

## Healthy Voting during the Pandemic

By Dr. Tom Sherman

As a physician serving in New Hampshire's State Senate and a former member of the New Hampshire House of Representatives, it has been my honor to advocate for our state's public health and organized medicine during my time in office. This year, we are faced with a strange enemy in the COVID-19 pandemic. I want to send a heartfelt thank you to everyone fighting on the front lines. New Hampshire has asked a great deal from you, and I thank you for that sacrifice.

Over the past few months, I've worked with my Senate colleagues to pass a series of legislative packages to help combat the pandemic, such as putting into statute advances in telehealth, reducing prior authorizations, reviewing safety and COVID-related experiences of our nursing homes, and facilitating absentee voting in the 2020 elections.

As September's Primary election and November's General election approach, it's critical that we encourage voters to cast their ballots as safely as possible. To understand the best ways to accomplish that goal, I was appointed to the Select Committee on 2020 Emergency Election Support by Secretary of State Bill Gardner. Our unanimous, bipartisan recommendation was for every eligible voter in NH who wishes to register or vote do so absentee for the safety of both the voter and our dedicated election workers. Below you'll find links to information and forms that allow for easier access to absentee registration and voting.

I would ask that we, as physicians and physician assistants, share this information with our patients. Many of our patients are of an age and have comorbidities that place them in a high-risk category should they contract COVID-19. Our office staff can simply download and print out the absentee ballot application and give this to each patient on their departure. Encouraging and enabling our patients to vote absentee may well be a critical component of their treatment plan as well as beneficial to the public health of the state.

I thank the New Hampshire Medical Society who stands ready to help you with any questions you might have. NHMS's Director of Advocacy, Michael Padmore can be reached by phone (603) 858-4744 or by email at [Michael.Padmore@nhms.org](mailto:Michael.Padmore@nhms.org). For additional information, please contact the New Hampshire Secretary of State's office, whose contact information is listed below.

Thank you again for your tireless work. As long as I am in office, I will continue to advocate for policies that allow for you to do your job and treat your patients as effectively as possible. Please feel free to contact me with any questions or concerns on my cell at 603-828-9620 or by email at [tom.sherman@leg.state.nh.us](mailto:tom.sherman@leg.state.nh.us).

Absentee Ballot Application | [Download the Form](#) | [Fill-in Form](#) |  
[COVID-19 How to Request Absentee Voter Registration and Absentee Ballot Packets](#)  
[COVID-19 Absentee Voter Registration Instructions](#)  
[COVID-19 Absentee Ballot Instructions](#)  
[Absentee Voter Registration Form Disability or COVID-19](#)  
[Absentee Voter Registration Form to be used for "Temporary Absence"](#)  
[Joint Guidance on Voter Registration June 2020](#)  
[Voting by Absentee Ballot During the State of Emergency Related to COVID-19](#)  
[Click here to find contact information for your City or Town Clerk](#)

### Contact the Secretary of State's Office

Phone: 603-271-3242

Email: [elections@sos.nh.gov](mailto:elections@sos.nh.gov)