

## Report of the Health Officer

The Heroin/opioid epidemic continues to impact Fremont residents and is widespread across the State of New Hampshire. Carfentanil is a synthetic opioid that is 100 times more potent than Fentanyl and has been linked to multiple New Hampshire overdose deaths. Synthetic opioids can potentially be inhaled or absorbed when in powder or solution form, putting first responders including friends and family at great risk of accidental exposure when responding to opioid related medical calls. While treatment with Naloxone is effective for most opioid overdoses, synthetic opioids such as Carfentanil will likely require multiple and/or higher doses of administration; basic life support may be needed until Naloxone takes effect.

There are currently four ways for New Hampshire residents to get Naloxone kits for themselves or someone they care about:

1. Your physician or any licensed prescriber can write a prescription for Naloxone that you can purchase at a pharmacy.
2. You can buy naloxone at a pharmacy with standing orders, which sells the medication without a prescription.
3. You may receive free kits if you are a client of a State-contracted health center or treatment provider, at risk for opioid overdose and don't have insurance that covers the cost, or cannot afford to purchase Naloxone.
4. If you are at risk for opioid overdose and don't have insurance that covers the cost or cannot afford to purchase Naloxone, you may attend an event held by your Regional Public Health Network, where the State's free kits are distributed.

Residents looking to seek help for opioid addiction, or to seek assistance for a loved one can contact 211 for general information on addiction treatment resources or the New Hampshire Statewide Addiction Crisis Line toll-free at 1 844 711 HELP (4357).

Additional online resources include:

- [Anyoneanytimenh.org](http://Anyoneanytimenh.org)
- [Nhtreatment.org](http://Nhtreatment.org)
- [211nh.org](http://211nh.org)
- [Drugfreenh.org](http://Drugfreenh.org)
- <https://www.dhhs.nh.gov/dcbcs/bdas/documents/dmi-september-2017.pdf>

During the early months of 2017, Fremont and surrounding areas remained in the severe drought category. With adequate rainfall over the summer and fall months and early season winter storms the Department of Environmental Services reports no drought at this time.

Mosquito borne diseases such as West Nile, EEE, Zika and tick borne diseases such as Lyme, Anaplasmosis, Babesiosis, and Powassan are of ongoing concern throughout the

state. Fremont continues to utilize a Mosquito Control Program as a proactive measure in preventing disease. Please remember for the best protection against ticks and mosquitos is to wear clothing with long pants and sleeves, and use an insect repellant that contains 20-30% DEET.

Influenza is already widespread in New Hampshire for the 2017-2018 season, with 10 flu related deaths reported as of January 2018. Vaccination is the best defense against the flu and annual vaccines are recommended for everyone ages 6 months and up. Please remember to sneeze and cough into your sleeve or a tissue, wash your hands frequently and stay home from work or school if you have a fever or signs of illness.

Rick Foye served as the Health Officer from February to early November 2017. We would like to thank Rick for his service to the Town. Bob Meade served as the Health Officer during the month of January, and returned to the role in November 2017 on an interim basis. Welcome back Bob! We thank him for his efforts!

Deputy Health Officer Carla Smith earned a Graduate Certificate in Public Health from the University of New England in August 2017. She attended the NH Immunization Conference in March and the NH Emergency Preparedness Conference in June.

Bob Meade, Rick Foye, and Carla Smith at various times have also participated on the Fremont Safety Committee, which addresses safety and wellness for all Town staff and buildings.

Bob Meade conducted a health inspection of the Ellis School. Public schools undergo a health inspection as part of the school approval process every five years. The Department of Education requires the health inspection to be performed by a local Health Official, not a school employee.

Safety and wellness tips as well as links to other sources can be found at [www.Fremont.nh.gov](http://www.Fremont.nh.gov).

Respectfully submitted,

Bob Meade, Health Officer  
Carla Smith, Deputy Health Officer

*A DHART Medflight helicopter landing at Ellis School in February 2017 to assist FFRD*

*Photo courtesy of Chief Richard Butler*

