



# 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 – November 3, 2020 DOUGLAS COUNTY COVID-19 RESPONSE TEAM - DAILY UPDATE

(Douglas County, Ore.) Douglas County COVID-19 Test Results: The Douglas County COVID-19 Response Team continues to focus on our local COVID-19 response. **As of 12:00 pm today, Tuesday, November 3, 2020, there are EIGHT people with new positive test results and TWO new presumptives since our noon case update yesterday.** The total number of cases (people with positive test results and presumptive) in Douglas County is now at 400\*. Currently, there are FIVE Douglas County COVID-19 patients that are being hospitalized. One is being hospitalized out-of-the-area, while the remaining four are being hospitalized locally.

Today, we reached 400 total COVID-19 cases in Douglas County with the increase of 10 total positive cases and presumptives combined. This trend of has become increasingly concerning for all of us. An ounce of prevention really is worth a pound of cure — and that’s never been more true than right now. But, just like the old adage, the recommendations from public health for preventing the spread of diseases, viruses and illnesses are not new notions, but rather age old advice based on decades of scientific research. From a young age we are taught to wash our hands, cover our coughs, clean and disinfect and stay home if we are sick. This sage advice continues to be the basis for good hygiene and virus prevention practices today. The DCCRT team, under the direction of the Douglas County Board of Commissioners, along with Dr. Dannenhoffer and Douglas Public Health Network encourage residents to make prevention measures a part of their everyday routines. The [Centers for Disease Control and Prevention](https://www.cdc.gov) (CDC) recommend six daily habits that can help you avoid sickness and prevent the spread of viruses to others too.

### 6 DAILY HABITS to help prevent the spread of many viruses

- Physical contact**  
Avoid close contact with people who are sick.
- Keep hands clean**  
Wash your hands often with soap and warm water for 15 seconds.
- Avoid touching face**  
Try to avoid touching your eyes, nose, and mouth with unwashed hands.
- Have a cough or cold?**  
Cough or sneeze into your elbow, not your hand.
- Clean surfaces**  
Clean and disinfect frequently touched objects and surfaces.
- Feeling sick?**  
Stay home when you’re sick and keep sick children home from school.

### Douglas County, OR - COVID-19 - Case Update

Date	Friday, October 30, 2020	Saturday, October 31, 2020	Sunday, November 1, 2020	Monday, November 2, 2020	Today, Tuesday, November 3, 2020
<b>Total COVID-19 Cases</b>	374	379	387	390	<b>400</b>
<b>People with Positive PCR or Antigen Test Results</b>	332	337	345	347	<b>355</b>
<b>Presumptive</b>	42	42	42	43	<b>45</b>
<b>Total Currently Hospitalized</b>	2	4	3	3	<b>5</b>
<b>Total Currently in Isolation</b>	51	41	51	49	<b>54</b>
<b>Total COVID-19 Related Deaths</b>	8	8	8	8	<b>8</b>
<b>Total Negative Test Results</b>	15,781	15,835	15,937	16,010	<b>16,062</b>

\*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.



## **NOTICE: FACEBOOK LIVE WITH DR. BOB CANCELLED TONIGHT, TUESDAY, NOVEMBER 3**

That's right, Dr. Bob is going to take the night off. We have decided to cancel the COVID Facebook Live event for tonight, Tuesday, November 3, 2020, due to scheduled nation-wide happenings. So, please join us on **Friday, November 6, 2020 at 4:00 pm** for the next Facebook Live event with Dr. Bob. hosted by DPHN on the [DPHN Facebook page](#). Dr. Bob Dannenhoffer, our Douglas County Public Health Officer will continue their normal schedule of Facebook "Live Q&A Updates" next week with both his Tuesday night at 6:00 pm and Friday night at 4:00 pm on the DPHN Facebook page. Residents are still able to submit their COVID-19 questions to Dr. Bob during the live shows, but you can also email your questions to: [Facebookquestions@douglaspublichealthnetwork.org](mailto:Facebookquestions@douglaspublichealthnetwork.org). Dr. Bob and the DPHN team will do their best to respond to as many questions as they can during their weekly updates.

