

Board of Health Meeting Minutes
Tuesday, September 12, 2023
Virtual Meeting

Received by Town Clerk
October 16, 2023 8:00am

BOARD OF HEALTH MEMBERS PRESENT

Marianne Hartmann, Peter Sheckman

MEMBERS ABSENT

Alicia Reddin

OTHER TOWN OFFICIALS PRESENT

Jeffrey Vaughan, Director of Public Health; Neia Illingworth, Public Health Nurse

OPEN MEETING

- The meeting was called to order at 6:10 PM

REVIEW/APPROVE MINUTES OF PRIOR MEETINGS

- On MOTION by Sheckman and SECONDED by Hartmann, the Board of Health voted to approve prior meeting minutes from August 16, 2023. The motion passed unanimously. Sheckman (yes), Hartmann (yes)

PH NURSE / PH EMERGENCY MGMT. COORDINATOR UPDATE

COVID UPDATES

- As of September 12, 2023, Swampscott has had 4400 lab confirmed cases. This includes 31 new cases in approximately four weeks. This does not include positive home tests, close contacts under quarantine, or presumed positive/probable cases. The actual number of positive cases is likely higher as home tests are widely available and many people are using home tests
- EG.5 is the dominant variant in the United States
- Isolation and quarantine/exposure guidance has not been updated. The guidance has not changed since the fall of 2022
- The MA school guidance has remained the same since the summer of 2022
- Vaccine updates:
 - As of September 11, 2023, the FDA signed off on updated Covid-19 vaccines from Moderna and Pfizer/BioNTech that target circulating variants, including EG.5. These vaccines have been updated to include a monovalent (single) component that corresponds to the Omicron variant (XBB.1.5). They are approved for people 12 and older and are authorized under emergency use for individuals 6 months through 11 years

- As part of the FDA's update, the bivalent Moderna and Pfizer/BioNTech Covid-19 vaccines are no longer authorized for use in the United States
- On September 12, 2023, the Advisory Committee on Immunization Practices (ACIP) met to weigh the safety and effectiveness of the updated vaccines and make recommendations for their use. If/when the CDC director signs off on those recommendations, the vaccines will be approved for administration
- Under the Affordable Care Act, most insurance plans are covering the full cost of vaccines without co-pays. People who are uninsured or underinsured may access the updated vaccine for free through the CDC's Bridge Access program

OTHER PUBLIC HEALTH UPDATES

- Neia provided the following tips for staying safe during the fall, winter, and holidays:
 - Stay home if you're sick
 - Get tested if you have symptoms
 - Stay home when you test positive for COVID, the flu, etc.
 - Get vaccinated/boosted – if/when eligible
 - Wear a high quality and well-fitting mask
 - Wash your hands
 - Improve ventilation and filtration
- The Swampscott Public Health department is still supporting/participating in:
 - PHE meetings
 - PHN meetings
 - Emergency preparedness efforts
 - Climate change program at the Senior Center
 - Composting program at the Senior Center
 - Narcan training programs
 - Regional flu clinics
- Over the counter Narcan will be arriving on store shelves for the first time this month. Emergent BioSolutions has manufactured hundreds of thousands of the two-spray kits at a suggested retail price of \$44.99. Individuals can still receive Narcan and fentanyl test strips for free if they attend a training with Neia. To schedule an appointment, individuals can call 781-596-8864 x1280
- Hartmann asked if Narcan will be available in public places/municipal buildings like AEDs are. Neia stated that they are looking into doing something similar when the opioid settlement funds become available
- Sheckman asked about proper practices when carrying around Narcan. Neia stated that Narcan should not be subject to extreme temperatures such as keeping it in a car. She did state that it is usable after it thaws if it has frozen, but that it takes 15 minutes to thaw and that those minutes may be critical
- The first Swampscott High Dose (65+) flu clinic has been scheduled for September 28, 2023 at the Senior Center. Registration is required. The Swampscott Public Health Department is also participating in regional flu clinics. Information can be found at northshorepublichealth.com/post/regional-flu-vaccination-clinics

