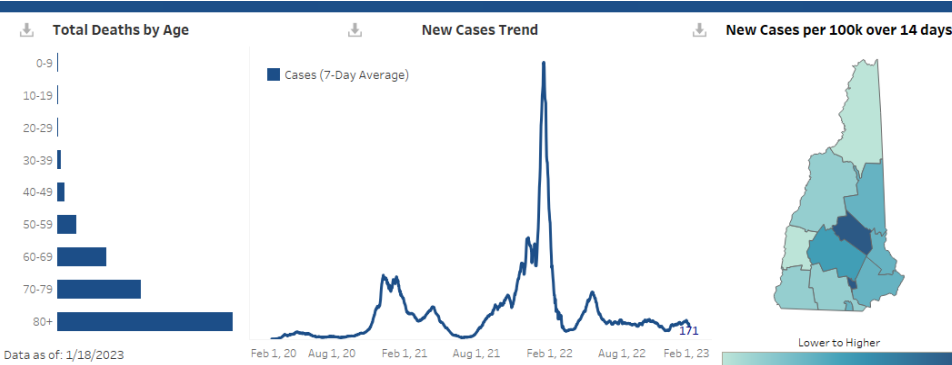
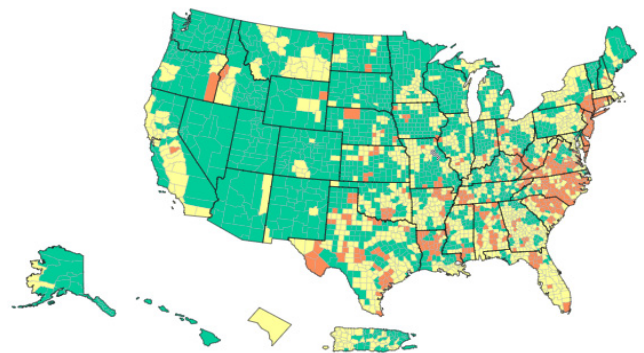
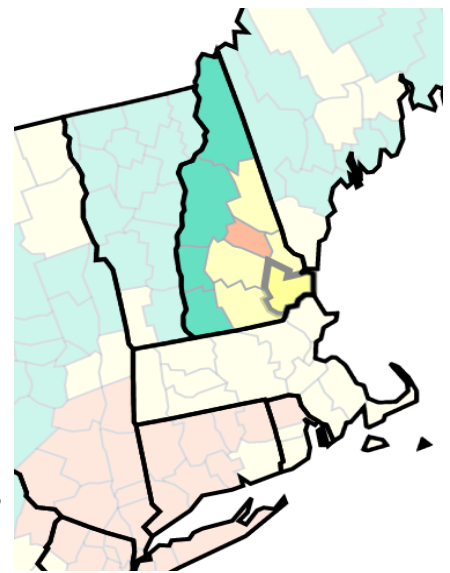


# HEALTH BULLETIN BOARD 1/18/23



NHDHHS is reporting a 33% decrease in the number of cases for the 7 days ending January 18, compared to the previous 7 days. <https://www.covid19.nh.gov/> CDC is classifying BELKNAP County (as well as NYC and Long Island) as “high risk” and CARROLL, MERRIMACK, HILLSBOROUGH AND ROCKINGHAM COUNTY, PLUS ALL OF MASSACHUSETTS AS “MEDIUM RISK.” (Maps at right.) Go to: <https://tinyurl.com/3u9e5nx>

**NH DHHS AND CDC RECOMMEND EVERYONE OVER 5 RECEIVE COVID-19 BOOSTER VACCINES** – On the NH DHHS Health Care Provider call last week, Dr. Chan noted that cases of COVID-19 are driven by the low uptake in boosters designed to address recent variants AND because many months have passed for those who received the primary vaccine series whose effectiveness decreases over time. Go to **Vaccination FAQs:** <https://www.cityofportsmouth.com/city-manager/vaccination-faqs> NHDHHS ALSO 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 Booster Doses

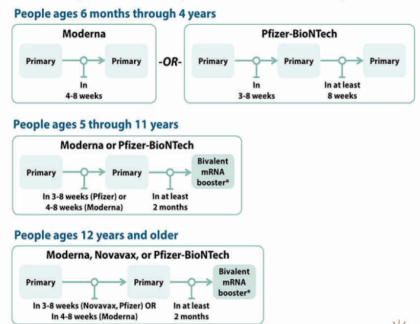
The best way to protect yourself from COVID-19, including Omicron is to get vaccinated and boosted.

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

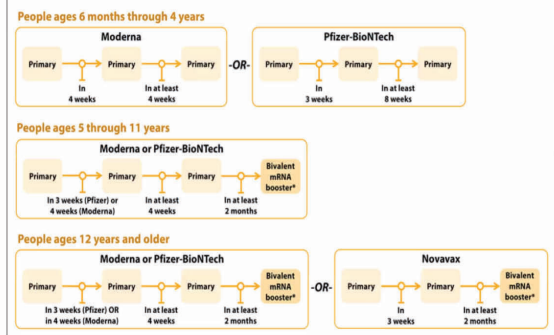
**When?** At least 5 months after your second Pfizer or Moderna shot, or 2 months after Johnson & Johnson.

As of 5/19/2022

### COVID-19 Vaccination for People NOT Moderately-Severely Immunocompromised



### COVID-19 Vaccination for People Who ARE Moderately-Severely Immunocompromised



**ATTENTION MOOSE AND DEER HUNTERS** -- Also on the Jan 12 call, NH DHHS discussed two extremely rare cases of Echinococcus granularis in humans in NH -- both contracted by North Country moose hunters who dressed their own meat and had dogs. The tapeworm that causes cysts to develop in the lungs can only be contracted by dogs who eat the raw cervid meat of infected animals. But dogs can transfer the live tapeworm eggs to humans via excrement that might get on hands or vegetation the human then ingests. NH DHHS recommends making sure dogs don’t scavenge deer, elk or moose carcasses, particularly in the northern counties, but generally.