

TAMWORTH DAILY BULLETIN

Published by the Cook Memorial Library, Monday through Friday afternoons during the COVID-19 pandemic.

Send updates for the next edition to mary@tamworthlibrary.org or call 323-8510 and leave a message.

Find previous editions at www.tamworthlibrary.org

Thursday, April 9, 2020

NH Easy phone for more information about benefits: If you would like to learn if you are eligible for New Hampshire Department of Health and Human Services benefits, including Cash, Medicaid, SNAP (Food Assistance) or Child Care Assistance, call 1-844-275-3447, or visit <https://nheasy.nh.gov/>.

Questions about COVID-19? Call the NH Hotline at 2-1-1.



A new message for all appeared last weekend at the Tamworth Town Offices.

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

- 1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



- 3. Get rest and stay hydrated.**



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 6. Cover your cough and sneezes.**



- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

