



Weekly Update - October 21, 2022

As the Chief Public Health Strategist for the Greater Nashua Public Health Region (GNPHR), the Nashua Division of Public Health and Community Services (DPHCS) prepares weekly updates to inform our community on matters related to the health and safety of our community. The Greater Nashua Public Health Region (GNHPR) includes the towns and cities of Amherst, Brookline, Hollis, Hudson, Litchfield, Lyndeborough, Mason, Merrimack, Milford, Mont Vernon, Nashua, Pelham, and Wilton.



Beyond the Common Cold: What to Know About Respiratory Syncytial Virus (RSV)

Lyndsey Bond, MPH

As the weather gets colder and we begin gathering more indoors, it is important to keep in mind when we aren't feeling well to stay at home. Within the past few weeks [Respiratory Syncytial Virus](#) (RSV) has been circulating [across the country](#), with some hospitals reporting high cases of RSV. The RSV season begins in September and can last until May. RSV is the most common cause of hospitalization in babies under a year old, and it is reported that 2 out of 3 babies under 1 year old will get RSV. RSV can infect anyone but causes more severe symptoms in infants and older adults.



Common symptoms of RSV include runny nose, cough, and sneezing. More severe symptoms include wheezing or difficulty breathing. If you suspect your baby has RSV reach out to your health care provider. It is especially important to reach out if your baby shows these symptoms:

- Shallow breathing/ wheezing
- Nasal flaring, as if they are struggling to breathe through their nose
- Poor appetite
- Fever
- Unusually tired
- A bluish tint to lips or fingernails

Your health care provider may test for other infections as well such as flu and enterovirus.

RSV spreads through saliva droplets from coughing and sneezing and touching surfaces that may have been touched by an infected person. Some actions you can take to prevent the spread of RSV include washing your hands often, avoiding contact with someone who is sick, staying home and avoiding others if you are sick, disinfecting commonly used surfaces, and covering your cough/sneezes.

The Doorway of Greater Nashua and GateHouse Recovery Solutions Continue 24/7 Support

From an October 5 Southern New Hampshire Health article:

The Doorway of Greater Nashua, part of Southern New Hampshire Health, and GateHouse Recovery Solutions continue their partnership to support and care for people suffering from substance use disorder 24 hours a day, seven days a week. The Doorway of Greater Nashua partnered with GateHouse Recovery Solutions in 2020 to ensure our community members have access to the care they need, when they need it, regardless of the time of day or day of the week.



Anyone suffering from substance use disorder can visit The Doorway of Greater Nashua, located at 268 Main Street in Nashua, Monday through Friday, 8 am to 5 pm to seek assistance. Through the partnership with GateHouse Recovery Solutions, access is expanded to 24 hours a day. Individuals who are seeking treatment can access the GateHouse after hours and on holidays at their 63 Temple Street location where trained staff provide supervised, safe, and secure shelter accommodations until The Doorway of Greater Nashua opens at 8 am the following business day.

Read the [full article](#) on Southern New Hampshire Health's website. For a comprehensive guide of community resources, check out Nashua DPHCS' [Community Connections Resource Guide](#).

Drug Takeback Day

On Saturday, October 29, from 10 a.m. to 2 p.m., communities nationwide will participate in the Drug Enforcement Agency's (DEA) Annual National Prescription Drug Take-Back Day.

This event provides the public an opportunity to prevent substance misuse and theft by eliminating expired, unused, and unwanted prescription drugs from our community. As a part of this national initiative, individuals can bring pills for disposal to any participating sites. The DEA cannot accept liquids, needles, or sharps, only pills or patches.

The service is free and anonymous, no questions asked. To find the closest participating location, please check our list of participating Greater Nashua locations or visit <https://takebackday.dea.gov>.



DEA NATIONAL ^{Rx} TAKEBACK

Saturday, October 29
10 a.m. - 2 p.m.

Safely dispose of expired, unused, unwanted prescriptions pills and patches.

