

# TAMWORTH DAILY BULLETIN

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Send updates for the next edition to [mary@tamworthlibrary.org](mailto:mary@tamworthlibrary.org) or call 323-8510 and leave a message.

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Wednesday, April 22, 2020

[NOTE: There was no *Tamworth Daily Bulletin* published on Tuesday, April 21.]

**Census challenge:** As of April 21, 2020, 21.9% of Tamworth residences have responded to the 2020 Census. Compared to the statewide response of 49.9%, we're far behind, and more rural parts of the state are not represented. **Let's try to get Tamworth's response rate to over 50% by this time next week!**

You can fill out your census online at [www.2020census.gov](http://www.2020census.gov). Only one person

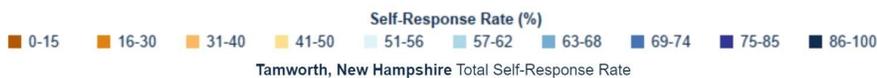
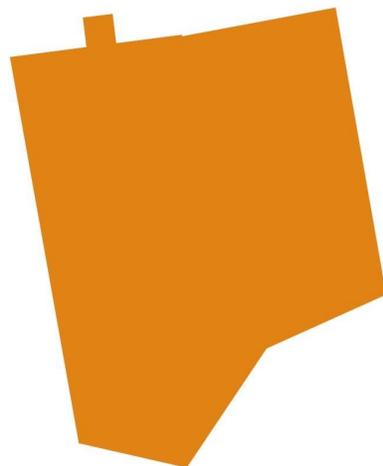
per household needs to fill out the Census. You can also respond to the Census by phone, 844-330-2020 (TDD phone is 844-467-2020) or by mail by filling out and returning the census form you got in the mail. (Note that not everyone has received a Census form in the mail.) Responses are kept confidential, and it's easy to respond. **The Census count directs federal funding for the next ten years to our community.**

## Self-Response by Township

This map features self-response rates from households that responded to the 2020 Census online, by mail, or by phone. Rates can be viewed in [rankings here](#).

New Hampshire  
Self-Response  
**49.9%**

Tamworth, New Hampshire  
Self-Response  
**21.9%**



See <https://2020census.gov/en/response-rates.html> for updated maps.

## **Some tips for preventing the spread while shopping from UNH Cooperative Extension Nutrition and Food Safety Specialists:**

**Gloves** are likely to help to spread the virus unless they are used very carefully. *Here is why:* People who forget that they are wearing gloves may unthinkingly touch a contaminated surface and then their face with their gloved hand, defeating the whole purpose. The surface contamination is now on their face. They can also contaminate their hands when taking gloves off. The most important thing is not to touch your face, with or without gloves, unless you know your hands/gloves are clean.

**Cross-contamination** is the movement of a germ or virus from a contaminated surface to a clean one. So to avoid spreading the virus, try to only touch the items you intend to buy. It is also important to sanitize your hands before and after touching your phone or other personal items while shopping. The place that you will have the most chance for cross contamination is at the checkout line. Shoppers are asked to remain 6 feet apart and to wait to put their items on the conveyor belt until the shopper in front of them is finished. Using non-paper money payment methods such as credit, debit or EBT cards are least risky. Handling cash and receipts should be done without touching the cashier by placing the items on the counter or in a tray provided. You can also ask for the receipt to be placed in one of the bags instead of handing it off between cashier and yourself. If you use the credit card machine it's best to use hand sanitizer again before and after touching the key pad. Keeping a small bottle of sanitizer in your pocket will be a useful tool while shopping.

**Leaving the store:** Once all your bags are loaded into your car you can use hand sanitizer again before getting into the car yourself. This will keep the grocery store germs off your steering wheel and off of you. If you wear gloves please remove them correctly when you return your cart and place them in the trash or in a trash bag in your car.

Read entire article and find more tips here:

<https://extension.unh.edu/blog/5-tips-feeding-your-family-through-quarantine-tip-2-prevent-spread-while-shopping>

**If you need to refill your hand sanitizer, contact TCNA at 323-8511.**