



Town of New Castle, NH  
Settled 1623  
Incorporated 1693

## COVID19 Update December 4, 2020

Hopefully this Friday finds you well. This generally will be a weekly update.

### ***1. CDC quarantine guidelines have been updated.***

**New Hampshire's guidelines differ slightly from the CDC guidelines and supersede the CDC guidelines:**

If you were a \*close contact of an individual who was diagnosed with COVID 19 you **MUST** quarantine, with quarantine times below:

If you do NOT have symptoms, you must monitor daily for COVID symptoms. If you remain symptom free you must **quarantine for 10 days** instead of the previous 14.

NEW HAMPSHIRE has NOT adopted the component of the new CDC guidelines that allows for an individual to test out of quarantine after 7 days with a negative COVID test.

**\*What counts as close contact?**

- You were within 6 feet of someone who has COVID-19 for a cumulative total of 10-15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

During your quarantine period, if you develop any symptoms that could be COVID related, contact your primary care provider and seek testing.

**Link for COVID 19 testing sites:**

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-testing-sites.pdf>

**2. Community spread.** Our community has a blossoming number of cases (Rockingham County, Portsmouth, and New Castle itself). Though the cases in the state and country have reached record highs, there is light at the end of this long, dark tunnel. Vaccines are close to the point of approval and distribution (see number 3), and we are better able to fight this disease as a healthcare system.

Link for daily numbers of COVID infections in the State for each town:

[https://www.wmur.com/article/new-hampshire-coronavirus-cases-by-town/32935912?utm\\_source=Sailthru&utm\\_medium=email&utm\\_campaign=Coronavirus%20Newsletter%202020-12-03&utm\\_term=wmur-coronavirus\\_COMBINED](https://www.wmur.com/article/new-hampshire-coronavirus-cases-by-town/32935912?utm_source=Sailthru&utm_medium=email&utm_campaign=Coronavirus%20Newsletter%202020-12-03&utm_term=wmur-coronavirus_COMBINED)

As individuals we all have the power to dramatically decrease the overall death toll from COVID 19. We can continue our community spirit and help to protect ourselves, our neighbors, and not overwhelm our hospitals with a few simple steps. When outside of our immediate households or in small family/friend gatherings (which should be limited and held outdoors) we should:

- 1) 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.
- 6) And please get a flu shot

**Contact Tracing:** the rapid and widespread development of more cases makes contact tracing for each individual diagnosed with COVID 19 impossible for the State contact tracers to trace every case. As of November 13, 2020, the state is focused on contact tracing for those who are at highest risk for contracting and/or dying of COVID 19. This includes:

1. People 18 years of age and younger
2. People 65 years of age and older
3. Racial and ethnic minorities that have been disproportionately impacted by COVID-19
4. Any person associated with congregate settings (e.g., long-term care facilities, schools, etc.) or healthcare facilities
5. Any clusters or outbreaks

This means that any person diagnosed with COVID-19 should:

1. Isolate (stay home) for at least 10 days from start of their symptoms (or 10 days from the positive test date if they are and remain asymptomatic).
2. **Notify their close contacts** (including immediate household and other non-household contacts) of potential exposure.



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### ***3. Vaccine update:***

There are currently 3 vaccines in the pipelines that are close to approval and distribution. There are many more (approximately 48 worldwide) in earlier stages of development. The closest to approval are the Pfizer vaccine, the Moderna vaccine, and the Astra Zenica/University of Oxford vaccine.

The FDA will consider an emergency use indication for the Pfizer vaccine on December 10. This vaccine has been granted emergency use approval in England but not yet in the US.

The FDA will consider an emergency use indication for the Moderna vaccine on December 17. This vaccine has not yet been granted an emergency use approval in Europe.

The hope is that there will be vaccine availability by the 3<sup>rd</sup> to 4<sup>th</sup> week in December for a limited group of people. We do not yet know how many doses we will receive as a state, but the plan is for the state to receive weekly shipments of vaccine and for them to be distributed within health systems and via 2 pharmacy chains (CVS and Walgreens). Below is the link to the NH vaccine distribution plan. For quick reference, look at pages 12 and 13.

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid19-vac-plan-draft.pdf>

The town health department wishes you a peaceful, safe, healthy, and joyful holiday season.

Yours in Health,

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