MOSQUITO SEASON RELATED UPDATE AND INFORMATION

- Jeff presented a PowerPoint on mosquitoes

- Jeff covered good mosquito avoidance habits during mosquito season until the first hard frost:
 - Pick and always use a repellent with an EPA/CDC approved active ingredient list
 - Remove standing water to help reduce mosquito populations
 - Use long sleeves to cover up whenever possible and repair screens
 - Avoid outdoor activity between the hours of dusk and dawn in elevated risk areas
- Q: What is a hard frost?
 - A: A hard, or killing frost, is defined meteorologically as two consecutive hours of temperatures below 28 degrees Fahrenheit or three hours below 32 degrees
- As of September 6, 2023, the Northeast Massachusetts Mosquito Control District has:
 - Conducted 11 larvicide site inspections
 - Sent 20 batches to PH Lab for testing
 - Treated 895 catch basins
 - Filed 4 resident pesticide exclusions
 - Performed 600 feet of hand ditch maintenance and cleared 1 culvert
- Diseases of concern:
 - Mosquito-borne viruses such as Eastern Equine Encephalitis virus (EEE) and West Nile Virus (WNV) have been and continue to be the cause of disease outbreaks in humans and animals in MA. Swampscott does not have the environment for mosquitoes that carry EEE, but WNV carrying mosquitoes can breed in most environments
 - As WNV carrying mosquitoes frequently breed in environments including standing water in buckets, birdbaths, kids outdoor play toys, etc., it is recommended to empty these water collectors at least once a week during the summer/early fall to help decrease the population
 - While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe disease. Most people infected with WNV will have no symptoms, but when present, WNV symptoms tend to include fever and flu-like illness
 - There have been 3 human cases of WNV in Massachusetts this year. There have been 108 positive mosquitoes in MA this year
 - There have not been any cases of EEE in Swampscott in the last few years. There have been 0 human cases of EEE in Massachusetts this year. There have been 5 positive mosquitos in MA this year
- Sheckman asked if mosquito information will be posted on the Town website. Jeff stated that there will be a post on Facebook and some outreach using the reverse-call program
- Sheckman asked if the mosquito board is funded by the state. Jeff stated that funding comes off of the town cherry sheet. Sheckman asked who would pay if there was a need to spray. Jeff stated that the Mosquito Control Board would pay

HEALTH DIRECTOR REPORT

- A tire collection event is scheduled for September 30th from 8-12 at the DPW Yard at 200 Paradise Road. Passenger vehicle tires without rims will be accepted
- Jeff will be attending a two-day conference on environmental health next week. This conference will cover food safety, pools, and etc.
- Jeff performed the HS cafeteria inspection and HS boosters kitchen inspection last week
- CVS in Swampscott will be adding an urgent care clinic

- Jeff issued a reminder of the Massachusetts Behavioral Health helpline resource, available to anyone who calls 833-773-2445

OTHER BUSINESS/ITEMS NOT REASONABLY ANTICIPATED BY THE BOH

- Hartmann asked when the new restaurant on Humphrey St (replacing Zestfriendz) will open. Jeff stated that he will probably be called for a final inspection next week
- Sheckman suggested that the chair of the Solid Waste Advisory Committee come to the October meeting to speak about a proposed bylaw change. The Board agreed to put it on the October agenda

SCHEDULE NEXT MEETING DATE

- The next meeting has been scheduled for October 12, 2023 at 6 PM

ADJOURN

- On MOTION by Sheckman and SECONDED by Hartmann, it was VOTED by roll call to adjourn the meeting. The motion passed unanimously.
- The meeting adjourned at 6:54 PM

True Attest,

Brittney Jones

COVID-19 and other Public Health Updates



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Swampscott Health Department
9/12/23

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COVID-19 Update

Swampscott – Summary of COVID data

- **Total number of COVID-19 Lab-Confirmed* Cases in Swampscott**

as of 3/18/20: **1**

as of 8/16/23: **4369**

as of 9/12/23: **4400**

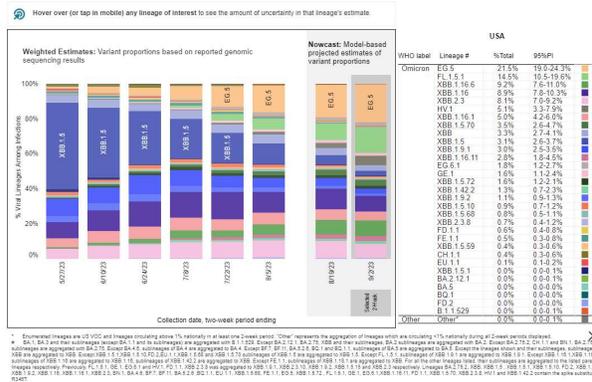
31 new cases
in approx. 4 weeks
(8/16/23-9/12/23)

*This does **not** include any probable cases or any close contacts under quarantine or positive home test results

