

HEALTH DEPARTMENT

The most critical health issue in New Hampshire is the high rate of opioid-related overdose deaths. There were 330 drug deaths from 1/1/2018 -12/7/2018. Almost half these deaths were from fentanyl. The NH Department of Health and Human Services has created a model called "The Doorway-NH", which will provide a single point of entry for residents seeking treatment for Substance Abuse Disorder and will offer a full array of treatment, recovery and self-sufficiency services.

The Doorways will serve as the "hub" in the "hub and spoke" model, working with local providers ("spokes") to implement regional approaches to the opioid crisis. The federal funding is being used to establish the Doorways, and will expand medication-assisted treatment services, peer recovery supports services, access to recovery housing, evidence-based prevention programs, workforce opportunities, and training and education for providers and people in recovery. Existing SUD supports and services will also be expanded to increase access for pregnant women and new parents with an opioid use disorder, children and families involved with child welfare and individuals in correctional institutions.

The Health Agent continues to monitor home septic systems and reminds residents to ask their septic system disposal provider for a report on the health of the septic system and to check the baffles in their septic tank to make sure that it is intact. Dependent on usage, a septic system might need to be pumped every year or every other year.

The NH Department of Environmental Services suggests ways to help you maintain your septic system:

1. Know the location of your septic system and leaching area. The Sandown Town Office has many plans on file in the respective property files.
2. If you are installing a water softening system, your septic system must be sized adequately to handle the extra volume of water.
3. Do not flush toxic materials such as paint thinner, pesticides, or chlorine into your system as they may kill the good bacteria in your tank.
4. Do not flush bulky items such as throw away diapers or sanitary pads into your system.
5. Keep heavy vehicles from driving or parking on your leaching area.
6. Keep deep rooted trees and shrubs from growing on your leaching area.

All new wells have water tests completed by the well installer to ensure there is no harmful bacteria present. Residents are encouraged but not required to test their well for water quality annually. Free kits for testing your well water are available at the Sandown Town Hall and homeowners can bring the water kit to a certified testing facility of their choice.

Winter time is a time to prepare for emergencies such as electric outages. One of the most important safety rules during an outage is not to operate a generator in your garage or home and do not operate it close to the outside of your dwelling unit. Carbon monoxide detectors would help reduce this problem.

Flu shots for all residents, and particularly the young and elderly, is highly recommended as a preventative measure.

The Town of Sandown is diligent in monitoring for Eastern Equine Encephalitis (EEE) each year with several test sites and spraying is carried out when necessary. To avoid being bitten by the mosquitoes that transmit EEE:

- If possible, stay inside between dusk and dark, when mosquitoes are most active.
- When outside between dusk and dark, wear long pants and long-sleeved shirts.
- Use an insect repellent with DEET according to manufacturer's directions when outside.
- Put screens on windows and make sure they do not have holes.
- Eliminate standing water from your property.

If residents have any concerns around health issues in their home or neighborhood, please contact the Selectman's office or Eddie Mencis at 603 770-5479.

Respectfully Submitted,

Edward L. Mencis
Health Officer