

Report of the Health Officer

Fremont has remained in good health standings during the year. National concerns of Enterovirus D68, and global concerns of Ebola have thankfully not affected our community. Deputy Health Officer Carla Smith participated in emergency planning for the monitoring of both diseases provided by the Department of Health & Human Services to best serve the Fremont community should the need occur.

Seasonal concerns of influenza and norovirus can be best prevented through precautions such as covering coughs and sneezes, good hand washing, staying home with fever or signs of illness, and obtaining an annual influenza vaccination.

New Hampshire continues to have a high rate of tick-borne diseases such as Lyme disease, Babesiosis, and Anaplasmosis. The first case of Powassan virus was reported in New Hampshire this year. The Town has remained diligent in addressing concerns of mosquito borne diseases such as EEE and West Nile through the Mosquito Control Program and no cases were reported in Fremont this year. The best protection against ticks and mosquitoes is to wear clothing with long sleeves and pants, and the use of insect repellents containing 20-30% DEET.

New concerns seen statewide this year are increased gonorrhea infections, use of synthetic marijuana, and heroin overdoses in Rockingham County. Information is available through www.dhhs.nh.gov Health Officer Bob Meade continues to participate on the Fremont Safety Committee which addresses safety and wellness in all town buildings. Safety and wellness tips as well as links to other sources can be found at www.Fremont.nh.gov.

Respectfully submitted,

Bob Meade, Health Officer
Carla Smith, Deputy Health Officer

Military Encampment at Peterson's
Farm – Field Day
Fremont 250th Anniversary Celebration
21 June 2014

Photo courtesy of Leo Danjou

