



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 21, 2020 DOUGLAS COUNTY COVID-19 RESPONSE TEAM - DAILY UPDATE

(Douglas County, Ore.) **Douglas County COVID-19 Test Results:** Unfortunately, we have hit a new daily record with **38 new positive cases today**. As of 12:00 pm today, Saturday, November 21, 2020, there are **THIRTY-EIGHT (38) people with new positive test results since our noon case update yesterday***. The total number of cases (people with positive test results and presumptive) in Douglas County is now at **795***. Currently, there are **FIFTEEN (15)** Douglas County COVID-19 patients that are being hospitalized, 14 locally and 1 out-of-the-area. Our Douglas County COVID-19 Response Team, under the direction of the Douglas County Board of Commissioners, Dr. Bob Dannenhoffer, our Public Health Officer and Douglas Public Health Network continue to devote all resources available to our local COVID efforts.

Local Cases Being Supported in Isolation and Quarantine

Currently, DPHN is supporting **243 cases** in isolation, as well as another **474 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 **717 total contacts** in isolation or quarantine. This number represents a snapshot of the significant amount of work being done by our county and Douglas Public Health Network to help control the spread of COVID-19.

Douglas County, OR - COVID-19 - Case Update					
Date	Tuesday, November 17, 2020	Wednesday, November 18, 2020	Thursday, November 19, 2020	Friday, November 20, 2020	Today, Saturday, November 21, 2020
Total COVID-19 Cases	678	701	728	757	795
<i>People with Positive PCR or Antigen Test Results</i>	616	637	663	691	729
<i>Presumptive</i>	62	64	65	66	66
Total Currently Hospitalized	14	14	14	13	15
Total Currently in Isolation	199	216	226	223	243
Total COVID-19 Related Deaths	12	12	15	15	15
Total Negative Test Results	17,590	17,707	17,857	18,043	18,167

*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.

Make Sure You Take Care of Your Mental Health Too!

Shared in part from [OHA](#), [CDC](#) and [Adapt/Compass Behavioral Health](#). As we prepare for Thanksgiving and a very different-looking holiday season, it is important to make sure that you are taking care of yourself and your loved ones, both psychically and mentally. This time of year is typically difficult on many individuals who already suffer from mental illness, anxiety and depression. It is also difficult for many that are alone, having to quarantine or isolate themselves or those in care facilities that have stopped or limited visitation from loved ones. And, caregivers who usually take time off to visit loved ones are not only staying home this year, but many are also being asked to take on more duties or work extra shifts, due to the rise in case counts and the increasing number of people who need mental health or addiction services. We encourage everyone to find time to take care of yourselves.

The US Center for Disease Control (CDC) offers a number of helpful tips and links to mental health services on their COVID-19 – Coping with Stress webpage. Here is an excerpt from that page: The coronavirus disease 2019 (COVID-19) pandemic has been stressful for many people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.



COVID-19 AND YOUR MENTAL HEALTH



1. MEDIA BREAKS

Avoid excessive exposure to media coverage of COVID-19 or take breaks from the news.



2. DEEP BREATHS

Take deep breaths, exercise, or meditate.



3. FOOD

Try to eat healthy, well-balanced meals and get quality sleep.



4. UNWIND

Make time to unwind. Share how you feel with someone you trust.



5. DO WHAT YOU LOVE

Try to do some other indoor activities you enjoy to return to your normal life.



6. POWER OF POSITIVE THINKING

Maintain positive thinking.

7. GET HELP

It's important to seek, ask and get immediate help in a crisis.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health, and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

You may be experiencing increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. It's important to seek, ask and get immediate help in a crisis.

(Graphic adapted from Methodist Health)

- Call 911
- [Disaster Distress Helpline](#) or call (800) 985-5990
- [National Suicide Prevention Lifeline](#) or call (800) 273-TALK (8255)
- [National Domestic Violence Hotline](#) or call (800) 799-7233
- [National Child Abuse Hotline](#) or call (800)-422-4453
- [National Sexual Assault Hotline](#) or call (800) 656-HOPE (4673)
- [The Eldercare Locator](#) or call (800) 677-1116
- [Veteran's Crisis Line](#) or call (800) 273-TALK (8255)

Locally, Adapt, an essential provider for integrated addiction treatment, mental health care, and primary care, remains open at all locations with all services available during the COVID-19 public health emergency. Those having a mental health crisis in Douglas County, who need to speak to a qualified behavioral health professional should contact Compass Behavioral Health at (541) 440-3532 or log onto their website at: www.adaptoregon.org/mental-health/. We will feel the impacts of the pandemic for some time. Resources are available for caregivers as well as for the general public. **Please reach out if you need help.**

PLEASE STAY HOME IF YOU ARE SICK!

Please Stay Home from All Activities If You Are Sick, Feeling Even a Little Sick or Not Fully Recovered

Dr. Bob Dannenhoffer, Douglas County Public Health Official would like to remind residents about the importance of staying home when you are sick to help protect others from getting sick. This means not only staying home from work and school, but also staying home from all other activities and social events. Please, if you are sick, even if you just have a runny nose or stuffy head, do not attend birthday parties, weddings, poker nights, prayer groups, church or go work out at the gym and expose others to your illness.

You Are the Key to Controlling the Spread of COVID!

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 prevention measures into their daily routine, we could see a huge decrease in our COVID case numbers. That means we need each and everyone one of our residents to take steps to minimize the spread of germs and contagions. They can do this by choosing to maintain healthier eating habits; incorporate exercise and cleaning routines; 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 everyone, including 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.

Tips to Help Stop the Spread of COVID

- *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.*
- *Please wear a mask when you are around others not from your household. Not just for your protection, but for the protection of others.*
- *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.*

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.

Getting Tested & Testing Clinics

The next drive-through testing clinic will be Tuesday, November 24, 2020, in Roseburg. The drive-through testing clinic scheduled for Reedsport today has been cancelled. 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 1964 people tested in 92 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](#).

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.

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.

Facebook Live with Dr. Bob

Please join us **Tuesday, November 24, 2020 at 6:00 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. Dr. Bob and the DPHN team will do their best to respond to as many questions as they can during their weekly updates.

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 Statewide Rules? If you have questions or need more information on statewide mandates, guidelines or rules, 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 other counties and around 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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