CDC - Omicron Variants

Weighted and Nowcast Estimates in United States for 2-Week Periods in 5/14/2023 – 9/2/2023

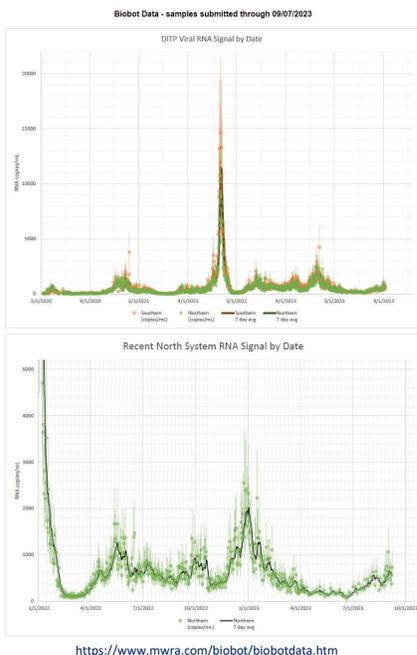
Nowcast Estimates in United States for 8/20/2023 – 9/2/2023



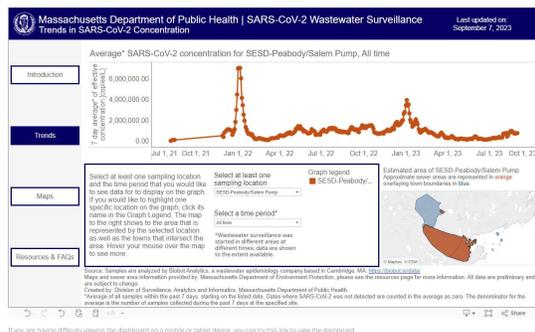
<https://covid.cdc.gov/covid-data-tracker/#variant-proportions>

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MWRA: Wastewater COVID-19 Tracking



MDPH: COVID-19 Wastewater Surveillance – SESD-Peabody/Salem



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Massachusetts COVID Isolation and Quarantine/Exposure Guidance

- **Remains the same since the fall of 2022**
- **Isolation and Exposure Guidance for the General Public** (<https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-the-general-public>):
 - **If you test Positive for COVID:** Stay home for at least 5 days, then (if symptoms are improving*), you can end home isolation on Day 6 as long as you are masking around others (Days 6-10).
 - ***Symptom-Based Criteria:** symptoms are resolving and they have been fever free without the use of fever-reducing medicine for 24 hours.
 - **Close Contacts:** No need to quarantine if asymptomatic, but must wear a **mask** for 10 days following exposure. Test on Day 6 or if symptoms develop.
- **School Guidance – Remains the same since summer of 2022** (<https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-children-and-staff-in-child-care-k-12-out-of-school-time-ost-and-recreational-camp-program-settings>)
- **Town's website with COVID-19 Updates:** <https://www.swampscottma.gov/health/pages/covid-19-updates-0>

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COVID Vaccine - updated

New as of 9/12/23:

- **On 9/11/23, the FDA** signed off on **updated** Covid-19 vaccines from Moderna and Pfizer/BioNTech that target circulating variants, including EG.5.
 - These vaccines have been updated to include a **monovalent** (single) component that corresponds to the Omicron variant **XBB.1.5**
 - As part of the FDA's update, the **bivalent** Moderna and Pfizer/BioNTech Covid-19 vaccines are **no longer authorized** for use in the United States.
 - The updated vaccines are **approved for people 12 and older** and are authorized under emergency use for individuals 6 months through 11 years old.

<https://www.cnn.com/2023/09/11/health/fda-signs-off-on-updated-covid-19-vaccines/index.html>
<https://www.cnn.com/2023/09/12/health/cdc-covid-19-vaccines/index.html>
<https://www.cnn.com/2023/09/12/health/cdc-covid-19-vaccines/index.html>

Other information taken from 9/12/23_email sent by the Massachusetts COVID-19 Vaccine Program: 'BULLETIN: What Massachusetts COVID-19 Vaccine Providers Need to Know, Special Notice - 09/11/2023'

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COVID Vaccine – updated (cont.)

New as of 9/12/23:

- **Today, 9/12/23:** The Advisory Committee on Immunization Practices (ACIP), met to weigh the safety and effectiveness of the updated vaccines and make recommendations for their use.
 - If/when the CDC director signs off on those recommendations, then the vaccines can be administered.
 - Vaccines could become available within just a few days at certain pharmacies and doctor's offices.
 - **Under the Affordable Care Act, most insurance plans are covering the full cost of vaccines, without co-pays.** So most insured people will be able to get the updated Covid-19 vaccine at their doctor's offices or pharmacies, such as CVS or Walgreens, at no cost.
 - People who are uninsured or underinsured may access the updated vaccine for free through the CDC's Bridge Access Program, which also includes Massachusetts residents.