### **The Key Is You!**

It is no secret that the key to stopping the continued spread of the coronavirus is, **YOU**, our residents, our families, our communities and our businesses. Yes, prevention is the best medicine and not just to help stop the spread of COVID, but for your overall health and wellbeing as well. If each and every individual in our county would make a real concerted effort to implement these guidelines into their daily routine, we could see a huge decrease in our COVID case numbers. That means we need each and everyone one of you to take steps to make your everyday life more germ spread conscious by choosing to maintain healthier eating, exercise and cleaning habits; being cautious and keeping distance from others; making modifications to how you socialize with others; choosing no contact deliveries and services and staying home if you are sick. The suggestions we make and the guidelines presented by public health are not just for your health and safety, but for the health and safety of our kids, our grandparents, our coworkers, our first responders, our teachers and our businesses. We know we sound like a broken record, but our primary focus is to do everything we can to protect the health, safety and wellbeing of our residents.

### **We Encourage You to Help Stop the Spread and Stay Healthy**

- *Make a habit of washing and sanitizing your hands, regularly. That means washing after you eat, if you touch new surfaces, go to the bathroom, open a door, go to the store, go to the post office or after a meeting. Also try and avoid touching your face as much as possible.*
- *Stay at least six feet apart from anyone that is not from your immediate household. This means paying attention to the distance stickers at the store, the bank, at restaurants and at businesses. Please be respectful, kind and polite, by giving people ample space.*
- *Stay home from work, school and play if you are sick. This includes not running errands or going shopping or inviting visitors to your home. If you need help, reach out to friends, family or utilize an app or businesses that offer no contact deliveries or services.*
- *Minimize travel, especially out of the state and limit visitors to your home.*
- *Minimize attending social gatherings or going places where there are large groups of people.*
- *Please wear a mask where recommended.*

### **UPDATED: OHA Reporting and Definition for Recovered**

As per the [Oregon Health Authority COVID-19 Investigative Guidelines](#), the number of recovered cases is no longer being assessed or reported by OHA. Up until May 1st, 2020 recovery from COVID-19 was defined as being afebrile (not feverish), without the use of antipyretics (medicine to reduce a fever), and having resolution of cough, shortness of breath and diarrhea for at least 72 hours. As more was learned about symptoms, recovery and contagious period, the definition of recovered changed. Beginning May 1st, OHA stopped reporting recovered cases while also separating recovery from contagious or isolation period. Many cases were no longer contagious, as they were outside of the contagious period, but still having lingering symptoms. To be consistent with OHA and to adapt as we learn more about this new virus, we removed the column in our chart listing recovered cases. At that point, we added the number of those in isolation, roughly indicating active or infectious cases of COVID-19 in Douglas County.

*Currently, DPHN is supporting 54 cases in isolation, as well as another 383 contacts in quarantine in Douglas County. Isolation is recommended for confirmed and presumptive cases, quarantine is recommended for contacts of confirmed or presumptive cases. Currently, staff is supporting an astonishing 437 total contacts in isolation/quarantine. This number represents a snapshot of the significant amount of work being done by our county and our public health to help control the spread of COVID-19.*

### **Getting Tested & Testing Clinics**

**The next drive-through testing clinic is Today, Tuesday, November 3, 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 1720 people tested in 86 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](http://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](#).

### **Oregon COVID-19 Presumptive**

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.

### **Travel Caution: Please Limit Travel, Social Gatherings and Visitors**

Our recent surge in cases can be attributed to travel and unwitting and unintentional behavior by residents choosing to attend or host social gatherings where COVID-19 guidelines for social distancing, food preparation, hand washing and masks are not being followed. Cases have been linked to travel and social gatherings including: birthday parties, weddings, funerals, prayer groups, play dates, visiting family members and school events. Again, we ask that you take a moment and revisit how you are socializing and please protect yourself, your loved ones and our communities from the spread of this virus. We encourage you to delay travel, consider stay-cations and reschedule visits from out-of-the-area friends and family to a later date. We continue to identify people with positive test results that have chosen to travel out of Oregon to visit relatives or to take vacations. While traveling those individuals and families have come in contact with someone with COVID-19 and brought it back to Douglas County. Other cases and outbreaks were the direct result of someone coming to Douglas County to visit and bringing the virus with them and infecting their host family. Please stay safe and remember to be kind to others. Stopping the increase of COVID-19 cases in our county is really up to YOU, our citizens.

