



WILTON HEALTH OFFICER UPDATE ON COVID 19 OCTOBER 26, 2020

The New Hampshire Department of Health and Human Services (DHHS) has identified potential community exposure related to multiple food and beverage establishments in multiple locations in the State most notably Portsmouth, Concord and a little closer to us in Peterborough. DHHS is conducting contact investigations on all cases associated with these potential community exposures and is notifying known close contacts directly.

Fall is officially upon us and over the past several weeks both Nashua and Milford have experienced an uptick in community spread of the Coronavirus which means there are more cases of COVID 19 being reported and many more associated contacts exposed to positive cases. With testing on the increase it is not surprising that the number of cases is rising.

Turning our attention closer to home where Wilton residents on social media are asking a number of important questions and concerns this update will prove beneficial.

17 cases in total have been reported for the Town since the pandemic began of which 3 are currently active cases.

Nine months into this Pandemic, we are constantly reminded of the wide range of symptoms of COVID 19 including fever, chills, cough, shortness of breath, runny nose, nasal congestion, sore throat, fatigue, headache, muscle aches, nausea, vomiting, diarrhea, or loss of taste or smell. However it is going to be very difficult to distinguish this from the influenza virus that comes with the winter months.

Any person who develops new symptoms should stay home, limit their contact with others, immediately contact their healthcare provider and get tested for COVID-19.

Guidance for self-quarantine is available at:

<https://www.nh.gov/covid19/residents/documents/self-quarantine-covid.pdf>

Whether or not you are experiencing symptoms, multiple testing options throughout the State are available to potentially exposed individuals. For persons without health insurance or a primary care provider, testing is available and can be scheduled by

calling (603) 271-5980 or by completing the online form at https://business.nh.gov/DOS_COVID19Testing. Other options can be found here: <https://www.nh.gov/covid19/resources-guidance/testing-guidance.htm>.

COVID-19 will continue to circulate in our community, so all people need to protect themselves and help prevent further community spread, by doing the following:

- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid close contact with others. When outside your home, keep a distance of at least 6 feet between yourself and others.
- Wear a cloth face covering that covers your mouth and nose to protect others when in public areas.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Stay home if you have a fever or are not feeling well.
- Clean and disinfect frequently touched objects and surfaces.

For more information on COVID-19 in NH, please visit <https://www.nh.gov/covid19/>.

The recent outbreaks in both Milford and Peterborough have reached the Emergency Services in these communities, so Wilton may well see an increase in offering Mutual Aid. Ambulance Director Sherry Miller is well aware of the protocols needed to be put in place for such an action. We are blessed to have a surplus of Personal Protective Equipment (PPE) thanks to the earnest efforts of our Emergency Management Director, Dave Boissonnault. Patient Care and the protection of first responders is paramount during this Coronavirus crisis.

In my role as Health Officer it is my responsibility for the health and safety of the staff working in the Town Offices. No decision has been made on when the Town Clerk's office will be opening to the public for walk in counter service, and if we are seeing an increase in cases here in Wilton this will signal its continued closure. The Town Clerk's staff are working diligently to accommodate residents through other service channels. Please keep in mind that their phones have been quite busy so residents may need to call more than once, and if a voice mail is reached please leave a message with your phone number in order to receive a call back. They can also be reached at tctc@wiltonnh.gov.

Thank you.

Paul Branscombe
Town Administrator
Health Officer