Participating Greater Nashua Locations:

Amherst Police Department (175 Amherst St., Amherst, NH 03031)	Merrimack Police Department (31 Baboosic Lake Rd., Merrimack, NH 03054)
Brookline Police Department (3 Post Office Dr., Brookline, NH 03033)	Millford Police Department (19 Garden St., Millford, NH 03055)
Hollis Pharmacy (6 Ash St., Hollis, NH 03049)	Mont Vernon Police Department (2 South Main St., Mont Vernon, NH 03057)
Hudson Walmart Store Parking Lot (254 Lowell Rd., Hudson, NH 03051)	Nashua Department of Public Works (9 Stadium Dr., Nashua, NH 03060)
Litchfield Police Department (2 Liberty Way, Litchfield, NH 03052)	Pelham Police Department (14 Village Green, Pelham, NH 03076)
Mason Police Department (38 Darling Hill Rd., Mason, NH 03048)	Wilton Police Department (7 Burns Hill Rd., Wilton, NH 03086)

[www.takebackday.dea.gov](https://takebackday.dea.gov)

Red Ribbon Week

Leah Elliot, LICSW, CPS



Red Ribbon Week, celebrated annually October 23-31, is the nation's oldest and largest drug prevention awareness program. In 1988, the National Family Partnership coordinated the first National Red Ribbon Week with President and Mrs. Ronald Reagan serving as honorary Chairpersons. (DEA)

Thanks to the efforts of the Nashua Prevention Coalition, who has been working to prevent and reduce substance misuse in youth throughout Nashua since 2009, Red Ribbon Week is a visible event here in Nashua, and the Greater Nashua region. For the last six years, Nashua has been fortunate to have Students Against Destructive Decisions, otherwise known as SADD Groups, at both High Schools, all three Middle Schools, and the youth-serving agencies in Nashua, such as the Boys and Girls Club of Greater Nashua and the Police Athletic League. The members of the SADD Clubs typically facilitate activities to raise awareness and get youth involved and aware of the importance of living a substance free life.

Youth kick off Red Ribbon Week by taking a pledge to remain substance free, and the SADD Clubs convene at Leda Lanes where Mayor Jim Donchess reads the Red Ribbon Week proclamation. The youth have an opportunity to network and socialize with other club members, and engage in a pro-social, drug free activity.

At Nashua High School South, during Red Ribbon Week, the students raise awareness about the importance of being substance free by holding activities in the school cafeteria during lunch. Members of the SADD Groups also share a fact about substance misuse on the morning announcements.

If you are interested in becoming involved in substance misuse prevention efforts within the city, please contact the [Nashua Prevention Coalition](#). Parents can also contact their schools to find out how their children's school is celebrating Red Ribbon Week.

Nashua DPHCS and Arlington Street Community Center Host First Fatherhood Support Group

Nashua DPHCS hosted the first "Fatherhood Support Group" on October 11 at Arlington Street Community Center. The support group is an exciting opportunity for fathers to meet other fathers in the Nashua area to help build positive relationships with their children and families. The first class was highlighted in a recent NHPHR feature ([English](#) and [Spanish](#)).



The next Fatherhood Group Meeting is November 8 - stay tuned for more information coming soon.

Lead Poisoning Prevention Week

About 3.3 million American households, including 2.1 million low-income households, have children under 6 years of age who live in homes with lead exposure hazards. Even relatively low levels of lead exposure can impair a child's cognitive development. Children with blood lead levels can experience delayed growth and development, damage to the brain and nervous system, learning and behavior problems, and a host of other health-related problems. There is no safe blood lead level in children.



Lead can be found inside and outside the home, including in the water that travels through lead pipes or in the soil around the house. However, the most common source of exposure for children is from lead-based paint, which was used in many homes built before 1978. Adults and children can get lead into their bodies by breathing in lead dust (especially during activities such as renovations, repairs, or painting) or by swallowing lead dust that settles in food, food preparation surfaces, floors, window sills, eating paint chips, soil that contains lead, or other places.

