

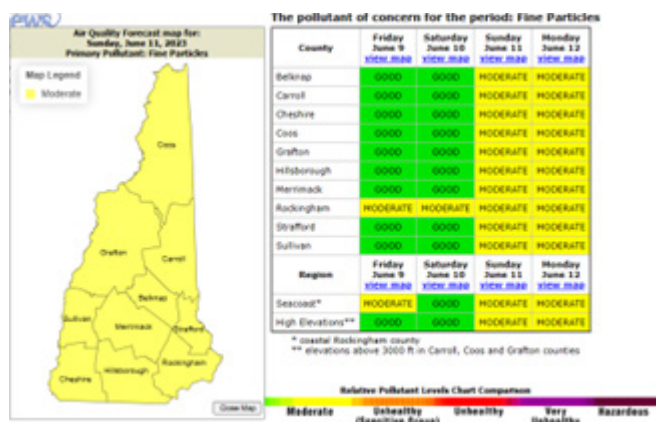
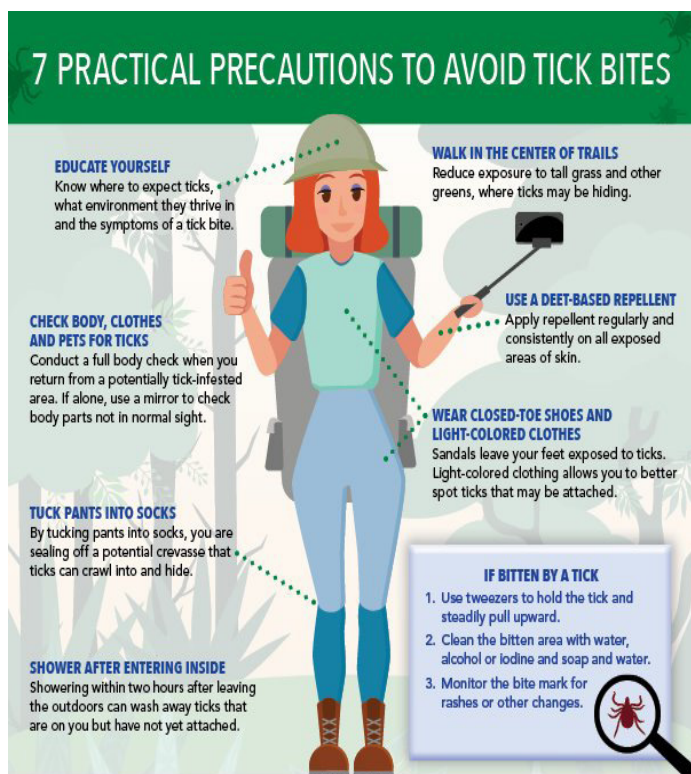
HEALTH BULLETIN BOARD 6/10/23

AIR QUALITY CONCERNS FOR THE SEACOAST -- Andy Pohl, a meteorologist with the National Weather Service, said on June 8, "The winds have been coming out of the north or further west, and actually pivoting around our area, so that's why we have been spared [from the Canadian wildfire smoke, but] as we approach the weekend, the pressure system will likely pull off, putting us under a northwest wind [that] could bring the smoke and bad air our way."

When there is poor air quality, state officials advise sensitive individuals to take precautions to protect their health by limiting prolonged outdoor exertion. Sensitive individuals include children and older adults; anyone with lung disease such as asthma, emphysema, or bronchitis; and people who are active outdoors. Even non-sensitive individuals could experience mild health effects and may want to consider limiting strenuous or prolonged outdoor activities.

Symptoms of ozone exposure may include coughing, wheezing, chest tightness, shortness of breath, or pain when inhaling deeply. People with asthma and other existing lung diseases may not be able to breathe as deeply or vigorously as normal and may experience symptoms such as coughing and shortness of breath. The symptoms can increase as air pollutant concentrations increase

For hourly air quality updates including this chart and map go to the [New Hampshire Department of Environmental Services website](https://www.des.state.nh.gov/air-quality) or call 1-800-935-SMOG.



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.

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 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.

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.
- New Hampshire's partnership with On-Site Medical Services for free telehealth services for treatment of COVID-19 will continue until August 31, 2023.