March 19, 2020

As the Health Officer, I have a directive from NH Department of Public Health Services (DPHS) to assist citizens in learning more about COVID-19. These are two trusted websites:

**NH DPHS:** [https://www.nh.gov/covid19/](https://www.nh.gov/covid19/)


People with general questions on COVID-19 can call 211. Upon reaching a phone menu, select the COVID option to reach a live operator.

To immediately report any suspect cases of COVID-19, call NH DPHS at 603-271-4496 (8:30am-4:30pm) or after hours only at 603-271-5300.

If you are sick with symptoms of fever, cough, or shortness of breath, call your healthcare provider, an urgent care clinic, or hospital. Some providers are meeting suspect COVID-19 persons outside in tent shelters. The recommendation from NH DPHS is if you are asymptomatic of COVID-19 or being presumptively managed as COVID-19 (without testing) you should stay home (self-quarantine) for 14 days from the last day of exposure.

For the immediate future, people should:

1. Keep six feet from others (if possible)
2. Meet in groups of 10 or less (if possible)
3. Avoid shaking hands or personal contact
4. People should cough or sneeze into their elbows
5. Immediately throw tissues used into the trash
6. For hygiene, wash hands for at least 20 seconds
7. Use hand sanitizer whenever possible

With everyone’s cooperation, we’ll all get through this trying time with the least impact possible. Thank you for your cooperation. Stay well!

Michael Cumings
Building Inspector
Health Officer