



DOUGLAS COUNTY COVID-19 RESPONSE TEAM

**JOINT INFORMATION CENTER PRESS RELEASE
FOR IMMEDIATE RELEASE
May 2, 2020**

DOUGLAS COUNTY COVID-19 RESPONSE TEAM - DAILY LOCAL UPDATE

(Douglas County, Ore.) A rainy day, is a rainy day, even during the COVID-19 crisis. If your plans this weekend were foiled by a rainstorm and you are stuck inside the house, you don't have to be bored. There are plenty of fun and productive things to do on a rainy day without ever leaving the house. Here, some of ways you and your family can pass the time.

- 1) Vacation: Get online and research ideas for future family vacations.
- 2) Look into starting a side business: A side business can also provide a creative outlet, help you feel more fulfilled, and even make you more productive at your day job.
- 3) Get your finances in order: Spend the afternoon unsubscribing from unnecessary services, negotiating new insurance rates, setting up paperless billing or comparing prescription costs. You'll be surprised by how much money you can save.
- 4) Reconnect: You may feel like your grandmother gets plenty of updates via social media or texts have you up-to-date on your BFF's life, but there's nothing like a real conversation. Set aside a few hours this weekend to check in on those nearest and dearest to you—via a good old fashioned phone call.
- 5) Clean & Organize: Cleaning might not be high on anyone's list, but what better time to do the dreaded task than a rainy weekend? If you're not motivated enough to take on the whole house, pick a few spring cleaning chores (like going through that clutter drawer that's been driving you crazy) then kick back and relax.
- 6) Cook or bake: Take this time to try out that new recipe or maybe bake something yummy with your kids.
- 7) DIY project: Maybe you've been meaning to paint the guest room for months? Or maybe you've always wanted to make a DIY bookshelf? A rainy afternoon is the perfect time to finally cross that project off of your to-do list.
- 8) Gaming: Hold an online video or board game tournament: Forget about that movie marathon—have a board game tournament instead. Invite friends and family to join you for an online tournament of your favorite board or video game.
- 9) Make a bucket list: Use the opportunity to create a list of resolutions or craft a bucket list.
- 10) Pamper yourself: Try out that mud mask, give yourself a pedicure or manicure or take a long soothing bubble bath. A rainy day is the perfect opportunity to treat yourself.

Local COVID-19 Test Results

As of 12:00 pm, May 2, 2020, there are no new cases of COVID-19 in Douglas County. The total number of Douglas County residents who have tested positive is twenty-four*. Of the twenty-four cases, eighteen have recovered. One of the individuals that tested positive remains hospitalized. There have been zero deaths and 1159 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. The majority of the individuals who have tested positive earlier have now recovered. DPHN defines recovery as an end to all symptoms after a positive test for COVID-19.



Get Tested & Testing

The next drive through clinic in Roseburg will be Tuesday, May 5th, 2020. The fourth drive-through clinic in Reedsport is happening today, May 2nd. If you are having symptoms of COVID-19 including cough, fever, shortness of breath, muscle aches and pains, diarrhea, sore throat or decreased sense of smell and taste, talk to your health care provider about being tested for COVID-19.

The first drive thru testing site was piloted in the county on March 17, 2020, there have been 411 people tested in the drive through clinics alone, additional testing continues in hospitals, urgent cares and clinics simultaneously. 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. 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.](#)

DCCRT Partner Spotlight: Adapt

Adapt, a multi-pronged agency that provides substance abuse treatment, behavioral health services and primary care, has been an active part of the Douglas County COVID-19 Response Team (DCCRT). Adapt CEO Dr. Greg Brigham said his agency has coordinated with DCCRT partners on projects including planning alternative care sites for a potential surge in COVID-19 patients; the fever clinic at Evergreen Family Medicine; and working with the VA to plan for patient overflow should Mercy Medical Center reach capacity. It was important to Adapt to have alternative care sites in place because many of the people it serves in its residential treatment programs don't have a place to stay after they are discharged. If they got sick, there was a question of where they would go.

So far, many of the measures put in place by the DCCRT, such as the alternative care sites, have not been needed because the local number of COVID-19 cases has remained low. But Dr. Brigham said the benefits of such extensive collaboration will likely last well beyond the current pandemic. *"I think our local process has been very robust, and probably better than in most communities ... Every time we get on a project that brings us all together, it's really a very positive thing. We come out of it stronger and better-ready to provide services."*

He pointed out that, while Douglas County has stood up emergency response teams for previous crises, such as the UCC shooting, wildfires and "snowmageddon," this is the first emergency response in memory that has been medical in nature. *"This is new for our community,"* he said.

Adapt provides behavioral health services through Compass Behavioral Health, and primary care services through South River Community Health Center. When the COVID-19 pandemic hit, it was a priority to offer mental health resources to front-line health providers. Adapt helped stand up the Douglas County Healthcare Worker Support Line at (541) 677-5800, as well as a [website](#) that contains additional resources for protecting medical workers' mental and emotional health.

"We worked with the DCCRT to take on the project of developing behavioral health supports for medical providers in the event that their own personal stress from doing the job requires some attention," Brigham said.

