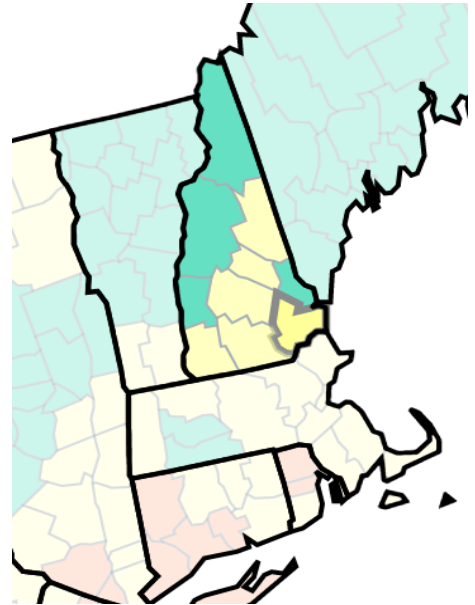
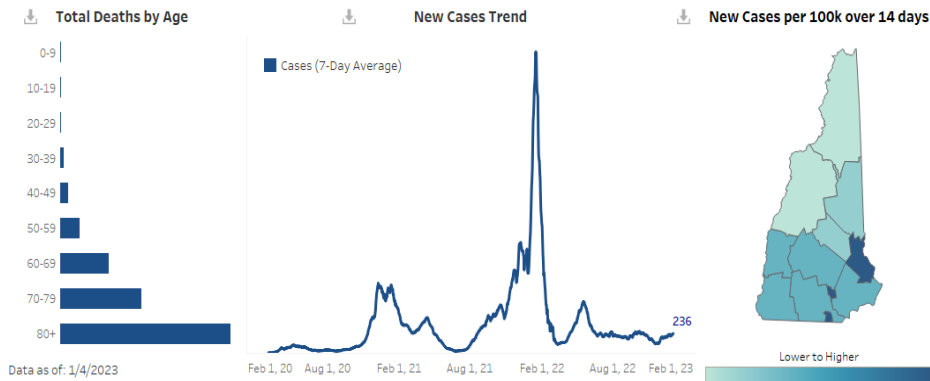


# HEALTH BULLETIN BOARD 1/5/23



NHDHHS is reporting another 16% increase in the number of cases for the 7 days ending January 4, compared to the previous 7 days. <https://www.covid19.nh.gov/> CDC is classifying CARROLL, BELKNAP, MERRIMACK, HILLSBOROUGH, CHESHIRE AND ROCKINGHAM COUNTY, MUCH OF MASSACHUSETTS ARE LISTED AS “MEDIUM RISK.” (Maps at right.) Go to: <https://tinyurl.com/3u9c5nx>

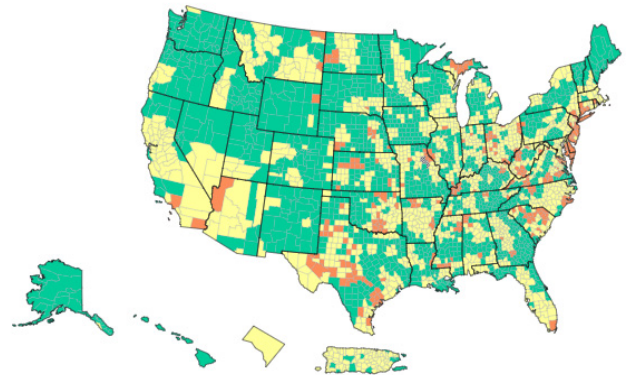
## COVID-19 Booster Doses

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

**Who?** Everyone ages 5 and older should get a booster.

**When?** At least 5 months after your second Pfizer or Moderna shot, or 2 months after Johnson & Johnson.

As of 5/19/2022



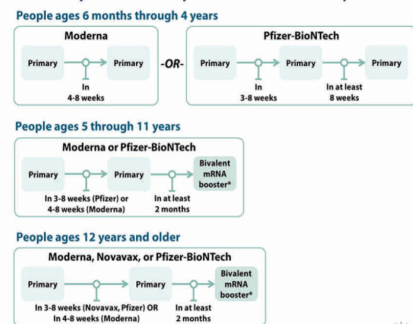
**PORTSMOUTH VACCINE CLINIC WED JAN 18** at the Senior Activity Center in Portsmouth (125 Cottage Street) from 9 am to 3 pm. Pfizer and Moderna boosters as well as initial series and vaccines for children available.

**NH DHHS AND CDC RECOMMEND EVERYONE OVER 5 RECEIVE FALL COVID-19 BOOSTER VACCINES** – The CDC has approved the FDA EUA for a modified booster Pfizer vaccine for age 5+ and one from Moderna for 6+ that combine protection against the original strain PLUS protection against Omicron BA.4/BA.5 now circulating. Go to **UPDATED booster FAQs**: <https://www.cityofportsmouth.com/city-manager/vaccination-faqs>

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

**SURGES IN FLU AND RSV AFFECTING SENIORS** --For most healthy people, RSV, or respiratory syncytial virus, is a coldlike nuisance. But for the very young, the elderly and people with certain health problems, it can be serious, even life-threatening. The virus can infect deep in the lungs, causing pneumonia, and in babies it can impede breathing by inflaming tiny airways. Several companies are creating RSV vaccines but Pfizer and rival GSK are furthest along. Both companies plan to seek regulatory approval in the U.S. by the end of the year, as well as in other countries. **NHDHHS RECOMMENDS this season's FLU shots 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

