



November 13, 2020 – Updated Guidance

Dear Town of New Castle Residents,

We hope this message finds you healthy, safe and with your loved ones. We greatly appreciate the continued efforts of our residents during this trying time.

In our effort to keep residents updated on COVID-19 developments, Kathy Hollister, M.D. has joined our Public Health Office as our Deputy Health Officer. Dr. Hollister will be providing guidance to our residents on public health matters. The immediate concern is COVID and its resurgence across the country and here in New Hampshire.

The National Institute of Allergy and Infectious Diseases, National Institutes of Health, has prescribed **five fundamental actions that all Americans should take to prevent a further surge in COVID-19 cases.**

The Town of New Castle Health Department and Select Board urges all New Castle residents to follow these scientifically-based recommendations on a consistent and daily basis in all settings, including when interacting with people outside of their immediate household such as small family/friend gatherings (which should be limited and held outdoors):

- 1) To universally wear masks**
- 2) Maintain physical distancing of at least 6 feet**
- 3) Avoid congregate settings or crowds**
- 4) Do more outdoors, as opposed to indoors**
- 5) Wash hands frequently. \***

\*Wash for at least 20 seconds with soap and water or with an alcohol based hand sanitizer with at least 60% alcohol

We realize these are trying times. Please be patient with your neighbors and kind to one another. We are beginning to see hope on the horizon, but we do need to remain vigilant and committed to our own health and the health of our community.

If you have questions or need assistance with something, don't hesitate to contact Town Hall at 603-431-6710, Police Department at 603-436-3113 or the Fire Department at 603-436-1132. Of course, if you have any type of emergency contact 911 immediately.

Be well and stay safe.

New Castle Select Board

New Castle Public Health Office

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603-431-6710