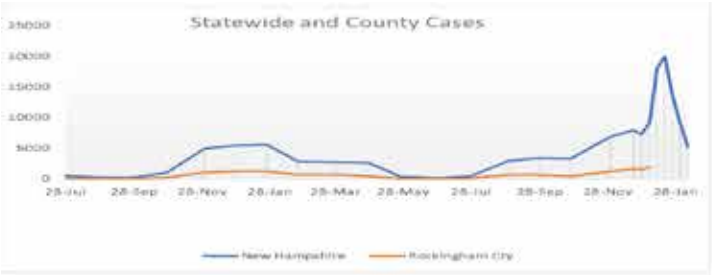
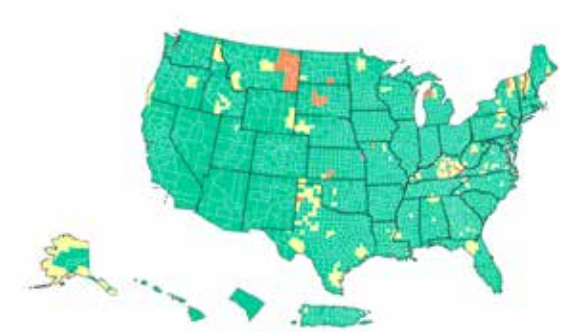
COVID-19 BULLETIN BOARD 3/29/22



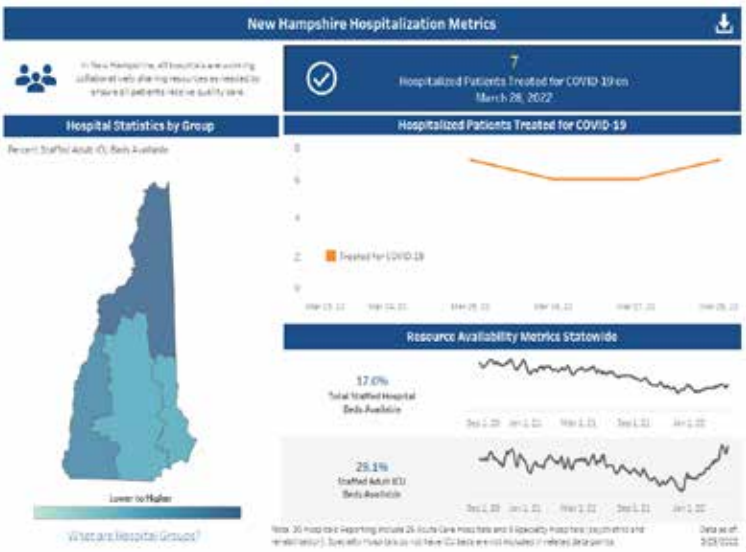


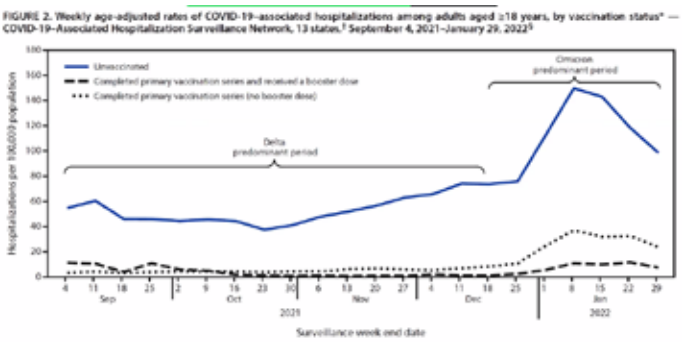


COVID-19 Community Levels – Use the Highest Level that Applies to Your Community

New COVID-19 Cases (Per 100,000 people in the past 7 days)	Indicators	Low	Medium	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9	≥20.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%
200 or more	New COVID-19 admissions per 100,000 population (7-day total)	NA	<10.0	≥10.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	NA	<10.0%	≥10.0%

NH DHHS RECOMMENDS USING THE CDC COMMUNITY RISK LEVEL INTERACTIVE TOOL
https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html
To determine the COVID-19 community level (map above is updated every Thursday), CDC looks at the combination of three metrics:
1. New COVID-19 hospital admissions per 100,000 population in the past 7 days
2. The percent of staffed inpatient beds occupied by COVID-19 patients
3. Total new COVID-19 cases per 100,000 population in the past 7 days
When deciding your risk-avoidance strategies,
keep in mind the risk you may pose to those who cannot be vaccinated.
Being up-to-date with COVID-19 vaccinations is the best way to avoid serious illness and hospitalization from the disease. Studies show the vaccines are effective against variants including Omicron B2.





January 2022 rate of COVID-19 associated hospitalizations:

- Unvaccinated *vs.* primary series + booster: 12x higher
- Unvaccinated *vs.* primary series only (no booster): 4x higher

For answers to Frequently Asked Questions about Daily Life in a COVID-19 World, visit:
https://www.cityofportsmouth.com/sites/default/files/2022-03/LivingWithCOVID%20033022.pdf