



DOUGLAS COUNTY COVID-19 RESPONSE TEAM

Our local COVID-19 updates represent the coordinated effort of the agencies that make up the DCCRT

JOINT INFORMATION CENTER PRESS RELEASE - FOR IMMEDIATE RELEASE – September 1, 2020 DOUGLAS COUNTY COVID-19 RESPONSE TEAM - DAILY UPDATE

(Douglas County, Ore.) **Douglas County COVID-19 Test Results:** As of 12:00 pm today, Tuesday, September 1, 2020, there is **ONE** person with a new positive test result since our noon case update yesterday. The total number of cases (people with positive test results and presumptive) in Douglas County is now at 179*.

Special Update: DPHN Performs Long-Haul Analysis of Local COVID-19 Cases

The epidemiology team at Douglas Public Health Network (DPHN) recently performed a local long-haul analysis of the first several cases of COVID-19 in Douglas County. Long-haul refers to a prolonged recovery time from a disease and some researchers have called people suffering with COVID-19 symptoms for weeks or months after their diagnosis “long-haulers”. The purpose of the analysis was to increase understanding of how the virus affects our local residents that have survived it, and what, if any, long term consequences and/or after affects there are to having been infected with the virus. The process began with a DPHN epidemiology team member reaching out to the first several positive cases in the county. The first positive case of COVID-19 in Douglas County was March 8, 2020 and we have since had a total of 179 cases of COVID-19 in Douglas County.

During the follow up inquiry, several questions were asked of the previous case subjects, including:

- How long did it take from the time you tested positive to return to the time you felt like you did before getting sick?
- What, if any, symptoms persisted?
- How are you feeling now, several months out?

The results of the follow up inquiry were profound. DPHN epidemiology team members discovered that 81% of the cases they contacted reported that they still had continuing symptoms, several months past their positive COVID test. Consequently, the analysis showed that less than only 1 in 4 (19%) cases reported feeling back to normal. Of the 81%, the most common lingering symptom reported was continued fatigue months after recovery. The second most common lingering symptom reported was shortness of breath. Unfortunately, one case is still on oxygen all hours of the day, indicating possible serious lung and respiratory damage. Additional lingering symptoms reported in more than a third of the case subjects included: muscle aches, swollen glands, memory loss, headaches, diarrhea, rash, hair loss, nausea and neurological symptoms in the hands and feet. The concluding analysis revealed that recovery and resolution of symptoms of COVID-19 appears to be a long and arduous road for the majority of those that were infected. The analysis emphasized the necessity for residents to follow prevention measures to avoid exposure and infection to the coronavirus in the first place. DPHN will continue to support those that have been infected with the virus. DPHN, along with the DCCRT Team will continue to promote prevention measures such as limiting travel, limiting social gatherings, promoting social distancing and the wearing of face coverings when appropriate.

Douglas County, OR - COVID-19 - Case Update					
Date	Friday, August 28, 2020	Saturday, August 29, 2020	Sunday, August 30, 2020	Monday, August 31, 2020	Today, Tuesday, September 1, 2020
Total COVID-19 Cases	177	177	177	178	179
People with Positive PCR or Antigen Test Results	160	160	160	161	162
Presumptive	17	17	17	17	17
Total Currently Hospitalized	1	1	0	0	0
Total Currently in Isolation	11	11	10	11	12
Total COVID-19 Related Deaths	2	2	3	3	3
Total Negative Test Results	10,081	10,227	10,348	10,432	10,506

*Our daily update includes the total number of cases in Douglas County, which combines people with positive test results and presumptives. We provide a breakout of the people with positive test results and presumptives in the chart above. Please note there will be times when a presumptive will move to a



positive test result, and our total case number will not change because the case has already been counted, instead you will see an adjustment to our breakout numbers for positive test results and presumptives.

Previously, we used the OHA definition for recovered that considered people recovered if they were 10 days from onset and symptoms were improving. As more is learned about COVID, the clinical definition of recovery is evolving. Due to the evolving nature of this definition, we have removed the column in our chart listing our recovered cases. We added the number of those in isolation that roughly correlates with the number of active cases. The DCCRT noon case and daily update will report the Total Number of COVID-19 Cases, the number of positive test results (as of 12:00 pm that day), the number of presumptive, total currently hospitalized, total currently in isolation, total COVID-19 deaths and total negative test results in Douglas County. **Currently, DPHN is supporting 12 cases in isolation.**

