

REPORT OF THE HEALTH OFFICER

Thanks to everyone for helping me keep Fremont a healthy, happy place to live.

The Selectmen are alert to keep the mosquitoes that spread EEE and West Nile Virus (WNV) under control by spraying the school grounds and ball fields.

Watch out for those tiny deer ticks that cause Lyme Disease. They are not easy to see. Hopefully the cold and snow this winter has cut down that population. Make sure you do check your kids and your pets for ticks when they come in from outside to be sure they do not have ticks on them. Check yourself too.

Make sure your pets have their rabies shots.

Cover that cough and sneeze and remember that the single greatest step you can take to avoid getting the flu or a cold; and to keep from spreading it, is to WASH YOUR HANDS!

Please keep our roadsides free of trash.

My thanks to all the Town Officials and employees for making my job easier.

Updates and information received from the State of NH Department of Public Health are posted to the Town's website, on the Health Officer page, at www.Fremont.nh.gov. This is also where you can find mosquito control program information, and tips on how to keep you and your family safe from EEE and WNV, among other health risks.

Respectfully submitted,

Trudie Butler
Health Officer



Members of the
Fremont Garden Club
Cleaning up and planting for
Memorial Day
May 24, 2008

Photo Courtesy of Carolyn Carr
Fremont Garden Club