### **Food Security and Farmworker Safety Program (FSFS) Application Deadline Extended to November 6**

Shared from OHA. This is the final week to apply for the Food Security and Farmworker Safety Program (FSFS) that will provide reimbursement for certain COVID-19 related costs. Applications will be accepted until midnight November 6, 2020 and applicants have until November 16, 2020 to submit all eligible expenses for assistance. FSFS offers financial assistance to farmers and ranchers who meet the OR-OSHA temporary rule requirements. Call (503) 986-0058 or visit the [FSFS website](#) to apply.

### **Need Some Emotional Support Right Now? Options and Help Are Just Phone Call Away**

Shared from [OHA](#). We know there is a lot going on right now. Times of uncertainty can bring about feelings like fear and worry. These are normal feelings, but they can also make it hard to remember to take care of yourself. Self-care is important for both your mental and physical wellbeing, as well as the wellbeing of your family.

Fear and anxiety are normal reactions to the abnormal situation we are all living with right now. There are lots of ways to manage your fear and anxiety. Management often begins with staying connected to your friends and family, the people we love. During this crisis however, we have to create new ways to stay connected that respect social distancing and self-quarantine. Look at staying connected over the phone or internet, plan daily check ins or virtual meetings/get togethers using technology if you are able. Other ways of managing fear and anxiety include taking care of your own health by eating well and doing activities you take pleasure in. Stay informed, but also remember to take a break from reading or watching coverage about the virus. Continual monitoring of the onslaught of COVID-19 information can be very upsetting to your mental health. Find information sources that you trust and that give local information regularly. Balance information seeking with activities you enjoy and that make you happy.

#### **Here are some ways to help you to take care of yourself:**

- Take breaks from watching, reading or listening to news when you are able.
- Try to do something you enjoy.
- Take care of your body by eating well, exercising and getting plenty of sleep.
- Make time to unwind. Remind yourself that strong feelings will fade.
- Check in with your community (neighbors, family, friends, etc.) if you are able.
- Keep a sense of hope.
- Connect with others.

Many of us were dealing with fear and anxiety before this happened and this public health crisis could make that worse. Reach out and seek help if you have the common signs of mental distress or an increase in any of the following: Feelings of numbness, disbelief, changes in appetite, energy and activity levels, difficulty concentrating, difficulty sleeping or nightmares and upsetting images or thoughts, physical reactions such as headaches, body pains, stomach problems and skin rashes, anger or short-temper, worsening chronic health problems or increased use of alcohol, tobacco or other drugs.

If you need someone to talk to, the David Romprey Oregon Warmline is available every day from 9:00 am to 11:00 pm at (800) 698-2392. You can also call the Safe + Strong Helpline at (800) 923-4357 (800-923-HELP). The line offers free, 24-7 emotional support and resource referral to anyone who needs it – not only those experiencing a mental health crisis. More resources are available on the [Safe + Strong mental and emotional health page](#). The CDC also has an updated webpage to help people deal with stress during the crisis. [CDC Managing Stress and Anxiety Website](#).

You can seek help locally by calling the Douglas County COVID-19 Hotline at (541) 464-6550 or Compass Behavioral Health at (541) 440-3532 or (800) 866-9780. Outbreaks and disasters like this often also lead to increases in domestic, sexual and gender-based violence, if you are a victim of domestic or sexual violence, there is help available. Call [Peace at Home Advocacy Center](#) (formerly Battered Persons' Advocacy) at (541) 673-7867 or (800) 464-6643.

### **REMINDER: Aviva Health Offering Veterans Free Drive-Thru Flu Shots at the 2020 Veterans' Day Parade**

Shared from [Aviva Health](#). Aviva Health is providing area veterans with the option to get a free drive-thru flu shot at this year's 'Reverse' Douglas County Veterans Day Parade on Wednesday, November 11, starting at 11:00 am. The 2020 Veterans Day Parade will be a reverse format at the Douglas County Fairgrounds. The Douglas County Veterans Day Parade Committee have planned a reverse parade, where floats and other elements of the parade remain stationary while visitors to the event drive by them in their cars. Proper social distancing and masking guidelines will be followed to protect people from

COVID-19. Aviva Health typically hosts a Veterans Day event at its Roseburg campus called Vets and Their Pets, but the pandemic forced the organization to cancel this year's festivities. Still, Aviva Health intends to honor and assist those who have served in a meaningful way.

