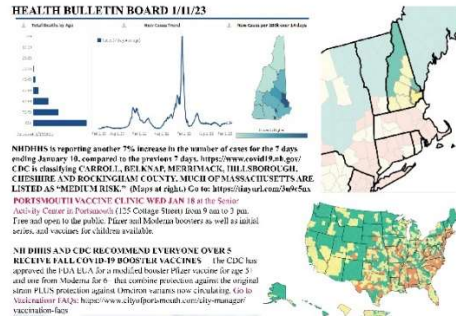


City Newsletter: Wednesday, January 11, 2023

TRAVELING? CDC TOOL FOR ASSESSING COMMUNITY RISK. CDC recommends using its online COVID-19 tracker:
<https://tinyurl.com/57p5j3ba>

MARTIN LUTHER KING, JR. HOLIDAY MON JAN 16 – City facilities closed in observation of the holiday. City Hall open Tues Jan 17 from 8 am to 6 pm.

TOMORROW, THURS JAN 12, CITY COUNCIL WORK SESSIONS ON AUDIT AT 6 PM AND SHERBURNE SCHOOL AT 7 PM in City Hall Council Chambers and via Zoom. Go to Agenda and Zoom registration: <https://tinyurl.com/35u9s4hj>



COVID-19 Booster Doses
The best way to protect yourself from COVID-19, including Omicron, is to get vaccinated and boosted.

When? Everyone ages 18 and older should get a booster.

When? At least 6 months after your second Pfizer or Moderna shot, or months after Johnson & Johnson.

COVID-19 BOOSTERS: MORE SITES AVAILABLE! Find the new booster by going to the interactive map at <https://www.vaccines.gov/>

SERIOUS IN FLU AND RSV AFFECTING SENIORS—For most healthy people, RSV, or respiratory syncytial virus, is a common respiratory virus that for the very young, the elderly and people with certain health problems, it can be serious, even life-threatening. The virus can enter deep in the lungs, causing pneumonia, and in babies it can spread, leading to ear infections they always occur. Serious complications are causing RSV vaccines for Pfizer and Novartis (RSV are finished along. Both companies plan to seek regulatory approval in the U.S. by the end of the year, as well as in other countries. **NH DHS RECOMMENDS THIS YEAR'S FLU** shot for everyone. The formulation is proving effective against this year's strains and protective for all who have had limited exposure to flu over the past years of the pandemic.

COVID-19 Vaccination for People NOT Moderately-Severely Immunocompromised

COVID-19 Vaccination for People WHO ARE Moderately-Severely Immunocompromised

MCINTYRE PROJECT UPDATE: Reminder that all documents and plans are posted to [the McIntyre Project page](#) on the City website.

REGIONAL HEALTH BULLETIN BOARD – Go to a large PDF: <https://tinyurl.com/2n47sbut>

HANOVER GARAGE -- Concrete pour scheduled Jan 9-13. Work takes place between 8 am and 5 pm, Mon-Fri. Subscribe to the weekly emails and submit questions on the [Hanover Garage Project page](#). **Go to current work schedule:** <https://tinyurl.com/3s8n2jb8>

COVID-19 BOOSTER SITES! Find locations offering the new booster by going to the interactive map at **vaccines.gov**

VACCINE CLINIC WED JAN 18 AT SENIOR ACTIVITY CENTER, 9 AM–3 PM – Free and open to the public, 125 Cottage Street. Pfizer and Moderna boosters as well as initial series and vaccines for children available. **Please note that hospitalization levels and staff shortages are high in NH. Health professionals advise residents to take extra care – and get a flu shot and COVID-19 booster.**

BOOSTERS FOR HOMEBOUND INDIVIDUALS – Call On-Site Medical Services at 603.826.6500 to make an appointment or go to <https://www.on-sitemedservices.com/vaccine>

CROSS ROADS HOUSE WARMING CENTER FOR ROCKINGHAM COUNTY HOMELESS -- Starting immediately the warming center will open from 7 pm to 8 am on any day the forecast temperature or wind chill dips to 28 degrees Fahrenheit or lower, or if heavy snowfall accumulates to six inches.

OPERATION BLESSING WARMING CENTER, WEEKEND HOT MEALS AND FOOD PANTRY/CLOTHING ROOM -- Operation

Blessing, INC at 600a Lafayette Rd opens its 8-bed warming center from 7 pm to 7 am when the temperature is 25 degrees or below. **Weekend Hot Meals - just walk in - on Saturdays from 11 am to 12:30 pm and Sundays from 3 pm to 4:30 pm.** The Operation Blessing, INC Food Pantry and Clothing Room is open Mon-Fri 10 am to 4 pm and Saturdays from 9 am to 12 noon. Any questions? Please call 603-430-8561 or 603-988-2671.

WEEKLY FREE LUNCH REMINDERS:

- **Middle Street Baptist Church** – Seacoast Community Lunch brown bag lunches from the parking lot (18 Court St.), 12 noon to 1 pm on Wednesdays. For more information call 603-436-2337 or email lunch@middle.st
- **St. John’s Episcopal Church** -- Common Table bag lunch, Thurs, 12 noon to 1 pm dine inside. 12:30 pm for bag lunch pickup in the St. John’s parking lot (100 Chapel St.). **EVERY MON FREE HOT BREAKFAST AT ST. JOHN’S EPISCOPAL CHURCH, 7-8 AM. The Breakfast Club will serve a hot, sit-down breakfast in Thaxter Hall.**
- **GATHER COMMUNITY MARKET, FRIDAYS, 10 am – 1 pm** – A FREE food market for all. No paperwork. No ID. No one is ever turned away. Located at the NH National Guard building, 801 McGee Drive in Portsmouth.

SUICIDE PREVENTION HOTLINE LOCAL CONTACTS -- If you need help, **please call or text the Suicide Hotline Number AT 1-833.710.6477 or reach out to nh988.com.** PLEASE NOTE: if your phone is not an area code 603 number you should call the New Hampshire crisis center directly for immediate help.



PORTSMOUTH NH 400 ANNIVERSARY CELEBRATIONS ARE UNDERWAY! PNH400 merchandise, including the commemorative wall calendar, will be available soon at downtown retail locations. In the meantime, order online and check out upcoming events at PortsmouthNH400.org

NEW CITY PUBLIC ART REVIEW COMMITTEE SEEKING APPLICANTS – Interested candidates should complete the application form:

<https://tinyurl.com/yh5fm88r>

For more information on PARC, go to:

<https://tinyurl.com/h9krxwp8>

PORTSMOUTH STANDS WITH UKRAINE

There are many recognized relief agencies responding to the humanitarian crisis in Ukraine. You might consider one of these:

<https://tinyurl.com/2mtsejuh>

CITY HALL FACEBOOK PAGE:

Like and follow us to get news as it’s posted:

<https://www.facebook.com/CityHallPortsmouthNH>

Questions about a City-related matter? Email to hotline@cityofportsmouth.com and we’ll get you an answer.

Want to know more about what's happening in the City? Click to sign up for the City

Newsletter <https://tinyurl.com/y2p67par>