

BOARD OF HEALTH

The following permits were issued through this Department.

Septic Systems:

Residential	New Construction	14
	Replacement/Repair	23
Commercial	New Construction	0

Building Permits 19

Occupancy 26

Commercial Occupancy 1

Day Care/Foster Care 1

All permits were issued in compliance with Town and State requirements.

All concerns regarding potential health issues submitted to this office were addressed and the findings as well as the course of action were reported back to the Office of Selectmen.

The annual water testing of Country Pond was conducted and was found to be acceptable by State standards at the beginning of the swimming season. Upon subsequent random testing, test results were found not to be acceptable by state standards and signs prohibiting swimming were posted accordingly. Residents should be aware of any *postings* at town access points. Should swimming be prohibited signs will be posted at the entrance to the town beach and public boat launching areas.

Residents are encouraged to have their domestic water tested annually by a state certified lab. Some well water in New Hampshire may contain contaminants such as radon, uranium, and arsenic, which occur naturally in our bedrock. The NH Department of Environmental Services would suggest homeowners with private wells have the quality of their water tested periodically for a comprehensive roster of contaminants.

You can learn more about this by visiting the N.H. Department of Environmental Services' web site at www.des.state.nh.us/wseb, select "fact sheets" then 2-1. You may obtain a sampling bottle with instructions through this office.

New Hampshire Arbovirus Surveillance Results

Start Date: 10/04/2009 – End Date: 10/10/2009*

This was the last Arbovirus Surveillance Bulletin for the 2009 season

HUMANS		Number Tested	WNV Positive	EEE Positive	Other Positive
Humans Tested	Week	4	0	0	0
	YTD	86	0	1	0

ANIMALS		Number Tested	WNV Positive	EEE Positive
Animals Tested	Week	1	0	1
	YTD	21	0	11

MOSQUITOES		Number Tested	WNV Positive	EEE Positive
Mosquito Batches Tested	Week	165	0	5
	YTD	3887	1	73

*Data provided are those for which final results are available.

Comments: YTD**HUMAN EEE**

Positive human case was identified in Candia (1).

ANIMAL

Three positive horses (Bow, Bristol, Henniker), two EEE positive alpacas (Candia, Greenfield), one EEE positive llama (Candia), and one EEE positive emu (Alstead) have been identified. Two EEE positive canaries (birds) were identified in Rochester. Two EEE positive veterinary specimens were received from out-of-state.

MOSQUITOES:

Mosquito pools were submitted from Carroll, Cheshire, Grafton, Hillsborough, Merrimack, Rockingham, and Strafford counties.

EEE

Positive mosquito pools have been identified in 32 cities and towns: Allenstown (2), Alstead (1), Atkinson (1), Brentwood (2), Candia (7), Danville (2), Derry (5), Dover (1), East Kingston (2), Exeter (4), Fremont (2), Greenland (4), Hooksett (1), Hudson (1), Keene (1), Kingston (1), Litchfield (4), Madbury (1), Manchester (9), Moultonborough (1), Newfields (4), Newton (1), Newington (1), Newmarket (1), North Hampton (3), Plaistow (1), Portsmouth (1), Raymond (3), Rye (2), Sandown (2), Stratham (1), and Windham (1).

Use the following link to view the locations of positive test results and regional risk maps:
<http://www.dhhs.state.nh.us/DHHS/CDCS/West+Nile+Virus/arboviral-test.htm>

For further information regarding these data, contact Dianne Donovan, Arboviral Surveillance Coordinator, at 603-271-5927

Please remember your first line of defense against the WNV / EEE is Prevention

Since State health officials continue to confirmed positive test results in various parts of the state for the WNV, EEE this past year, they strongly urge residents to eliminate mosquito-breeding opportunities around their homes this spring by taking the following steps:

- Remove all discarded tires. The used tire has become the most important domestic mosquito producer in the country.
- Dispose of tin cans, plastic containers, ceramic pots, or similar water holding containers.
- Drill holes in the bottom of recycling containers that are left out of doors.
- Make sure gutters drain properly.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs. If not in use keep empty and covered.
- Drain water from pool covers.
- Aerate ornamental pools or stock them with fish. Water gardens are fashionable but become major mosquito producers if they are allowed to stagnate.
- Turn over plastic wading pools when not in use.
- Turn over wheelbarrows and change water in birdbaths at least twice weekly.
- Eliminate any standing water that collects on your property. Use landscaping as needed.

