



# DOUGLAS COUNTY COVID-19 RESPONSE TEAM

## JOINT INFORMATION CENTER PRESS RELEASE FOR IMMEDIATE RELEASE

April 20, 2020

### DOUGLAS COUNTY COVID-19 RESPONSE TEAM - DAILY LOCAL UPDATE

(Douglas County, Ore.) The news in the last few days has been focused on reopening America. We are sure many of you have seen what other areas of the country are doing in response to these efforts. Here in Douglas County we continue to comply by the orders set forth in the March 23, 2020 [Executive Order #20-12](#), and subsequent orders since, issued by Oregon's Governor. Regardless of what you might have heard, Douglas County has not issued any additional closures or issued closures above those instituted by the State.

Another point of contention is the topic of essential and nonessential workers. The fact is that the list of closures in Oregon were not issued using an essential or nonessential worker manner. We feel every job in Oregon is essential. They are essential in supporting households, families, businesses and our economy. The State was very clear in what businesses and services were required to be closed and those that could remain open if they could follow the restrictions and six-foot people distancing orders. [Check out the Stay Home, Save Lives and other helpful guidelines here.](#)

Ultimately, the orders to reopen Oregon will come from Governor Kate Brown. On April 17, 2020, she stated, "This is going to move much slower than any of us want, but that is the only way to protect the health of Oregonians."

In the meantime, rest assured that your Douglas County Board of Commissioners are researching all avenues and advocating to find ways to safely open more businesses and services for our residents.

#### Local COVID-19 Test Results

As of 12:00 pm, April 20, 2020, there is one new case of COVID-19 in Douglas County. Please note that one of our previous positive cases has been reassigned by the state to a different jurisdiction, their address was out of the area, even though they tested positive in Douglas County. So, with the new case and reassignment of the older positive case, this keeps the total number of positives in Douglas County at twenty-three. \* Of the twenty-three, ten have recovered. There have been zero deaths and 710 negative tests for COVID-19 in the county. Douglas Public Health Network continues their epidemiologic investigations, identifying individuals who may have had close contact with individuals that have tested positive for COVID-19 and advising quarantine. Ten of the individuals who tested positive earlier have now recovered. DPHN defines recovery as an end to all symptoms after a positive test for COVID-19.

The next drive through COVID-19 clinic, led by DPHN, is scheduled for Tuesday April 21st, in Roseburg. At this time, you can only get a COVID-19 test through your healthcare provider. Residents must be identified by their health care provider. Information has been given to providers and clinics about how to get their patients signed up for the drive-through testing clinics. If you want to be tested, you must talk to your health care provider. Tests are currently being processed at the Oregon State Public Health Lab and a growing number of commercial labs, like Quest and LabCorp. There are a few outpatient clinics in Douglas County offering testing at this time. Community health partners are working very hard to make testing available to a wider number of people. The first drive thru testing site was piloted in the county on March 17, 2020, there have been 334 people tested so far in the drive through clinics. The drive through clinics are led by DPHN, in conjunction with partner agencies including; Douglas County COVID-19 Response Team, Douglas County Board of Commissioners, Douglas County Sheriff's Office, Douglas County Public Works, local volunteers and local health professionals.

#### Oregon COVID-19 Case Update

Oregon Health Authority reports new cases once a day on its website at [www.healthoregon.org/coronavirus](http://www.healthoregon.org/coronavirus). The Oregon Health Authority is also releasing the daily situation status report, which is produced jointly with Oregon Office of Emergency Management. It details the overall picture of the COVID-19 outbreak within the state and the response across government agencies. [Read more here about the daily situation status report.](#)

#### Facebook Live with Dr. Bob Dannenhoffer

Join us tonight, Monday, April 20, 2020 for the next virtual town hall Q&A with Dr. Bob Dannenhoffer, your Douglas County Public Health Officer at 6:00 pm, hosted by DPHN and found on the [DPHN Facebook page](#).



### **Commissioner Boice to Donate Blood; More Donors Needed**

On Tuesday, April 21, 2020, Douglas County Commissioner Chris Boice will roll up his sleeves to participate in a blood drive co-hosted by the Red Cross and the YMCA of Douglas County. Tuesday's event is the first of two blood drives hosted by the two organizations in the next week. Both will take place at the YMCA at 1151 Stewart Parkway in Roseburg. The clinics are as follows: **Tuesday, April 21** – 9 am to 2 pm and **Tuesday, April 28** – 10 am to 3:30 pm.

*"It is important that citizens continue to donate blood," Commissioner Boice said. "We appreciate the collaborative effort by the Red Cross and the YMCA to keep our local blood supply up during this challenging time. Please join me in supporting this event."*

Leaving home to donate blood is considered a lifesaving and essential need. Those who are healthy, feeling well and are eligible to give blood, platelets or convalescent plasma, are urged to participate. The COVID-19 pandemic has caused the cancellation of hundreds of Red Cross blood drives, resulting in more than 9,000 fewer blood donations. "We need you now more than ever," Red Cross officials said. Anyone interested in donating must make an appointment by visiting [www.redcrossblood.org](http://www.redcrossblood.org). To save time during your donation, complete your [health history questions](#) prior to arriving. Appointments can also be made using the Red Cross Blood Donor App or calling (800) 733-2767.