Children can also become exposed to lead dust from adults' jobs or hobbies and from some metal toys or toys painted with lead-based paint. Children are not exposed equally to lead, nor suffer its consequences in the same way. These disparities unduly burden minority families and low-income families and their communities.

National Lead Poisoning Prevention Week is a partnership between the U.S. Department of Housing and Urban Development, the Centers for Disease Control and Prevention, and the U.S. Environmental Protection Agency. The goal is to encourage organized, local community events, and empower families and other stakeholders to take action.

The themes of this year's National Lead Poisoning Prevention Week (NLPPW) are:

- Get the Facts
- Get Your Home Tested
- Get Your Child Tested

Learn more about what you can do at <https://nashuanh.gov/1271/Lead-Program> and CDC's [Childhood Lead Poisoning Prevention](#) page.

EQUITY CORNER

Community Commons Launches New BIPOC Health Equity Library

Community Commons has a new Health Equity Library! The BIPOC (Black, Indigenous, and People of Color) Health Equity Library seeks to advance equitable health outcomes for BIPOC

by sharing relevant resources that represent diverse groups, communities, demographics, identities, statuses, and people with lived experiences. Focused on building capacity for changemakers to advance equity in priority populations, users can explore 300+ newly-curated resources and stories focused on BIPOC health equity. To learn more and access the library, go to [Community Commons BIPOC Health Equity Library](#) home page.

Save the Date: Greater Nashua Annual PHAC Meeting

2022 BI-ANNUAL MEETING
**Greater Nashua Public Health
Advisory Council**

Our Journey Forward
Moving the Needle on Chronic Disease

DECEMBER 7, 2022
9 AM - 11:30 AM VIRTUAL

Featuring Keynote Speaker:
Leader on Health Equity and Community
Engagement

Register at bit.ly/Dec2022GNPHAC

The graphic features a green and white color scheme. On the right, there is a circular icon containing three stylized human figures standing on rectangular bases. At the bottom left, there are two small circular logos: one with a colorful starburst and another with a green leaf-like shape.

COVID-19 Update

Currently, the [CDC COVID-19 Community Level](#) is considered **MEDIUM** in Hillsborough County.

When the COVID-19 Community Level is **Medium** or **High**:

- If you are at high risk of getting very sick, wear a high-quality mask or respirator (e.g., N95) when indoors in public
- If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them

At all Community Levels:

- Stay up to date on vaccination, including recommended booster doses.

- Maintain ventilation improvements.
- Avoid contact with people who have suspected or confirmed COVID-19.
- Follow [recommendations](#) for isolation if you have suspected or confirmed COVID-19.
- Follow the [recommendations](#) for what to do if you are exposed to someone with COVID-19.
- If you are at high risk of getting very sick, talk with a healthcare provider about additional prevention actions.

To find where a bivalent COVID-19 vaccine booster dose is available near you, go to [vaccines.gov](https://www.vaccines.gov).

For more information regarding COVID-19, [visit our website](#).

Monkeypox Vaccination Update

As of Friday, October 21, there are 75,166 cases of monkeypox globally, 27,835 cases in the United States (U.S.), and 30 cases in New Hampshire (NH).

The New Hampshire Department of Health and Human Services (DHHS) updated and expanded monkeypox vaccine eligibility criteria.



Those recommended to get the 2-dose vaccine series include:

- Any person who identifies as gay, bisexual, queer, or is a man who has sex with men (MSM) and believes they are at risk for monkeypox virus infection.
- A person of any gender or sexual orientation whom a medical provider thinks is at increased risk for monkeypox virus infection.
- Persons who report in the prior 14 days a known exposure to the monkeypox virus.

