



DOUGLAS COUNTY COVID-19 RESPONSE TEAM

**JOINT INFORMATION CENTER PRESS RELEASE
FOR IMMEDIATE RELEASE
May 3, 2020**

DOUGLAS COUNTY COVID-19 RESPONSE TEAM - DAILY LOCAL UPDATE

(Douglas County, Ore.) Today, we would like to send a shout out to our neighbors, friends and family in Douglas County for your continued support, and for your dedicated efforts in staying home and staying safe during the COVID-19 crisis. **THANK YOU DOUGLAS COUNTY RESIDENTS** for doing your ‘home’ work these last six weeks and following the ‘Stay Home, Save Lives’ guidelines. We know it is difficult to stay apart from those we love right now, but with modern technology many have been able to stay connected using video chats or hosting Facebook Live virtual events. It is important for our mental and physical well-being to maintain those relationships. But, keeping in touch with friends and family during COVID-19 might not be easy for everyone. For residents that need help to stay connected with family and friends, the [Oregon Lifeline](#) program may be able to help make staying in touch more affordable.

If you qualify, here are some benefits the Oregon Lifeline can provide with a participating service provider in your area:

- Receive a discount on your phone bill of \$10.75 per month.
- Receive a discount on your broadband bill of up to \$12.75 per month.
- Receive free cell phone and data service.

Those already receiving benefits from select public assistance programs such as the Supplemental Nutrition Assistance Program (SNAP) or the Oregon Health Plan (OHP) may qualify for the program. Residents may also qualify if their total household income is at or below 135 percent of federal poverty guidelines. To apply and for more information: Call (800) 848-4442, Monday through Friday from 9:00 am – 4:00 pm; or email puc.rspf@state.or.us or [click here of the Oregon Lifeline website](#).

Local COVID-19 Test Results

As of 12:00 pm, May 3, 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 1171 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 5, 2020. 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](#).

Volunteer & Support Your Local Community

The Southwestern Oregon Workforce Investment Board (SOWIB) and the Greater Douglas United Way (GDUW) have launched a [new volunteer coordination match site](#). The new volunteer match-style site reduces barriers to volunteering by



skipping the typical time-consuming search for a good fit for both volunteers and organizations. Potential volunteers enter a one-time personal profile, identifying as many skills and interests as they want to highlight and any limitations they may have. Organizations also develop a profile, outlining volunteer opportunities they need to fill. For example, an organization could request “someone near Myrtle Creek who can lift at least 25 pounds,” or “someone in Roseburg who can pass a background check and wants to do outreach calls from home” then the software generates potential matches. Contacts are provided for matches and then the organization and potential volunteer connect and set up volunteer work. Volunteering is a great way to give back and support your local community during times of need. And, GDUW has added perk; those that sign up to volunteer with the [new volunteer coordination match site](#) will automatically be entered into a drawing for a prize.

Reducing Your Family’s Stress and Building Resilience

In difficult times, children take cues from their parents on whether they should be afraid, and how they should feel and act. Here are some tips from the Oregon Health & Science University (OHSU) Child and Adolescent Psychiatry Fellowship on how to maintain a calm, reassuring and resilient atmosphere at home during the COVID-19 pandemic:

- **Provide consistency and structure** – Establish a simple daily routine for your family. Get your children involved in the planning process to give them a sense of control.
- **Stay alive** – Take regular breaks to go outside for fresh air and exercise. Look for free online resources for youth-focused at-home workouts, such as [Fitness Blender Kids Workout](#).
- **Be present with your family** – Work on tasks and projects alongside your children and set aside time to give your family your undivided attention.
- **Use technology wisely** – Get your news and COVID-19 updates from reputable sources, including the [Centers for Disease Control and Prevention \(CDC\)](#). Know which technology your children are using, and participate in it alongside them.

Daily Tips: Backyard Sunday

Your backyard is full of small wonders, and there are resources that can help you find the magic hidden among the weeds. Looking for a book filled with backyard activities and experiments you can do with your kids? Try [“Hack Your Backyard: Discover a World of Fun with Science Buddies,”](#) which teaches you how to make your own compass, tell the temperature from crickets and count the stars. Or, check out [“The Pocket Book of Backyard Experiments: Discover the Laboratory in Your Garden.”](#) Both are available for purchase on Amazon and elsewhere, or you can inquire with your local library about online options for accessing them.

For hours’ worth of fun and ideas, try the [“Backyard Science” YouTube channel](#) hosted by Kids Science. Episodes include “Make Your Own Mini Greenhouse,” “How to Measure Wind,” and “Playing Music with a Garden Hose.” Please note that some of the videos are for older kids and feature activities that require parental supervision.

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.

5/01/2020	1:00 pm – 6:30 pm	Roseburg Blood Donation Ctr, 1176 NW Garden Valley Blvd., Roseburg
5/01/2020	10:30 am - 4:00 pm	Sutherlin Community Center, Sutherlin
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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Contact [Tamara Howell](#), Public Information Officer, Douglas County COVID-19 Response Team, (541) 670-2804 cell/(541) 957-4896 tjhowell@co.douglas.or.us
Contact [Vanessa Becker](#), Public Information Officer, Douglas Public Health Network, (541) 817-6552 cell / (541) 440-3571 vanessa@douglaspublichealthnetwork.org