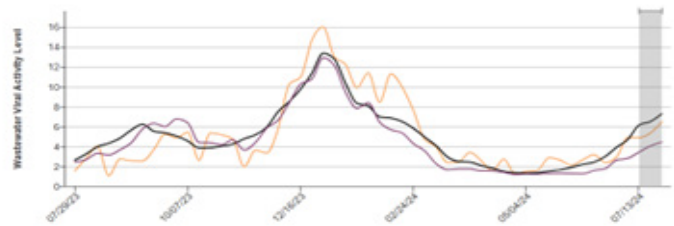


HEALTH BULLETIN BOARD 8/5//24

NH WASTEWATER SAMPLING SHOWS INCREASE IN COVID-19

-- As of July 20, tests in New Hampshire found 14.49 coronavirus RNA copies per milliliter of wastewater, the CDC reported. Two weeks earlier, on July 6, test results recorded 4.93 coronavirus RNA copies per milliliter. Portsmouth's two wastewater treatment facilities provide weekly samples to the NH study test center.

New Hampshire has 12 site(s) reporting in the past week, and 1 (8%) of its site(s) with less than six months of data. Sites with less than six months of data will tend to have larger week-to-week changes in Wastewater Viral Activity Level than those with more than six months of data.



AHRN1 BIRD FLU STILL CIRCULATING IN DAIRY HERDS

-- CDC's current A(H5N1) bird flu human health risk assessment for the US general public has not changed, although bird flu has now infected 174 herds in 13 states. **Just 14 people in the US have contracted the virus**, one in Texas and two in Michigan -- all had direct contact with infected cows. The risk to members of the general public who do not have exposure to infected animals remains low. However, the latest development underscores the importance of recommended precautions in people with exposure to infected or potentially infected animals. People with close or prolonged, unprotected exposures to infected birds or other animals (including livestock), or to environments contaminated by infected birds or other infected animals, are at greater risk of infection and should take precautions.

- **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.
- There is also 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. r

THIS FAIR SEASON
TAKE ACTIONS TO PREVENT THE SPREAD OF FLU BETWEEN ANIMALS AND PEOPLE.

STAY HOME
IF YOU ARE SICK WITH FLU-LIKE ILLNESS.

WASH YOUR HANDS OFTEN
WITH SOAP AND RUNNING WATER AFTER TOUCHING ANIMALS OR LEAVING ANIMAL AREAS.

NO FOOD OR DRINKS IN ANIMAL AREAS!

DON'T BRING THESE ITEMS AROUND US EITHER!

AVOID CONTACT
WITH ANIMALS THAT LOOK OR ACT SICK.
IF YOU ARE AT HIGHER RISK** OF SERIOUS FLU COMPLICATIONS, YOU SHOULD AVOID CONTACT WITH ANIMALS.

**People at higher risk of serious flu complications include children younger than 5 years, people 65 years and older, pregnant people, people with certain chronic medical conditions, and others.

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.

TICK SEASON IS ALSO 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 similar to guarding against mosquito bites: wear long sleeves and pants and use bug spray. Also avoid habitats with dry leaves and long grass where ticks are active.

PREVENT MOSQUITO BITES

REMOVE STANDING WATER
Mosquitoes require water to lay their eggs. Dump out water from tires, flower pots, and chairs to stop new mosquitoes from living in your yard.

DON'T LET MOSQUITOES INSIDE
Use screens on doors and windows to keep mosquitoes from sneaking into your home.

USE REPELLENT AND AT HOME MISTING SYSTEMS
Make sure your personal insect repellents include DEET. Consider installing a misting system if you spend a lot of time outside your home.

COVER UP
When in mosquito territory, wear long pants, long sleeves, socks and closed toed shoes.

fullscopepestcontrol.com