

## **Report from the Health Officer**

This is of course my weak spot having recently been appointed to this position. I have first aid training from scouts, coaching and an interest (especially as a parent) in health. Fortunately we have Trudie Butler who knows far more about health and well being than I ever will, to keep me straight.

One concern that we have is those nasty mosquitoes and everything they carry (in particular EEE & WNV). With so much wetland and names like the Great Spruce Swamp we need to be careful and take precautions (DEET, long sleeves & pants). Ticks and Lyme disease would be another concern.

With power outages we need to keep our generators at a safe distance being aware of carbon monoxide as well as how long food can go in a refrigerator or freezer before we can no longer trust it.

Even as I write this (mentioning summer and insects) we have our first confirmed cases of seasonal influenza, which brings up other precautions and concerns.

Information is available on the town's web site [www.Fremont.nh.gov](http://www.Fremont.nh.gov) on the Health page. Links to other resources can also be found there.

Besides being careful the best advice that I can offer is to eat right, exercise often, get enough sleep and keep your mind active.

Respectfully submitted,

Bob Meade – Health Officer

Trudie Butler – Deputy Health Officer

“And in the end it's not the years in your life that count.

It's the life in your years.”

~ Abraham Lincoln