Getting Tested & Testing Clinics

The next drive-through testing clinic will be today, Tuesday, September 1, 2020, in Roseburg. As a reminder, 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. Patients without a Primary Care Provider, that are looking for a COVID-19 test should contact the Sutherlin Aviva Health Clinic at (541) 459-3788. The first drive-through testing site was piloted in the county on March 17, 2020, there have been 1432 people tested in 66 drive-through clinics, while additional testing continues in hospitals, urgent cares and 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 (OHA) reports new cases once a day on their website at www.healthoregon.org/coronavirus. OHA also releases a daily situation status report and a weekly report that details the overall picture of the COVID-19 outbreak within our state. The daily report details positive and presumptive cases, as well as deaths by county and statewide, while the weekly report is more in depth and includes statistical data related the severity of cases by age, gender, zip codes, ethnicity, as well as information on workplace and senior care facility outbreaks in Oregon. Find additional information on the state or Federal COVID-19 response go to [Oregon Health Authority](#), [Centers for Disease Control](#), and [211Info](#). OHA expanded their reporting for COVID-19 case management to now include presumptive COVID-19 cases in their total case number. DPHN is reporting the number of people with new positive test results and any new presumptives and uses the OHA's definition of presumptive as having had close contact with a known, confirmed COVID-19 case, showing symptoms and not yet having a positive nasal swab/PCR or antigen test for COVID-19. Testing continues, as DPHN has been holding 2-3 clinics a week and hospitals, urgent cares and clinics continue to test. DPHN continues their epidemiologic investigations, identifying individuals who may have had close contact with individuals that have tested positive for COVID-19, advising and supporting quarantine and isolation.

Safe Labor Day Celebrations During COVID-19

Labor Day weekend is almost upon us and your Douglas County Board of Commissioners, along with Dr. Bob Dannenhoffer, your Douglas County Public Health Officer and the DCCRT Team wanted to remind our residents that the safest way to celebrate during the pandemic is to limit groups and gatherings, limit travel, stay six feet apart and to wear face coverings were recommended. Past holiday weekends have led to outbreaks in our state with people celebrating in an unsafe manner that resulted in an uptick in cases. With case numbers finally declining, it's more important than ever for our citizens to rethink and limit holiday weekend gatherings, and find safe ways to celebrate so we can continue to make progress against COVID-19. Check out our list of tips below.

Tips to Help Keep Your Labor Day Celebrations COVID-19 Safe: Labor Day is normally a time to invite friends and family over for that one last summer hoorah before school gets back into session, football, volleyball and soccer monopolize our weekends, and the weather starts to get a little chillier...but this year things are far from normal. We know you are more than a little impatient and very ready to rid your life of all the "caution fatigue" caused from the constant barrage of COVID-19 guidelines, believe us, we are too! But remember, the virus is still here, and in order to keep COVID-19 from crashing your party, everyone should continue to include health and safety guidelines as a part of their event planning. So, if you're planning a family gathering, camping trip or bash to celebrate the Labor Day Holiday, we encourage you to take the steps necessary to celebrate safely.

1. **Prevention:** We know you are tired of seeing and hearing the COVID-19 health notices like wash your hands, cover your cough, stay home if you are sick, stay six feet apart and wear a mask, but the statistics really do show that these preventative measure are working when people choose to follow them.
2. **Maybe Skip It This Year:** The world will not end if the Smith's do not have their annual Labor Day Luau. So, maybe think of skipping the big party this year, and instead opt for a small celebration in your own backyard with your immediate family. You can always video chat or share photos with friends and family while you celebrate.
3. **Limit the Number of Guests:** If you do still want to host a celebration, we encourage you to limit the number of guests. We know you are more than ready to fire up the grill and celebrate the end of summer, but smaller is better right now. Try to keep your guest list to an acceptable number given the space you have. Think local and invite family and friends from your local area to minimize travel and the spread of the virus. Also, plan ahead and know where to keep everyone. Try to avoid having everyone seated at one big table. Spread out the guests at smaller, separated tables.
4. **Keep the Fun Outside:** Most research suggests you are less likely to catch or transmit coronavirus if you're outside, wearing a mask and keeping your distance from others, remember it's six feet apart. Plan ahead and set up the tables, chairs and seating areas to allow for proper social distancing and encourage guests to spread out during the event.
5. **Keep it Clean:** If you're the host, make sure to clean and disinfect everything before guests arrive, as well as continue to sanitize during your event. Wipe down tables, chairs, bathrooms and common areas with disinfectant. Have a good supply of masks, hand wipes, tissues and hand sanitizer readily available, and encourage guests to use them. Better yet, give each guest a party favor bag filled with these items.

6. **Too Many Chefs in the Kitchen:** We know it's tempting to check on the cook and taste all the good eats in advance, but try and avoid the conversations and tastings in the kitchen or around the grill. Give the cook some space. If you are the chef or grill master, try to limit your time cooking while guests are there and prepare as much food as you can in advance. It is also a good idea to set up several accessible tables or areas with food options instead of one smorgasbord family style table of good eats.
7. **Sharing is Not Caring:** Definitely not the time to double dip or share bites of food. This is the time when the old adage, 'sharing is caring' does not apply. Never share utensils, drinks or food. Instead of community condiments, opt for single serve packets, prepare individual meals or serve guests instead of everyone serving themselves potluck style from the buffet. Have single serve drinks available or make it fun and offer disposable cups that guests can personalize with a design, stickers or a marker to identify whose cup is whose.
8. **Keep your distance:** Remember it still gets chilly at night, but that's not a reason to head indoors and get too close to one another in a small confined space. Set a time limit for the event so that ends well before dark or when the cold starts to set in. Or offer blankets or coats to guests that wish to stay later, but continue to keep the festivity outside.

