



Gorham Fire and EMS
Town of Gorham New Hampshire
347 Main Street Gorham NH 03581 603-466-2549



Department Update 01/26/22

Fire and EMS

Gorham Fire and EMS personnel have been kept busy responding to snowmachine and weather-related accidents over the last few weeks.

On Saturday January 22nd personnel were requested to respond to the Corridor 19 snow machine trail in the area of Lookout Ledge. Initial reports on scene stated there was a rider over the embankment with injuries. Personnel arrived on scene in the UTV. Loaded the patient into the stokes basket for extrication and used a z-drag rope rescue system to bring them back onto the trail for transport.



On Tuesday January 25th personnel were requested to respond to the area of 240 Lancaster Road, about halfway up Gorham Hill, for a report of two tractor trailers involved in a rear end collision. Upon arrival crews found the two vehicles blocking the uphill travel lanes with fluid leakage from one of them. Fire personnel controlled the flow of traffic while waiting for a wrecker to remove the vehicle from the scene.





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EMS personnel have been busy responding to calls for injured skiers at the Wildcat Ski area among our normal 911 call responses. Following are the year-to-date stats for Fire/EMS response:

Fire: 12

EMS: 43 (includes responses during FD calls)

Emergency Management/Health Officer

Work continues on the Hazard Mitigation Plan update with several more ZOOM meetings schedule to update the information and prepare it for submission to Homeland Security.

The state of the Covid-19 Pandemic in the valley continues to see an increase in cases locally. With the current Omicron variant, it appears that severe illness is down for vaccinated individuals which is helping the Hospital with staffing issues arising from quarantined employees.

The state of NH has adopted the CDC 5-day isolation/quarantine guidelines which is helping employees return to work sooner. A simple to use chart is available to assist in determining steps necessary to ensure a safe end to quarantine. This chart can be found on the last page of this update.

Please feel free to reach out to me at the station during the week for assistance with Covid protocols as necessary.

Respectfully submitted,

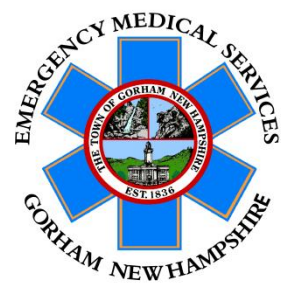
Chief Philip Cloutier



Gorham Fire and EMS





Town of Gorham New Hampshire

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COVID-19 Isolation and Quarantine Guidance: Updated January 6, 2022

Based on guidance from the [NH Department of Health & Human Services](#)

	I have been exposed* to someone who has tested positive for COVID-19 and I am fully vaccinated** and I have no symptoms	I have been exposed* to a household contact*** who has tested positive for COVID-19 and I am not fully vaccinated** and I have no symptoms	I tested positive for COVID-19 and I have symptoms	I tested positive for COVID-19 and I do not have symptoms
	<ul style="list-style-type: none"> I do not need to stay home (isolate). 	<ul style="list-style-type: none"> I need to stay home (Quarantine) for 5 days after exposure. Day one is the day after I was exposed. 	<ul style="list-style-type: none"> I need to stay home (isolate) for 5 days. Day one is the day after I developed symptoms. 	<ul style="list-style-type: none"> I need to stay home (isolate) for 5 days. Day one is the day after I tested positive.
	<ul style="list-style-type: none"> It's recommended for me to test for COVID-19 5 days after I was exposed If I develop symptoms, it's recommended that I isolate and get tested. 	<ul style="list-style-type: none"> I need to watch for symptoms for COVID-19 for up to 10 days. It's recommended for me to test for COVID-19 5 days after exposure. If I develop symptoms, I will quarantine and test. 	<ul style="list-style-type: none"> To end isolation after 5 days, I need to be fever-free (off fever-reducing medications) with other symptoms improving for at least 24 hours. It is recommended for me to test at home on day 5. If still positive, I will continue isolation. 	<ul style="list-style-type: none"> No other tests are needed.
	<ul style="list-style-type: none"> I am required to wear a face mask for 10 days (Day 0 is the first day I was exposed). 	<ul style="list-style-type: none"> I am required to wear a face mask for 10 days (Day 0 is the first day I was exposed). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead. 	<ul style="list-style-type: none"> I am required to wear a face mask for 10 days (Day 0 is the first day I developed symptoms). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead. 	<ul style="list-style-type: none"> I am required to wear a face mask for 10 days (Day 0 is the day I tested positive). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead.
	<ul style="list-style-type: none"> I should avoid recreational travel until 10 days have passed since I was exposed. 	<ul style="list-style-type: none"> I should avoid recreational travel until 10 days have passed since I was exposed. 	<ul style="list-style-type: none"> I should avoid recreational travel until 10 days have passed since I tested positive. 	<ul style="list-style-type: none"> I should avoid recreational travel until 10 days have passed since I tested positive.

City of Berlin 168 Main Street, Berlin NH 03570 www.berlinnh.gov