<https://www.cnn.com/2023/09/11/health/fda-signs-off-on-updated-covid-19-vaccines/index.html>
<https://www.cnn.com/2023/09/12/health/cdc-covid-19-vaccines/index.html>
<https://www.cnn.com/2023/09/12/health/cdc-covid-19-vaccines/index.html>

Other information taken from 9/12/23_email sent by the Massachusetts COVID-19 Vaccine Program: 'BULLETIN: What Massachusetts COVID-19 Vaccine Providers Need to Know, Special Notice - 09/11/2023'

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Stay safe during the fall, winter, and holidays

- Stay home if you're sick
- Get tested
- Stay home when you test positive for COVID, flu, etc.
- Get Vaccinated/Boosted – if/when eligible
- Wear a high quality and well-fitting mask
- Wash your hands
- Improve ventilation and filtration



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
<https://www.cdc.gov/hygiene/personal-hygiene/hands.html>

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Other Public Health Updates



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- **Supporting/Participating in regional efforts:**
 - PHE meetings
 - PHN meetings
- **Other updates:**
 - Emergency Preparedness
 - Climate Change
 - Narcan Distribution Program
 - Regional Flu Clinics...

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Health Department Collaborations with the Senior Center: Climate Change and Health Effects

Think Globally



Act Locally



Educating residents about the health effects of climate change



Developing educational resources for residents



Sharing resources and information so that **everyone** can be **better prepared** for climate change and its accompanying health impacts

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New as of 9/5/23:

- Narcan will be arriving on store shelves this September for the first time as an over-the-counter (OTC)
- Manufacturer Emergent BioSolutions said last week that it has shipped hundreds of thousands of the **two-spray kits**, at a suggested retail price of **\$44.99**.

https://www.washingtonpost.com/health/2023/09/05/narcan-over-the-counter-faq/?utm_source=instagram&utm_medium=social&utm_campaign=wp_main&cr18_id=4e6a8041-fb11-4722-abc1-9750fb421cfb



<https://narcan.com/>

Swampscott Health Department

Narcan® Distribution

Meet with our Public Health Nurse

★ Receive free Narcan® and fentanyl test strips

Learn how to recognize and reverse an opioid overdose



Call to schedule your appointment:

781-596-8864 x1280



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The Swampscott Health Department
will be holding a
High Dose (65+) Flu Clinic on:



Date: Thursday, September 28th, 2023
Time: 4:00pm-6:00pm
Location: Swampscott Senior Center
200R Essex Street, Rear
Swampscott, MA 01907

This High Dose Flu Clinic is for ages 65 and older

→ Registration is required for this clinic

Please click [here](#) to register for an appointment
or by using the following registration link:
[https://home.color.com/vaccine/register/swampscott?
site=swampscott-high-dose-ages-65-flu-clinic-at-sr-5311](https://home.color.com/vaccine/register/swampscott?site=swampscott-high-dose-ages-65-flu-clinic-at-sr-5311)

If you need assistance registering for
an appointment, please call the
Swampscott Senior Center at: 781-596-8866

Remember:
Please wear a short-sleeve t-shirt
Please bring all insurance cards to the flu clinic

To find other regional flu
clinics, please visit:
[northshorepublichealth.com/
post/regional-flu-
vaccination-clinics](https://northshorepublichealth.com/post/regional-flu-vaccination-clinics)

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Mosquito Updates 2023

REMINDERS AND ACTIONS

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Establish good mosquito avoidance habits during the mosquito season until the first hard frost

- Pick and always use a repellent with an EPA/CDC approved active ingredient when outdoors
- Remove standing water to help reduce mosquito populations
- Use long sleeves to cover up whenever possible and repair screens
- Avoid outdoor activity between the hours of dusk and dawn in elevated risk areas



What is a Hard Frost?

A hard, or killing frost, is defined meteorologically as **two consecutive hours** of temperatures **below 28 degrees** Fahrenheit or **three hours below 32 degrees**.

This will occur at different times for different communities, and there may even be variation within communities based on local geography.

Although mosquitoes are not killed until a hard frost occurs, they are extremely unlikely to be active when temperatures fall below 50 degrees in the evening.

