

HEALTH BULLETIN BOARD 9/30/23

NEW COVID-19 SEASON -- FALL-WINTER 2023

While most Americans have some immunity from COVID-19 either from vaccination or the illness itself, the new XBB.1.5 strain is circulating and there are increasing numbers of cases contracted from concentrated groups of people. A new monovalent vaccine engineered to protect against the now circulating strain -- the Omicron subvariant XBB.1.5 -- is now available. The CDC says everyone age 5 and up is now eligible to receive the new vaccine. To find a vaccination location near you go to <https://www.vaccines.gov/>

The usual additional precautions remain:

- Wear a mask in large groups or confined spaces.
- Take a COVID-19 test if you experience the symptoms. The Federal government is again offering FREE COVID-19 test kits. To order, go to: <https://www.covid.gov/tests>
- Treatments for COVID-19 are now widely available. If you test positive for COVID-19, talk to a doctor as soon as possible about treatment options. The Test-to-Treat program is one easy way to get treatment. Test-to-Treat locations will give you a test and treatment. Find a Test-to-Treat location near you

The current strain has cold-like symptoms (rather than the lung congestion) as well as sore muscles and fatigue. If you test positive, isolate for 5 days. If the symptoms have passed on Day 5, it's ok to circulate again but wear a mask. If the symptoms persist at Day 5, continue to isolate through Day 10.

At the same time that COVID-19 is becoming more widespread, a new flu season and the annual RSV (Respiratory Syncytial Virus) season has returned. NH DHHS notes there are resources for the most vulnerable populations for RSV: the new nirsevimab vaccine for children age 8 months and under and for those ages 60 years and older with healthy immune systems, one dose of the RSV vaccine Arexvy was 83% effective in preventing lung infections (like pneumonia) due to RSV during the first RSV season after vaccination.

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:

✖








✖✖

✖✖✖

Rarely

Sometimes

Often

	COLD	FLU	COVID-19	RSV
 ACHES	✖✖	✖✖✖	✖✖	✖
 DIFFICULTY BREATHING	✖	✖	✖✖✖	✖✖
 FATIGUE	✖✖	✖✖✖	✖✖✖	✖
 FEVER	✖	✖✖✖	✖✖	✖✖
 LOSS OF TASTE OR SMELL	✖	✖	✖✖	✖
 SORE THROAT	✖✖✖	✖✖	✖✖✖	✖
 WHEEZING	✖	✖	✖	✖✖✖

MOSQUITO CONTROL MONITORING IN PORTSMOUTH

Due to the heavy rains of the summer, mosquitoes can be found in abundance. No cases of West Nile or EEE have yet been found in NH but NHDHHS recommends removing any standing water on your property, where mosquitoes can breed. 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.

