

# HEALTH BULLETIN BOARD 5/13/23

**TICK SEASON IS UNDERWAY** -- The CDC currently tracks five tick-borne diseases. The most prevalent in NH is Lyme Disease. But 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.

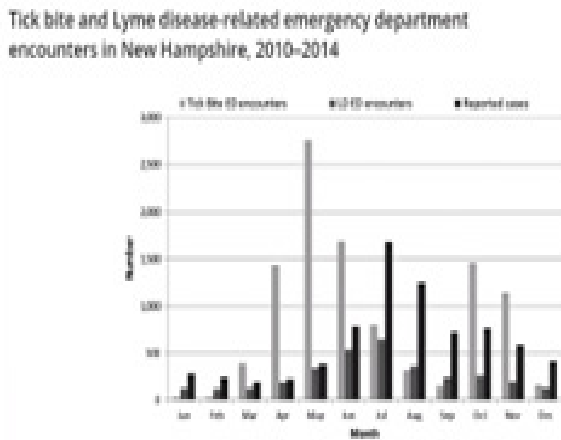


FIGURE 2 Number of tick bite-related and LID-related emergency department encounters and reported Lyme disease cases by month, New Hampshire, 2010-2014. ED: Emergency department, LID: Lyme disease.

## FDA ANNOUNCES GENERAL MILLS RECALL --

NH DHHS is advising consumers to check if they have two-five- or 10-pound bags of Gold Medal Unbleached and Bleached All Purpose Flour. General Mills has announced a recall for Gold Medal all purpose flour with “better if used by” dates of March 27, 2024 and March 28, 2024. The recall is being issued for the potential presence of Salmonella Infantis, which was discovered during sampling of the five-pound bag product.



### 7 PRACTICAL PRECAUTIONS TO AVOID TICK BITES

- EDUCATE YOURSELF**  
Know where to expect ticks, what environment they thrive in and the symptoms of a tick bite.
- WALK IN THE CENTER OF TRAILS**  
Reduce exposure to tall grass and other greens, where ticks may be hiding.
- CHECK BODY, CLOTHES AND PETS FOR TICKS**  
Conduct a full body check when you return from a potentially tick-infested area. If alone, use a mirror to check body parts not in normal sight.
- USE A DEET-BASED REPELLENT**  
Apply repellent regularly and consistently on all exposed areas of skin.
- WEAR CLOSED-TOE SHOES AND LIGHT-COLORED CLOTHES**  
Sandals leave your feet exposed to ticks. Light-colored clothing allows you to better spot ticks that may be attached.
- TUCK PANTS INTO SOCKS**  
By tucking pants into socks, you are sealing off a potential crevasse that ticks can crawl into and hide.
- IF BITTEN BY A TICK**
  - Use tweezers to hold the tick and steadily pull upward.
  - Clean the bitten area with water, alcohol or iodine and soap and water.
  - Monitor the bite mark for rashes or other changes.
- SHOWER AFTER ENTERING INSIDE**  
Showering within two hours after leaving the outdoors can wash away ticks that are on you but have not yet attached.

## MOSQUITO CONTROL MONITORING IN PORTSMOUTH

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](http://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](mailto:Help@DragonMosquito.com).

## FEDERAL COVID-19 PUBLIC HEALTH EMERGENCY ENDED MAY 11, 2023

- COVID-19 vaccines and boosters are still available at no cost while supplies last. Most commercial insurance companies and Medicaid will continue to provide support.
- Free antigen tests remain widely available in communities, while supplies last.
- Recommendations for who should receive updated boosters will continue to evolve. People who have questions or concerns about how to protect themselves from COVID-19 should talk with their primary care providers, especially individuals who are at higher risk for severe COVID-19, such as older adults and people with compromised immune systems.
- Access to COVID-19 vaccinations and certain treatments, such as Paxlovid, will generally not be affected. Vaccines are available at health care providers and at retail pharmacies.
- In most cases, access to telehealth to identify and treat COVID-19 will not change. New Hampshire’s partnership with On-Site Medical Services for free telehealth services for treatment of COVID-19 will continue until August 31, 2023.
- New Hampshire will continue to partner with select communities to monitor wastewater for the presence of COVID-19 and data will continue to be published on the New Hampshire COVID-19 Dashboard.
- As always, check the CDC Community Risk maps, by county, state and nationally, go to: [https://covid.cdc.gov/covid-data-tracker/#county-view?list\\_select\\_state=New+Hampshire&data-type=CommunityLevels&null=&list\\_select\\_county=33015](https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=New+Hampshire&data-type=CommunityLevels&null=&list_select_county=33015)