Eastern Equine Encephalitis is a virus transmitted through the bite of an infected mosquito that has picked up the virus by feeding on an infected bird. Overall, the risk to humans is low, and in many cases symptoms are mild, but EEE can cause serious illness. If illness does occur, it generally begins 3 to 14 days after being bitten by an infected mosquito. In severe cases, the first symptoms of EEE and West Nile virus are high fever (103°F to 106°F), stiff neck, headache, and lack of energy. People with these symptoms should call their health care provider. In rare cases, EEE can progress to encephalitis (inflammation of the brain), coma, and death.

Anyone wishing to learn more about West Nile Virus / EEE may call the Department of Health and Human Services, West Nile Virus Information Line at (866) 273-6453) between 8:00 a.m. and 4:30 p.m. or login at www.dhhs.state.nh.us or for specific questions about WNV in horses, please call the Department of Agriculture at (603) 271 -2404.

Please remember your first line of defense against the West Nile Virus / EEE is:
Prevention, Prevention, and Prevention.

- If outside during evening, nighttime, and dawn hours when mosquitoes are most active and likely to bite, children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks.
- Consider the use of an effective insect repellent, such as one containing DEET. A repellent containing 30% or less DEET (N,N-diethyl-methyl-meta-toluamide) for children and adults. Use DEET according to the manufacturer's directions. Children should not

apply DEET to themselves. Repellents that contain Picaridin or oil of lemon eucalyptus have also been determined to be effective.

- Vitamin B, ultrasonic devices, incense, and bug zappers have not been shown to be effective in preventing mosquito bites.

DHHS Provides Recommendations on Food Safety During Power Outages

Even if food doesn't smell bad, and looks safe, it may have been out of a safe temperature range long enough to be contaminated with dangerous bacteria. A good rule to follow in this situation, when in doubt, throw it out."

The US Department of Agriculture recommends taking the following steps during and after a weather emergency:

- Never taste food to determine its safety
- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature
- The refrigerator will keep food safely cold for about 4 hours if it is unopened. Full freezers will hold the temperature approximately 48 hours (24 hours if it's half full and the door remains closed)
- Food can be safely refrozen if it still contains ice crystals or is at 40 degrees F or below
- Get block ice or dry ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for an extended period of time
- Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items after 4 hours without power
- Retail establishments with questions about safe food handling during a power outage please visit the DHHS website at:
<http://www.dhhs.state.nh.us/DHHS/FOODPROTECTION/default.htm>

Novel influenza A (H1N1) virus is still with us.

While the headlines and the television chatter about this virus may have quieted down, H1N1 has not gone away. There are still higher levels of influenza-like illness than is normal for this time of year, according to the U.S. Centers for Disease Control and Prevention (CDC). H1N1 can be dangerous for a person with an underlying medical condition, such as asthma or diabetes or if you're pregnant. So far, it's been most contagious among children and young adults age six months to 24 years old. Health care workers, emergency responders, and people caring for infants should be on guard.

Everyone can take some very basic actions to help stop the spread of flu.

Wash your hands with soap and water frequently. Cough into your elbow, sleeve or into a tissue, not your hands. Stay home if you're sick. Get a seasonal flu shot.

There are resources available to help you learn how to prevent the flu.

Go to www.flu.gov and www.dhhs.nh.gov

You'll find information on flu.gov to prepare for, prevent, and respond to an outbreak.

Links

- Centers for Disease Control and Prevention
- US Department of Health and Human Services
- US Food & Drug Administration
- World Health Organization

Influenza A (H1N1) Frequently Asked Questions

What is the H1N1 flu?

The H1N1 Flu (swine flu) is a respiratory disease of pigs that is caused by a type A influenza virus. Outbreaks of swine flu happen regularly in pigs. It is uncommon, however, for these viruses to infect humans and cause large outbreaks.

Are there human infections of the H1N1 flu virus in the United States?

In late March and early April 2009, cases of human infection with the H1N1 virus were first reported in Southern California and near San Antonio, Texas. All United States have reported cases of the H1N1 flu infection in humans and cases have been reported international also. An updated count of confirmed cases in the U.S. is available at www.cdc.gov/swineflu/investigation.htm. The Centers for Disease Control and Prevention (CDC) and state and local health agencies are working together to investigate and monitor this situation.

Is the H1N1 flu virus very contagious?

The CDC has determined that this virus is contagious and is spreading from human to human.

What are the signs and symptoms H1N1 flu in people?

The symptoms of H1N1 flu virus in people are similar to those of regular seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people have reported diarrhea and vomiting associated with the H1N1 flu virus. Severe illnesses and death has occurred as a result of illness associated with this virus.