The monkeypox virus continues to spread primarily through sexual networks among persons who identify as gay, bisexual, and other men who have sex with men. Vaccination locations can be found on the [Monkeypox webpage](#) or contact your healthcare provider. Anyone experiencing [monkeypox symptoms](#), should isolate and call their healthcare provider or call (603) 271-4496.

[Monkeypox -- Vaccine Sites \(NH DHHS\)](#)

Need a Flu Vaccine or Covid Booster?

¿Necesita una vacuna contra la gripe o un refuerzo de COVID-19?

St. Joseph Hospital Mobile Health Clinic
is coming to a location near you!



We will be at the following locations providing non-urgent walk-in care
Estaremos en los siguientes lugares brindando atención sin cita previa, no urgente.

Nashua Soup Kitchen, 2 Quincy St., Nashua, NH from 4pm to 6pm:

October 11th (11 de octubre)

October 27th (27 de octubre)

November 8th (8 de noviembre)

November 22nd (22 de noviembre)

December 7th (7 de diciembre)

December 22nd (22 de diciembre)

Day Café, 220 Main St., Nashua, NH from 7am to 9:30am:

October 19th (19 de octubre)

November 3rd (3 de noviembre)

November 16th (16 de noviembre)

December 1st (1 de diciembre)

December 14th (14 de diciembre)

*We are required to collect any insurance at each patient encounter. If a patient does not have insurance, we will provide a free care application.

*Estamos obligados a cobrar cualquier seguro en cada encuentro con el paciente. Si un paciente no tiene seguro, le proporcionaremos una solicitud de atención gratuita.

EVERYONE

is cared for here



St. JOSEPH HOSPITAL

A Division of Essentia Health



Connecting Mental Health, Climate Justice, & Nature ECHO

**CLICK
HERE to
register!**

Audience:

- Mental Health Professionals
- Public Health Professionals
- Healthcare Providers
- Emergency Responders
- Community Health Workers
- Disaster Response Teams
- Environmental Scientists
- Students, Trainees

Session Dates:
November 2nd, 16th, 30th
December 14th

Time:
12:00 - 1:00pm


Be Able To:

- Describe climate change impacts on mental health
- Explore collaborative strategies for promoting resilience
- Discuss climate justice
- Explain the role of nature in health and healing

Questions?
Contact Corina Chao
unh.projectecho@unh.edu

Continuing
Education Credits
available. see next
page for more
information.


Click here to
learn more
about Project
ECHO




Institute for Health
Policy and Practice



NH
CITIZENS
HEALTH



AHEC
Association
of Health
Education
Centers



NH
SEAL
OFFICE OF
THE GOVERNOR

POP-UP PANTRY

Free Fresh Food is available at Pop-Up Pantries all around Nashua, Monday through Friday every week.

Find out where here: trypt.com/ UNPopUpPantries








Productos Frescos Gratis

Comida fresca gratuita está disponible en despensas emergentes por todo Nashua de lunes a viernes todos los días.