The bottom line is please use common sense, follow the current guidelines and don't let COVID-19 be an unwanted party crasher and ruin your celebrations. We hope you have a safe and happy Labor Day holiday.

State Extends Emergency Order for Health Insurance

Shared from the [Oregon Department of Consumer and Business Services' Division of Financial Regulation](#). The ODCBS, Division of Financial Regulation extended the emergency order for health insurance in Oregon on Monday, August 31, 2020. The health insurance order was extended until September 30, 2020. The order requires health insurance companies to do the following for their customers during the COVID-19 pandemic:

- Provide at least a 60-day grace period to pay any past-due premiums
- Pay claims for any covered services during the first 30 days of the grace period
- Extend all deadlines for reporting claims and other communications, and provide members with communication options that meet physical distancing standards

The order will be in effect through September 30, 2020, and can be extended in 30-day increments during the course of the COVID-19 pandemic. [Click here to read the complete health insurance order](#) and [Click here to read the extension to the emergency order](#). Consumers can visit the division's [COVID-19 consumer page](#) for more information about the emergency orders and additional insurance and financial services topics.

State Extends Foreclosure Moratorium for Oregon Homeowners and Business Owners until December 31

Shared from the [State of Oregon](#). Yesterday the State extended protections from foreclosure for Oregon homeowners and business owners through executive action, until December 31, 2020. [Executive Order 20-37](#) will extend House Bill 4204's current moratorium on foreclosures, as allowed by that legislation. The deadline for extending the foreclosure moratorium was scheduled for August 31, 2020, as HB 4204 required the Governor to announce an extension of the moratorium 30 days before the moratorium expired on September 30, 2020. While EO 20-37 will provide homeowners and business owners certainty through the end of the year, it is not a long-term solution. State officials will be working with landlords, lenders, and other stakeholders in the coming weeks to craft a solution for the Legislature to consider. They are also continuing to have conversations with community leaders and stakeholders to look at options surrounding a moratorium for evictions for renters, which does not expire until September 30, 2020. The Legislature's Emergency Board allocated \$55 million for rent assistance through December, and \$20 million for affordable housing operating support for OHCS partners. In April, the Emergency Board also allocated \$12 million in emergency funding for safe shelter and rental assistance. Congress has also passed about \$82 million in housing supports and other housing-related services for Oregonians, including funds for rental and utility assistance.

Facebook Live with Dr. Bob Dannenhoffer

Join us **tonight, Tuesday, September 1, 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](#).

LOCAL COVID-19 INFORMATION

Stay Informed with Accurate Local Information

Stay up to date on COVID-19 in Douglas County on the [Douglas County Government website](#) or the [DPHN website](#). Your Douglas County Board of Commissioners, Douglas County Public Health Officer, Dr. Robert Dannenhoffer and the Douglas County COVID-19 Response Team (DCCRT) have been working hard to cooperatively provide accurate and timely information to Douglas County residents since March 8, 2020. Our local COVID-19 updates represent the coordinated effort of the agencies that make up the DCCRT. **Local COVID-19 Hotline** If you have questions about COVID-19 or need access to available local resources, call the Douglas County COVID-19 Hotline at (541) 464-6550. It is staffed from 8:00 am to 5:00 pm, 7 days a week.

Questions about Governor's Reopening or Statewide Rules? If you have questions or need more information about the Governor's Phased Reopening Plans, Sector Specific Guidelines or her latest Statewide Orders go to the Governor's COVID-19 website at <https://govstatus.egov.com/or-covid-19/> or call Business Oregon's Navigator Hotline at **(833) 604-0880**.

Who Do You Contact to Report Compliance Issues with the Governor's Statewide Rules?

Please do not call 911, Douglas County Sheriff's Office or Douglas County Offices to report compliance issues with the Governor's orders. The Governor has directed the State of Oregon offices for Oregon Occupational Safety and Health (OSHA) and the Oregon Liquor Control Commission (OLCC) to be the enforcement agencies responsible for ensuring

restaurants, bars, and other businesses comply with COVID-related rules. [Click here](#) to read the Governor's official press release on COVID-19 rules compliance. [Click here](#) for the Governor's latest statewide rules, effective Friday, July 24, 2020.

For more information or to report compliance issues concerning the Governor's COVID-19 orders contact:

OSHA: (800) 922-2689 or [OSHA website](#) or [OLCC](#) (503) 872-5000 or [OLCC website](#)

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