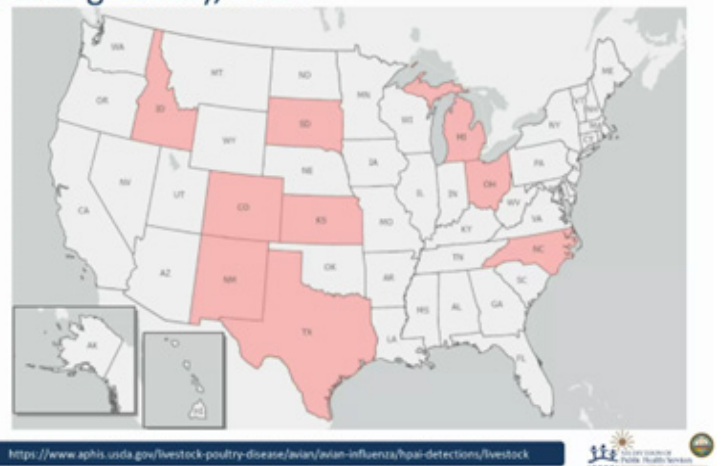


HEALTH BULLETIN BOARD 5/20/24

NH DHHS UPDATE ON THE H5N1 AVIAN INFLUENZA -- CDC/NHDHHS have determined the risk to public health is low. They continue to monitor test and tracking results. Dr. Crawford, DVM NH State Vet said, "This is an animal health issue."

- Cows in 9 states (not NH or ME) have been identified with H5N1 avian influenza. 1 cow in TX acquired it from a wild bird and then, when moved to another state, passed the infection to other cows.
- H5N1 spreads from wild birds to poultry to mammals. There was an outbreak in Maine, seals-to-seals in 2022.
- **Only 1 US human has contracted the virus out of 26 worldwide.** He had direct exposure to an infected lactating cow. Presented with conjunctivitis, treated with oseltamivir and the problem resolved.
- **Pasteurization kills any virus in cow's milk. Public Health recommends against human consumption of raw milk to avoid the risk and avoid other infectious diseases including listeria, e coli, salmonella.**
- No infection is being found in beef.
- However, this is a potential risk to cats who drink raw milk from infected cows. On one TX dairy farm with H5N1 where 24 cats drank milk from an infected cow, 50% became ill and died within a few days. The virus affects the milk and mammary glands in cows. It affects brain and lung tissue in cats.
- USDA protocols for dairy herds and movement of lactating cows across state lines currently require source farm ID, vet certification and a negative H5N1 test within 7 days of transport. (Animals can return home from a fair/exhibition within 10 days without another test.) May 7, 2024 Federal order still being amended.
- If human infection is suspected: health care providers should isolate the patient in their healthcare setting (staff should wear PPP), swabs, report to NHDHHS, test, begin oseltamivir and isolate from household while awaiting test results.

Detection in Domestic Livestock (Dairy Milking Cattle), 2024



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.

TUCK PANTS INTO SOCKS
By tucking pants into socks, you are sealing off a potential crevasse that ticks can crawl into and hide.

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.

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.

IF BITTEN BY A TICK

1. Use tweezers to hold the tick and steadily pull upward.
2. Clean the bitten area with water, alcohol or iodine and soap and water.
3. Monitor the bite mark for rashes or other changes.

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 in April. 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.