Apply Insect Repellent When Outdoors

- Use a repellent with an EPA-registered ingredient (DEET (N,N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [*p*-Menthane-3,8-diol (PMD)] or IR3535) according to the instructions on the product label.
- DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children.
- Oil of lemon eucalyptus should not be used on children under three years of age.

Clothing Can Help Reduce Mosquito Bites

Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Remove Standing Water

Control of mosquito larva is generally more effective than trying to control adult mosquitoes.

Habitat reduction: Effective prevention and reduction of adult mosquito populations begins by surveying the property and getting rid of standing water where mosquitoes breed.

Check rain gutters and drains.

Empty unused flowerpots and wading pools and change the water in birdbaths frequently.



Be Aware of Peak Mosquito Hours

The hours from **dusk to dawn** are peak biting times for many mosquitoes.

Consider rescheduling outdoor activities that occur during evening or early morning in areas of high risk.

Efforts to reduce risk of arbovirus transmission include but are not limited to:

- Public awareness and prevention
- Adult and larval surveillance, and standard mosquito control
- Methods utilized by established Mosquito Control Projects or Districts (MCPs)

Northeast Massachusetts Mosquito Control District

As of 9/6/23

- 11 larvicide site inspections
- 20 batches to PH Lab for testing
- 895 catch basins treated
- 4 resident pesticide exclusions filed
- 600 feet of hand ditch maintenance and 1 culvert cleared

3/16/2023	Hand Ditch Maintenance- Linden Avenue 600 ft + 1 culvert
4/6/2023	Larviciding- Carson Terrace, Nichols Street (2.04 lbs Vectobac-G)
4/6/2023	Habitat Inspections (5)
4/10/2023	Residential Pesticide Exclusion Received (1)
4/11/2023	Larviciding- Salem Street (1.86 lbs Vectobac-G)
4/11/2023	Habitat Inspections (4)
4/19/2023	Habitat Inspections (2)
5/3/2023	NEMMC Virtual Town Hall BOH District-wide meeting
5/8/2023	Adult mosquito surveillance traps set out
5/15/2023	Adult mosquito surveillance starts for the season
5/31/2023	Residential Pesticide Exclusion Received (1)
6/3/2023	Residential Pesticide Exclusion Received (1)
6/13/2023	Mosquito batches to PHL - 1 batch NEGATIVE
6/21/2023	Mosquito batches to PHL - 1 batch NEGATIVE
6/27/2023	Mosquito batches to PHL - 2 batches NEGATIVE
7/1/2023	Residential Pesticide Exclusion Received (1)
7/4/2023	Mosquito batches to PHL - 2 batches NEGATIVE
7/11/2023	Mosquito batches to PHL - 1 batch NEGATIVE
7/12/2023	Catch basin larviciding (853 VectoMax WSP) + Swampscott HS, MS, Clarke ES (42 Metalarv XRP)
7/12/2023	Catch basins in Swampscott completed- 853 municipal basins + 42 School basins= 895 total
7/17/2023	Mosquito batches to PHL - 1 batch NEGATIVE
7/24/2023	Mosquito batches to PHL - 1 batch NEGATIVE
8/1/2023	Mosquito batches to PHL - 2 batches NEGATIVE
8/8/2023	Mosquito batches to PHL - 3 batches NEGATIVE
8/14/2023	Mosquito batches to PHL - 2 batches NEGATIVE
8/22/2023	Mosquito batches to PHL - 2 batches NEGATIVE
8/29/2023	Mosquito batches to PHL - 1 batch NEGATIVE
9/6/2023	Mosquito batches to PHL - 1 batch (pending results)

Diseases of Concern

Mosquito-borne viruses such as **Eastern Equine Encephalitis virus (EEE)** and **West Nile Virus (WNV)** have been and continue to be the cause of disease outbreaks in humans and animals in Massachusetts.

Although Swampscott does not have the environment for mosquitoes that carry EEE, WNV carrying mosquitoes can breed in most environments including standing water in buckets, birdbaths, kids outdoor play toys, etc. – so emptying these water collectors in your yard once a week during the summer/early fall will help decrease the population.

West Nile Virus

While WNV can infect people of all ages, people **over the age of 50** are at higher risk for severe disease

Most people infected with WNV will have no symptoms

When present, WNV symptoms tend to include fever and flu-like illness. In rare cases, more severe illness can occur.

Current Massachusetts Mosquito Surveillance Results

WNV – 3 human cases, 108 positive mosquitoes

EEE – 0 human cases, 5 positive mosquitoes

THANK YOU!