated with international travel or importing animals from countries where the disease is more common.

Monkeypox spreads by direct contact with the infectious rash, scabs, or body fluids or indirectly, such as by touching contaminated clothing or linens. Monkeypox also spreads from respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex. Pregnant people can spread the virus to their fetus through the placenta. People can get monkeypox from a scratch or bite from an infected animal, and preparing or eating meat, or using products from an infected animal.

Individuals with symptoms should immediately contact their health care provider and self-isolate until all lesions have resolved, the scabs have fallen off, and a fresh layer of intact skin has formed. Avoid being intimate with others.

Prevent infection by avoiding people with monkeypox rashes, not handling bedding, towels, or clothing of infected people, not sharing eating utensils or cups with an infected person, and wash hands often with soap and water.

Individuals concerned about symptoms or possible exposure can call the DPH hotline, 866-408-1899, Monday through Friday from 8:30 a.m. to 4:30 p.m. Visit www.cdc.gov/poxvirus/monkeypox/ and de.gov/monkeypox for more information.



Monkeypox rash. CDC



As national infant formula shortage eases, DPH guides families

More U.S. households should be able to find infant formula after the federal government imported shipments and worked with key manufacturers. Supply chain issues caused a national shortage.

DPH and the U.S. Department of Health and Human Services shares the following guidance to families and maternal child health stakeholders:

- Consult your pediatrician to discuss the best options to meet the infant's medical and nutrition needs. Ask about alternatives.
- Check the manufacturer's site online for formula availability before going to a store to purchase.
- Do not make or use homemade formula, which lacks inadequate amounts of critical nutrients. Low calcium can lead to hospitalization.
- Never dilute formula because that can be dangerous and life-threatening.
- When possible, breastfeed your child. Breastfeeding is the healthiest option for children under age 1. Delaware WIC provides peer counselors, lactation consultants, support groups, and manual breast pumps. Details about WIC's breastfeeding programs can be found [here](#). DPH offers a [breastfeeding guide](#).
- WIC, SNAP, TANF, and local food banks can help with the cost of buying formula and finding other infant supplies. Individuals can check with their local hospital to see what breastfeeding support is offered.

For more information about the supply of infant formula, visit dethrives.com or follow DPH on [Facebook](#) and [Instagram](#).