March 16th 2020

The Gilmanton Fire Department and the Health Department of Gilmanton wish to remind residents that we are still in the midst of the influenza season. Not everyone who feels ill needs to be tested for the COVID-19 virus, particularly if you have mild illness. Your healthcare providers will make a determination of whether you are a candidate for testing. The State of NH has now instituted a help line to address any questions related to the COVID-19 outbreak. This resource is available 24/7 to assist NH residents.

If you are sick with a fever exceeding 100.4, have shortness of breath, or cough and you are in a high-risk group, call your doctor or personal healthcare provider to discuss whether you should be tested for COVID-19.

You would be considered high risk for complications from COVID-19 if you are:

- Over 60 years old
- Have a chronic medical condition such as heart disease, lung disease, or diabetes.
- If you have a weakened immune system
- If you are pregnant.

If you feel you are experiencing life threatening symptoms, call 911. For all other inquiries please call the 211 hotline

The general public should remain informed and take the following measures to prevent the illness.

- Stay home when you are sick and avoid close contact with those that are sick
- Call your doctor first if you are having concerns regarding exposure or symptoms relating to COVID-19
- Wash your hand often with soap and water for at least 20 seconds or use a 60% or greater alcohol-based hand sanitizer
- Clean and disinfect frequently used objects and surfaces at home and in the workplace.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands.
- Maintain safe social distances.