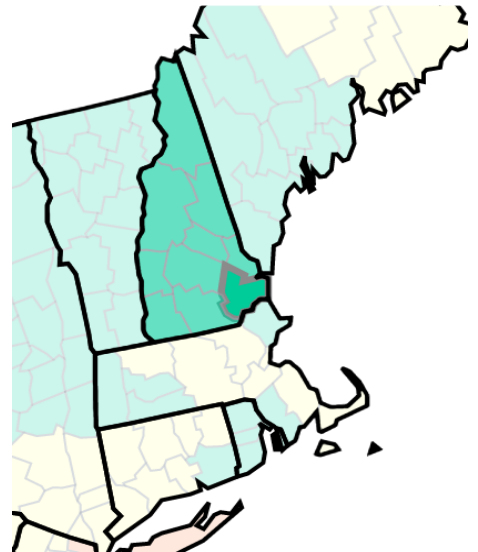
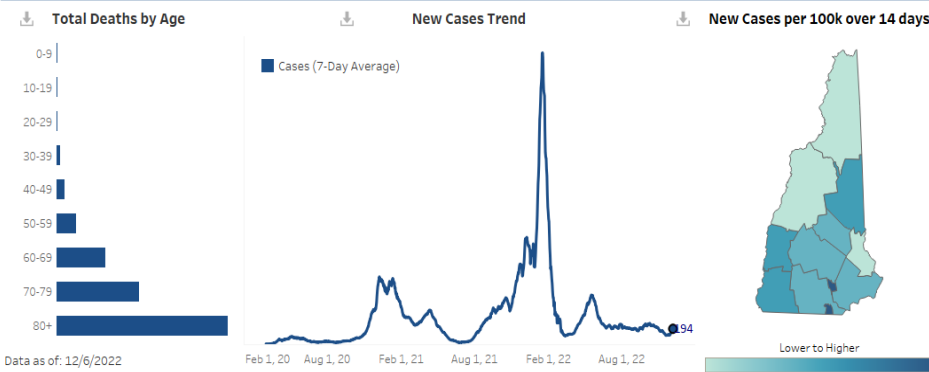


# HEALTH BULLETIN BOARD 12/7/22



NHDHHS is reporting a 64% increase in the number of cases for the 7 days ending December 6 compared to the previous 7 days. <https://www.covid19.nh.gov/> CDC is classifying ALL NH COUNTIES and 69.5% of the US, as “LOW RISK.” (Maps at right.) Go to: <https://tinyurl.com/3u9c5nx9>

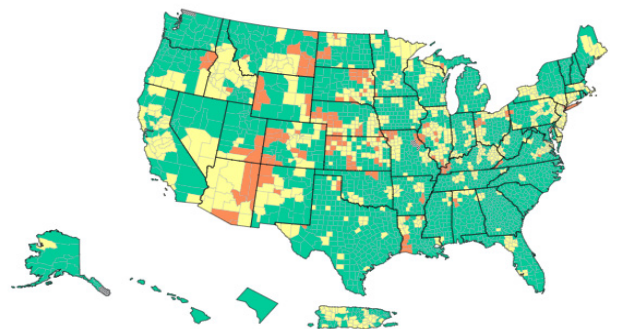
## COVID-19 Booster Doses

The best way to protect yourself from COVID-19, including Omicron is to get vaccinated and boosted.

**Who?** Everyone ages 5 and older should get a booster.

**When?** At least 5 months after your second Pfizer or Moderna shot, or 2 months after Johnson & Johnson.

As of 5/19/2022



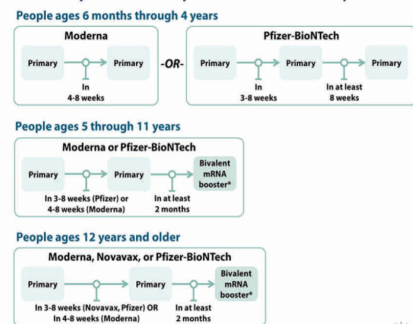
**NH DHHS AND CDC RECOMMEND EVERYONE OVER 5 RECEIVE FALL COVID-19 BOOSTER VACCINES** – The CDC has approved the FDA EUA for a modified booster Pfizer vaccine for age 5+ and one from Moderna for 6+ that combine protection against the original strain PLUS protection against Omicron BA.4/BA.5 now circulating. Go to **UPDATED booster FAQs:** <https://www.cityofportsmouth.com/city-manager/vaccination-faqs>

**COVID-19 BOOSTERS: MORE SITES AVAILABLE! Find the new booster by going to the interactive map at <https://www.vaccines.gov/search/>**

**VACCINE CLINIC scheduled for January 18, 2023** at the Senior Activity Center in Portsmouth (125 Cottage Street) from 9 am to 3 pm. Pfizer and Moderna boosters as well as initial series and vaccines for children available.

**EARLY SURGE IN RSV AFFECTING INFANTS AND SENIORS** --For most healthy people, RSV, or respiratory syncytial virus, is a coldlike nuisance. But for the very young, the elderly and people with certain health problems, it can be serious, even life-threatening. The virus can infect deep in the lungs, causing pneumonia, and in babies it can impede breathing by inflaming tiny airways. Several companies are creating RSV vaccines but Pfizer and rival GSK are furthest along. Both companies recently reported final-stage testing in older adults. The competing vaccines are made somewhat differently but each proved strongly effective, especially against serious disease. Both companies plan to seek regulatory approval in the U.S. by the end of the year, as well as in other countries.

## COVID-19 Vaccination for People NOT Moderately-Severely Immunocompromised



## COVID-19 Vaccination for People Who ARE Moderately-Severely Immunocompromised

