

BOARD OF HEALTH

The following permits were issued through this Department.

Septic Systems:

Residential	New Construction	16
	Replacement/Repair	9
Commercial	New Construction	3

Building Permits

Residential	30
Commercial	9

Occupancy

Residential	26
Commercial	25
	4

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 and after subsequent testing throughout the remaining season. 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, You may obtain a sampling bottle with instructions through this office.

WNV / EEE

Please remember your first line of defense against 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.
- 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.

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.

Dragon Mosquito Control

1-603-964-8400

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>

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

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