### **Sutherlin School District Announces Positive Case**

Shared from the [Sutherlin East Primary Facebook Page](#). In a notice posted to their Facebook page at 6:34 pm on Sunday, November 1, 2020, Sutherlin School District Superintendent, Terri Prestianni, announced that they were notified by DPHN and Dr. Bob Dannenhoffer, our Douglas County Public Health Officer, that a student at Sutherlin East Primary School had tested positive for COVID-19. Sutherlin School District officials have been very proactive in their approach in dealing with this event to help mitigate the spread of the virus. Below is a copy of the notice that was posted:

*“November 1, 2020: School District Responds to Positive COVID-19 Case*

*The Sutherlin School District is taking steps to ensure the safety of all students and staff. A Sutherlin School District student at East Primary School has tested positive for COVID-19. We are working closely with the Douglas Public Health Network to respond to this news and protect the health of our community. We are taking steps to ensure the safety of all students and staff. As soon as the Douglas Public Health Network informed us that a student in our district tested positive for COVID-19, we started notifying staff, and parents of the children in the cohort that a student tested positive, asking them to quarantine for 14 days and monitor for symptoms. We provided quarantine guidance and informed parents of exposed children that someone from the DPHN will be in daily telephone contact to provide additional monitoring. We will continue to follow and maintain the Oregon Health Authority and the Oregon Department of Education guidelines; namely practicing handwashing, physical distancing to the degree we can, requiring people wear masks inside the building, and upholding cleaning and disinfecting protocols. At this time, in-person learning will resume for the students and staff who are not quarantined. We understand families are concerned. We will keep families and the school community updated with any new information as it becomes available, while meeting the requirements to honor everyone's right to privacy.*

*- Terry Prestianni, Superintendent”*

For reference: The Oregon Health Authority issues a weekly COVID-19 report that publishes data on K-12 schools with in-person instruction, child/day care centers, businesses and care facilities that meet their outbreak criteria. As of last week, OHA's policy related to school outbreaks is to report outbreaks with 1 or more cases in school settings at any place of learning for students from kindergarten through twelfth grade, or a subset, with at least 30 students enrolled. Case counts includes employees, staff, volunteers or students at the school. According to OHA, the notice is to inform the public of potential COVID-19 exposure and to provide transparency surrounding COVID-19 in schools. School is defined as any place of learning for students from kindergarten through twelfth grade, or a subset, with at least 30 students enrolled. This includes, but is not limited to, public schools, private schools, parochial and charter schools. Staff is defined as any person who works full time or part-time at the school, regardless of their position. A volunteer is defined as any person who volunteers onsite.

## **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, DPHN 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.

### **Douglas County Resource/COVID-19 Hotline: (541) 464-6550:**

Douglas County Commissioners and Douglas Public Health Network have added a resource and referral service to the current COVID-19 hotline for Douglas County residents. The added service will help residents get connected to resources and services due to the local wildfires. Referral and resource information will be available about local emergency shelters, livestock and animal boarding options, donation locations, volunteer opportunities, welfare check referrals, food and water resources and help with health and wellness questions. This is **NOT** the hotline for Fire Updates or Evacuation information. Please contact or follow DFPA and DCSO for the most up-to-date wildfire information. **The Resource/COVID-19 Hotline is (541) 464-6550. It is staffed from 8:00 am to 5:00 pm, 7 days a week until further notice.**

**Questions about Governor's Reopening or Statewide Rules?** If you have questions or need more information go to the Governor's COVID-19 website at <https://govstatus.egov.com/or-covid-19/> or call the Business Oregon's Navigator Hotline at (833) 604-0880. For information on COVID-19 in Oregon, call 211 or visit [211info](#)

**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 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. **For more information or to report compliance issues contact:**  
OSHA: (800) 922-2689 or [OSHA website](#) or **OLCC** (503) 872-5000 or [OLCC website](#)

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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](mailto: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](mailto:vanessa@douglaspublichealthnetwork.org)