As we approach day 163 of this wretched virus we have seen good things start to happen. NH has continued to open business; people are beginning to enjoy doing things they haven’t been able to in months. Although we have not beaten this completely, NH is doing better than other states and we need to continue with the CDC recommendations:

- Maintain social distancing
- Wash your hands frequently
- Avoid touching your face
- Wear face masks and gloves when social distancing isn’t possible
- If your sick STAY HOME
- Avoid large crowd gatherings whenever possible

There are certain hot spots in the state and so the health department is requesting individuals be checked. I have included what came out most recently for folks in the southern part of the state to read. The City of Manchester Health Department is encouraging ALL residents to get tested for COVID-19 ... especially those residents living within elevated risk neighborhoods as defined by the City Health Dashboard [https://www.cityhealthdashboard.com/nh/曼彻斯特/metric-detail?metric=1422](https://www.cityhealthdashboard.com/nh/曼彻斯特/metric-detail?metric=1422)

Now that testing is so easily accessible if you have concerns you should contact your PCP and see where you can go to be tested. What folks need to remember is the more testing that is done the more positive results we will see. Although the numbers can be scary keep in mind the number of hospitalizations are down and the number of recovered is up. This doesn’t mean let your guard down, it just simply means be smart and be safe.

Linda and Cheryl