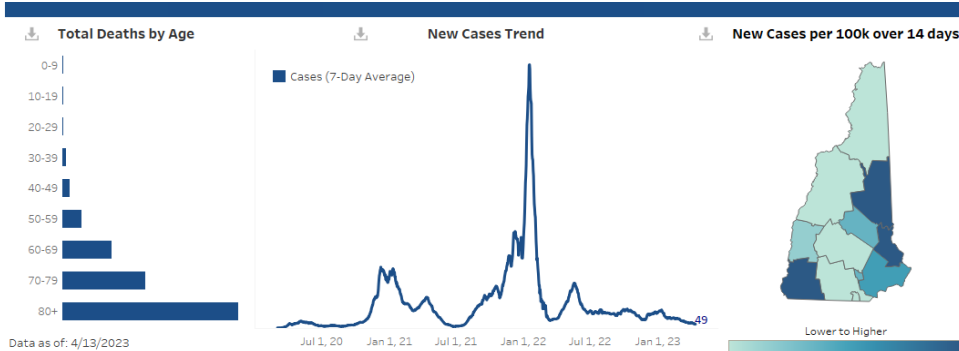


HEALTH BULLETIN BOARD 4/13/23




The most recent NHDHHS from Apr 13 reports a 23% decrease in the number of cases for the prior 7 days: <https://www.covid19.nh.gov/> Also as of Apr 13, CDC classifies almost all of New England and 97% of the US as “LOW RISK.” Maps at right.) Go to: https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=New+Hampshire&data-type=CommunityLevels&null=&list_select_county=33015

NH DHHS CONTINUES TO FOLLOW CDC GUIDANCE -- If you have received your updated booster dose, you are currently up to date. There is not a recommendation to get another updated booster dose unless you are immunocompromised or otherwise vulnerable due to age or pre-existing medical condition. CDC anticipates that an annual fall booster that addresses current variants of concern may be offered. For more, go to: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

CDC COVID-19 TESTING LOCATOR WEBSITE – Go to <https://testinglocator.cdc.gov/> to search for free COVID-19 testing sites nearby.

ON-SITE MEDICAL OFFERS FREE TELEHEALTH CONSULTATIONS -- Those who test positive for COVID-19 but experience delays in being seen by their PCP, or other medical professional (possibly losing the effectiveness window for some treatments that could be helpful) can call 1-800-816-5803 or log onto the On-Site Medical website: <https://www.on-sitemedservices.com/> The telehealth appointment can also include prescribing any needed medication/treatments.

COVID-19 NOT “JUST A BAD FLU” -- NHDHSS reported on Apr 13 that a study between October 2022 and January 2023 of 9,000 patients in the VA system showed that COVID-19 was 61% deadlier than flu, with a 3.7% mortality rate. Long Covid remains a serious threat from COVID-19 -- 14.8% in US and 14.3% in NH are affected.



TICK TALK

Thursday April 20
6:30-8 PM

Learn to protect yourself from ticks and tick-borne disease with former Maine Educator of the Year, Bob Maurais.

TICK TALK AT PORTSMOUTH PUBLIC LIBRARY: For more information go to: <https://portsmouthpl.librarycalendar.com/event/tick-talk>

TICK SEASON UNDERWAY -- The CDC is concerned about a new parasitic disease carried by deer ticks. In addition to Lyme Disease with symptoms including chills, fever and muscle aches, this disease, babesiosis presents symptoms including nausea, fatigue, fever and loss of appetite. The best protection is to wear long sleeves, avoid habitats with dry leaves and long grass and use bug spray.

CITY OF PORTSMOUTH MOSQUITO CONTROL MONITORING
The City of Portsmouth’s Mosquito Control Program began monitoring on April 10. Crews from Dragon Mosquito Control, Inc., the City’s contracted service, are checking swamps, salt marshes, woodland pools, ditches, catch basins and other shallow, stagnant water for mosquito larvae. When mosquito larvae are found, treatment may occur but citywide night-time road spraying for adult mosquitoes is not planned. Residents who do not want their property treated can sign up with the No-Spray Registry at www.DragonMosquito.com/No-Spray-Registry or write to Dragon Mosquito Control, Inc., PO Box 46, Stratham, NH 03885. When writing, residents should be sure to include name, physical address, phone number, the color of the house and acreage or road frontage. For more information call 603.734.4144 or email Help@DragonMosquito.com.

FREE RADON TEST KITS – NH DHHS is offering NH residents free kits from Alpha Energy Laboratories, the radon lab contracted by the NH Radon program. For more information about radon and its health risks, go to: <https://tinyurl.com/3fsra9st> To receive a kit go to: <https://states.aelabs.com/#/nh>