How does someone get H1N1?

The spread of H1N1 flu virus is thought to occur in the same way that seasonal flu spreads, from person to person through coughing or sneezing by people with influenza. People may also become infected by touching something – such as a surface or object - with flu viruses on it and then touching their mouth or nose.

When can someone with the H1N1 flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 days or more after becoming sick. That means you may be able to pass the flu on to someone else before you know you are sick, as well as while you are sick.

Is there medicine to treat the H1N1 flu?

Yes. The CDC recommends the use of oseltamivir or zanamivir for treatment of infection with these swine influenza viruses. Antiviral drugs are prescription medications (pills, liquid or an

inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs will not make the flu go away, but they will make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

Is it safe to eat pork and pork products?

Yes. The H1N1 flu virus is not spread by food, you cannot get it from eating pork or pork products. As always, eating properly handled and cooked pork products is safe.

What precautions should people take to protect themselves from becoming sick?

There are everyday actions people can take to help prevent the spread of germs that cause respiratory illness like influenza including:

- Cover your nose and mouth with a tissue when you cough or sneeze, or use your elbow, then throw the tissue in the trash after use
- Wash your hands often with soap and water (15-20 seconds with soap and warm water), especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people. .

Who should be vaccinated?

Based on CDC recommendations, the following populations have been targeted to receive vaccine before it is released to the general population.

- a. Pregnant Women
- b. Children and young adults 6 months through age 24
- c. Household contacts of children less than 6 months of age
- d. Health care workers and first responders with patient contact
- e. Adults 25 – 64 with medical conditions that are complicated by the influenza virus

Based upon the factors as outlined above, the following populations will be vaccinated by their private physicians with the first shipments of vaccine into the state of New Hampshire:

- a. Pregnant Women
- b. Children 6 months to 5 years with medical conditions
- c. Health care workers and first responders with direct patient contact

Followed as soon as possible by:

- d. Children 5 through 18 years of age with medical conditions
- e. Household contacts of children less than 6 months of age, especially siblings
- f. Young adults 19 through 24 years of age with medical conditions (Ethics

Committee Minutes, 8/24/08)

The NH DHHS Novel H1N1 Vaccination Distribution Plan is available at

http://www.dhhs.state.nh.us/DHHS/DHHS_SITE/default.htm.

What should people do if they get sick?

If you become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting and diarrhea, it is recommended that you stay home at least 24 hours after your fever is gone, except to get medical care or for other necessities. You may want to contact your healthcare provider, particularly if you are worried about your symptoms. Your healthcare provider can determine whether influenza testing or treatment is needed.

Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

What are the emergency warning signs to look for, for severe illness?

In **children** emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In **adults** the emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or sudden pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

How does someone know if they have the H1N1 Flu?

Many people will never know because they won't become sick enough to seek medical attention, just as with seasonal flu. If you visit your healthcare provider, they may do a preliminary test to determine if you have is a flu strain. After that, samples are sent to the NH Public Health Lab for further testing to determine if the strain of flu virus is H1N1.

For specific concerns or questions about Influenza A H1N1 Virus, call the New Hampshire Department of Health and Human Services at 1-800-852-3345. You can also visit the NH Department of Health and Human Services website at www.dhhs.nh.gov, the Centers for Disease Control and Prevention website at www.cdc.gov/swineflu/, or the U.S. Health and Human Services website at www.flu.gov.

NH

Informational Telephone Numbers and Web Sites**Town of Newton Official Website**

www.newton-nh.gov

State of New Hampshire Official Website

www.nh.gov

NH Department of Health and Human Services (DHHS)

www.dhhs.nh.gov

NH DHHS Directory for Programs and Services
www.dhhs.nh.gov/DHHS/Programs+Services/default.htm

New Hampshire Department of Environmental Services (DES)
<http://des.nh.gov/index.htm>

NH DES Directory to Programs and Services by Subject Telephone Number
<http://des.nh.gov/sitemap/index.htm>

H1N1 Information
www.flu.gov
www.cdc.gov
www.who.org
www.dhhs.state.nh.us

NH EEE/West Nile Virus Informational Line
1-866-273-6453

Dragon Mosquito Control
1-603-964-8400

Should you have any question or concerns you may contact me at any time. You may reach me by calling 603-498-8028 or through the Selectmen's Office at 382-4405

It has been my pleasure serving you as Health Officer for the past year and I will continue to enforce the Public Health Laws and rules in the future in order to safeguard the Public Health for the Town Of Newton.

Respectfully Submitted,
Robert R. Leverone
Health Officer