

Report of the Health Officer

COVID continues to be present in our community despite the availability of vaccines. We continue to closely monitor the NH Department of Health and Human Services for health alerts and monitor health threats throughout the year. The best method to protect oneself, loved ones, and the community is to receive a COVID-19 vaccine and booster as recommended by medical professionals. COVID-19 vaccines are effective at helping protect against severe disease and death from the virus that causes COVID-19, including the variants circulating.

Electric and Heating Assistance is available for households with incomes between 60% and 75% of the state median income may qualify for:

- A one-time credit of \$450 for heating assistance.
- A one-time credit of \$200 on electric bills.

For more information on the programs, please visit the [NH Department of Energy's website \(https://www.energy.nh.gov/consumers/help-energy-and-utility-bills/community-action-agencies\)](https://www.energy.nh.gov/consumers/help-energy-and-utility-bills/community-action-agencies). To apply for assistance or to learn more about the electric and heating assistance application process households should contact their local Community Action Agency at capnh.org or (603) 895 2303.

PFAS water treatment rebates The Per- and Polyfluoroalkyl Substances (PFAS) Removal Rebate Program for Private Wells is now accepting applications. The program provides rebates to private well users for up to \$5,000 for the installation of PFAS treatment or up to \$10,000 for a service connection to a public water system. For additional information on this program, please contact the PFAS Rebate Team at pfasrebateprogram@des.nh.gov or (603) 271 8801.

211 NH is the connection for New Hampshire residents to the most up to date **resources** you need from specially trained Information and Referral Specialists. Simply dial 211 to be connected.

Health Officers worked with the **mosquito surveillance** contractor to monitor mosquito-borne health threats. The contractor provides active surveillance by setting up mosquito traps throughout the community, collecting mosquitos, and testing them for lethal mosquito-borne illnesses such as West Nile Virus and Eastern Equine Encephalitis and reporting the results to health officers. This is a proactive approach as opposed to waiting until a citizen or animal comes down with a deadly mosquito borne illness. Fremont citizens continue to support funding mosquito surveillance programs as they understand active mosquito surveillance allows the community to respond quickly to any health threats which includes spraying in high traffic areas in town.

This year Joanne and April have **inspected** daycares for State licensing requirements and various properties in Fremont throughout the year in response to health and sanitation complaints. In May April inspected **food vendors** at the Renaissance Faire. In October Joanne and April in partnership with UNH Nursing Students inspected nineteen food vendors at the Grass Drags.

The UNH Nursing Students developed an inspection checklist as part of a Public Health Project. Food vendors who were not in compliance with temperature and safe food preparation and storage were reinspected.

Joanne attended the Annual Health Officers Meeting and Fall Workshop in October. Some of the topics reviewed were drug issues, junkyards, asbestos issues, and conflict management and safety. We wish the citizens of Fremont a safe and healthy New Year!

Respectfully submitted,

April Phelps, DNP, MSN-NE, RN, Health Officer
Joanne Cotton, MSPH, Deputy Health Officer



Fritz Wetherbee and his cameraman Paul Falco on a visit to the Fremont Town Hall October 21, 2022, likely in preparation for an edition of NH Chronicle.

They wouldn't reveal what they were working on, but Fremont is a regular guest on the popular evening broadcast due to our rich history!



Photos courtesy of
Kathy Clement