- **Wednesday, April 22** - 9:00 am – 2:00 pm - Holiday Inn Express, 375 West Harvard Avenue, Roseburg
- **Friday, April 24 - 9:00 am** – 2:30 pm - Roseburg Blood Donation Ctr, 1176 NW Garden Valley Blvd., Roseburg
- **Friday, April 24** - 10:30 am – 4:00 pm - LDS Church, 2001 West Bertha, Roseburg
- **Monday, April 27** - 1:00 pm – 6:30 pm - Roseburg Blood Donation Ctr, 1176 NW Garden Valley Blvd., Roseburg

### **Tips for Making Masks More Comfortable**

As residents increasingly wear masks in public, some have found that after a while, the masks start to chafe – especially around the ears. Here are some fun ideas for quick fixes to make wearing masks more comfortable. Make sure your mask-hack designs don't compromise the effectiveness of your mask. Here are the [CDC's guidelines](#) for how to use cloth face coverings effectively:

- **'Space buns'** - For those with long hair, go for the Princess Leia look; putting your hair in side buns will give you something to attach the mask bands to other than your ears. Or, you can put your hair in a high bun (or ponytail), and criss-cross the straps across the bun. Even people with short hair can get creative; watch the entertaining video in [this article](#) about innovative approaches by folks in China.
- **Monkeys** - Do you have the game "Monkeys in a Barrel" at home? Use one of the monkeys to secure your band! The monkey rests against the back of your head, one hand holding your right ear band, and one holding your left.
- **Paperclip** – Similar to the monkey idea; just use a paperclip instead of a monkey.
- **Buttons on a headband** – Attach buttons to both sides of a headband, and strap the elastic bands to the buttons instead of your ears. Here's a [sewing pattern](#) for making such a headband. The author cleverly notes that wearing a headband can also help conceal greys and roots in this time without hair salons.
- **Add elastic** – Tie an extra length of elastic between the ear bands to connect them, so you can just slip the mask over your head.

If you would like a homemade mask please contact [Douglas County Helpers](#) via their Facebook page or email at [douglascountyhelpers@gmail.com](mailto:douglascountyhelpers@gmail.com). The [Umpqua Sewing Warriors](#) is also making homemade masks and may be reached on their Facebook page. The group [The Timber Faller's Daughter](#) is working in Reedsport on this effort. You can also find them on Facebook. If you would like to make your own mask, the pattern that many organizations locally have been using can be found [here](#).

### **Oregon National Guard to Distribute PPE to Long-Term Care Facilities**

About 395,000 pieces of personal protective equipment (PPE) will be distributed to long-term care facilities statewide by the Oregon National Guard, the governor announced today. The equipment distribution supplements existing efforts by the Department of Human Services and Oregon Health Authority to prevent the spread of COVID-19 to residents and staff of these facilities. The PPE includes approximately 177,000 surgical masks, 127,000 gloves, 55,000 N95 masks, 33,000 face shields and 2,500 gowns. Deliveries began on Saturday. "Prioritizing PPE for these facilities will save lives and protect the front-line workers who are putting their health at risk to support Oregon's seniors and people with disabilities," said Melissa Unger, executive director of SEIU 503.

### **Daily Tips: Self-Care Mondays**

Daily meditation can help reduce anxiety as we all hunker down at home – but if you've never meditated before, where do you start? Meditation can mean many things; some people can attain a meditative state through listening to music, gardening, creating art or other relaxing activities. A daily meditation can be something as simple as sitting quietly for five minutes each day and taking some deep breaths. This [article](#), titled "How to Meditate," offers some pointers on getting started and includes a few links to guided meditations.

### **Stay Informed with the Accurate Information**

Your Douglas County Board of Commissioners, Douglas County Public Health Officer, Dr. Robert Dannenhoffer and the Douglas County COVID-19 Response Team have been working hard to cooperatively provide accurate and timely information and a response to Douglas County residents. **If you have questions about resources available, call the COVID-19 hotline, staffed by local volunteers at (541) 464-6550.** Stay up to date on COVID-19 in Douglas County on the DPHN website at [www.douglaspublichealthnetwork.org](http://www.douglaspublichealthnetwork.org). Find additional information on state, federal and international COVID-19 response from the following websites: [Oregon Health Authority](#), [Centers for Disease Control](#), [World Health Organization](#) and by calling or logging onto [211Info](#).

*\*Local case data includes all tests done in the county, and are not exclusive to DPHN testing. Further, reporting numbers are accurate as of time listed on this release. These numbers may not match other organizations, who report at different times of the day.*

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