Internally, Adapt took measures early on to mitigate COVID-19-related risk at its facilities. In-person meetings and gatherings were cancelled, and patients, visitors and staff were screened at the door. Adapt also expanded sick leave to encourage its employees to stay home if they were not feeling well. Most appointments are currently done virtually through Telehealth. However, people experiencing mental health issues are still able to walk in to Adapt and Compass to receive services. Compass also offers a 24/7 mental health crisis line at (800) 866-9760. Adapt is based in Roseburg but also provides services in Coos, Curry and Josephine counties.

"We're fully open and ready to go," Brigham said. *"We still have open access for mental health services. There's no wait at all."*

Explore the Wonders of National Parks from Home

Take a tour of a national park. Study Native American history. Earn a Junior Ranger's Badge – who knew these were all things you could do from home? The Department of the Interior's [website](#) is chock-full of online learning opportunities that will transport you out of your living room and into some of the most stunning natural landscapes in the U.S. You can learn about geology, study up on birds or explore the stars. Read about [Pele](#), the mythical Hawaiian volcano goddess. Watch live webcams of [Yosemite](#) or [Yellowstone](#) National Parks. There's even a [worksheet](#) to predict the next eruption of the famous geyser Old Faithful – after you fill it out, watch the Old Faithful webcam to see if you're right! For a fun project, learn about the Yellowstone Caldera, then [make your own caldera](#) at home. Curious about water and want to learn more about streams, oceans and precipitation? Check out the U.S. Geological Survey's [Water Science School](#), which has lessons taught by a drop of water named "Drippy." The site also has links to coloring pages and learning activities for kids, as well as resources for teachers.

ODOT: Reminds Motorists to Please Slow Down

National officials are reporting that with fewer people on the road and fewer traffic jams, many drivers are getting more reckless when they are out and about on our roads and highways. Highway safety officials across the country are seeing a severe spike in speeding, according to the Governors Highway Safety Association. Many states have reported alarming speed increases, with some noting a significant surge in vehicles clocked at 100 mph or more. Their mission is to save lives – so if you must drive, buckle up, follow the posted speed limit, and look out for pedestrians and bicyclists. Emergency rooms in many areas of the country are at capacity, and the last thing they need is additional strain from traffic crash victims.

Daily Tips: Hobby and Craft Saturday

Toilet paper is in high demand these days, but you probably don't think twice about throwing away the cardboard tube in the middle after the roll is used up. These tubes – and the tubes at the center of paper towel rolls – can be turned into art! Good Housekeeping has a [video tutorial](#) on how to do this. Supplies you'll need include scissors, tape or glue, paint, and the tubes themselves. You can create animal figurines, a miniature car, or whatever your imagination comes up with. The video will get you started with ideas, but they sky's the limit. You can also incorporate items such as sprinkles, yarn or glitter to brighten up your creations!

Heroes Work Here

Stay Home, Save Lives! Community members have done well in heeding these instructions to “flatten the curve” through social distancing, donning masks and gloves on limited excursions from the safety of their homes, and trying to make the most of this new, however temporary, normal. But what about those on whom we all rely for the essentials? Curbside garbage continues to be picked up. Groceries remained stocked. Mail arrives. Medical providers are still there for you. While it has its challenges, having the ability to self-quarantine may be a luxury that some cannot afford.

Community members head to the frontlines on a daily basis to keep our world spinning and Blue Zones Project-Umpqua is celebrating these local heroes. Walking in and out of work each day, dedicated workers at Blue Zones Project Approved and participating organizations will see large signs stating “Heroes Work Here” to remind them that taking the risk of exposure to COVID 19 while continuing their essential duties has not gone unnoticed by their community, and that they are valued. As essential workers continue to serve, with sometimes longer hours and tougher conditions during this unprecedented time, this is just one way to add a little sunshine to their day.



“This is our way of showing appreciation to those that are putting themselves in harm’s way to serve the community,” said Blue Zones Project, Organization Lead, John Dimof. “They are juggling so much right now and the least we can do is cheer them on and recognize that they are heroes for making these sacrifices for the rest of us.”

Blue Zones Project will continue to spread this campaign to other essential workers around the community, and invites those that are benefiting from these services to also express their gratitude. After all, heroes don’t just live in the comic books, they’re working hard for us, right here, in the Umpqua Valley.

Give Blood and Help Your Community

Blood supplies are seriously low and leaving home to donate blood is considered a lifesaving need. If you are healthy and feeling well, then giving blood is a safe and great way to help your community. The Red Cross has implemented sanitizing and social distancing policies to ensure you’re safe while making a lifesaving donation. Anyone interested in donating must make an appointment by visiting www.redcrossblood.org or calling (800) 733-2767.

5/04/2020	1:00 pm – 6:30 pm	Roseburg Blood Donation Ctr, 1176 NW Garden Valley Blvd., Roseburg
5/05/2020	12:00 pm – 5:30 pm	Roseburg Blood Donation Ctr, 1176 NW Garden Valley Blvd., Roseburg
5/08/2020	11:00 am – 4:30 pm	Roseburg Blood Donation Ctr, 1176 NW Garden Valley Blvd., Roseburg

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. 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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