Descubre donde aquí: trypt.com/ UNPopUpPantries










		CRSW TRAINING SERIES Nov/Dec 2022 ARCNH - Milford, NH	
			
PEER RECOVERY COACH TRAINING Nov 14-18, 2022 30 hours	HIV/AIDS FOR PEER RECOVERY COACHES Dec 5, 2022 6 hours	SUICIDE PREVENTION FOR NON-CLINICAL WORKERS Dec 6, 2022 6 hours	ETHICAL FOUNDATIONS FOR PEER RECOVERY COACHES Dec 15-16, 2022 16 hours
		This entire training series will be offered in-person, at ARCNH in Milford, NH. Each training will be provided by Choices Addiction and Recovery Education. REGISTER ONLINE: ARCNH-CRSW-FALL22.eventbrite.com Register online for enrollment in all 4 parts of this series. If you are interested in enrolling in any of these parts individually, please email ARCNH Peer Support Program Manager, Tanya Wroblek: twroblek@arcnh.org	
The registration cost of \$225 includes: • All training materials • Snacks and drinks each day of training • Lunch on 11/18/22, the last day of the 3 day Peer Recovery Coach Training Proceeds from registrations will be used to support our youth recovery scholarship program. This scholarship program helps cover the cost of CRSW training for youth in recovery who graduate from our Youth Peer Coach program.		WHO SHOULD TAKE THIS TRAINING SERIES This series is beneficial for anyone who regularly interacts with people with Substance Use Disorder. This includes not only people pursuing clinical addiction/mental health licensure but also community members such as first responders, clergy members, teachers, healthcare providers, holistic health providers, fitness instructors, human resource directors and more. For those pursuing the NH CRSW certification, completion of this 4 part series will exceed the state's minimum education requirements for the certificate by 8 hours, but at ARCNH we believe completion of this entire series is vital in becoming the most effective CRSW possible.	
WE ARE ABLE TO OFFER THIS ENTIRE TRAINING SERIES AT A LOW COST OF \$225 DUE TO GENEROUS SPONSORSHIPS FROM:			
  			

Public Health Resources

Workforce Development

UNH Cooperative Extension: Virtual S.A.F.E. Food Handling Workshop for Foodservice Workers
 October 26, 1 PM – 3 PM EST
[Learn More & Register Here](#)

El Futuro: “Understanding Colorism & Addressing Implicit Biases with Latinx Families & Communities” Webinar
 October 28, 12 PM – 1:30 PM EST
[Learn More & Register Here](#)

Job Opportunity: Nashua DPHCS - Health Promotion and Communication Specialist
[Learn More & Apply Here](#)

Job Opportunity: Youth Council - Social-Emotional Coordinator
[Learn More & Apply Here](#)

Clinics

SSANA
 Mondays / 10 a.m. - 12 p.m.
 Nashua Public Library Parking Lot
 2 Court Street

Immunizations
 Tuesdays / 4 - 7 p.m.
 Nashua Public Health
 18 Mulberry St., Nashua
 By Appointment: Call 603-589-4500, Option 2

SSANA
 Wednesdays / 2 - 4 p.m.
 Nashua Public Library Parking Lot
 2 Court Street

Sexual Wellness Clinic
 Thursdays / 3 - 6 p.m.
 Nashua Public Health

Additional Resources

[Regional Data Dashboard](#)

[Community Health Assessment](#)

[Community Health Improvement Plan](#)

[COVID-19 Guidance, Testing, Vaccines](#)

[NH Housing Assistance](#)

[Statewide Resources](#)

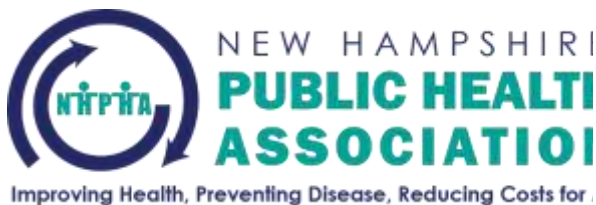
18 Mulberry St., Nashua
By Appointment: Call 603-589-4500, Option 2

Immunizations

Fridays / 9 a.m. - 12 p.m.
Nashua Public Health
18 Mulberry St., Nashua
By Appointment: Call 603-589-4500, Option 2

Sexual Wellness Services

2nd & 4th Friday of the Month
1:30 - 3:30 p.m.
Laton House
28 Railroad Sq., Nashua



The New Hampshire Public Health Association (NHPHA) supports science-based public health policy and has a goal of informing citizenry of changes needed in the laws and government in

NHResponds is the system used pre-register volunteers who are interested in responding in an emergency. Whether you are a healthcare provider, administrative specialist, a retired professional, or ready to help in your

order to improve public health. Subscribe to the "Health in All Policies" E-News on their [website](#).

community, New Hampshire needs you. Check it out!

City of Nashua Division of Public Health and Community Services

Greater Nashua Public Health Network

(603) 589-4500

www.nashuanh.gov/DPHCS

STAY CONNECTED!

