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 – December 12, 2020
DOUGLAS COUNTY COVID-19 RESPONSE TEAM - DAILY UPDATE

(Douglas County, Ore.) **Douglas County COVID-19 Test Results:** As of 12:00 pm Today, Saturday, December 12, 2020, there are **EIGHT (8) people with new positive test results to report since our noon case update yesterday.** The total number of cases (people with positive test results and presumptive) in Douglas County is now at **1,179***. Currently, there are **FOURTEEN (14)** Douglas County COVID-19 patients that are being hospitalized locally. 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.

Douglas County, OR - COVID-19 - Case Update

Date	Tuesday, December 8, 2020	Wednesday, December 9, 2020	Thursday, December 10, 2020	Friday, December 11, 2020	Today, Saturday, December 12, 2020
Total COVID-19 Cases	**1,110**	**1,138**	**1,160**	**1,171**	**1,179**
People with Positive PCR or Antigen Test Results	1,036	1,064	1,085	1,096	**1,104**
Presumptive	74	74	75	75	**75**
Total Currently Hospitalized	20	21	17	14	**14**
Total Currently in Isolation	179	188	194	197	**188**
Total COVID-19 Related Deaths	25	26	27	29	**29**

*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. Also, note that OHA has chosen to no longer provide or report negative test results, so we will no longer be reporting this data in our daily update. Please contact the Oregon Health Authority for more information.

What Does Self-Quarantine Mean?

Shared from DPHN. Many people are unsure what it means to self-quarantine and what the latest recommended guidelines are from OHA and the CDC. Please if you are asked to self-quarantine, please do so for the protection of others you love, work with or engage with in our community. Self-quarantine is recommended for close contacts of a known COVID-19 case, after recent travel to a place with a lot of COVID-19 infections, or in preparation for travel to visit vulnerable populations such as elderly family members. OHA has changed the recommended quarantine time for contacts of known cases that are quarantining. The change is now consistent with new CDC guidelines. If you have no symptoms, are low risk and test negative 5-7 days after exposure, you may be released from quarantine, but still asked to monitor for symptoms for the full 14 days. If you have no symptoms, are low risk and don't test at all, you may be released from quarantine at 10 days but asked to monitor for the full 14 days. DPHN has trained their staff on these new guidelines and talking with the over 300 contacts that they are working with to clarify quarantine dates. Isolation periods for known cases remains the same at 10 days. DPHN created an easy to follow guide for self-quarantine, shown here. So, if you are planning a trip or have to travel to a COVID hot spot region or come in contact with someone that has tested positive for COVID-19, please follow the self-quarantine guidelines to protect yourself and others.

What does Self-Quarantine mean?

Self-quarantine is recommended for close contacts of a known COVID-19 case, after recent travel to a place with a lot of COVID-19 infections, or in preparation for travel to visit vulnerable populations such as elderly family members.

If your doctor or someone from DPHN tells you that you need to **SELF-QUARANTINE**, this is what you should do:

Stay home. Except to get medical care. Call your doctor or hospital ahead of time so they can prepare for your arrival.

Check your temperature. And your oxygen levels if you have a pulse oximeter at least twice a day.

Watch for other symptoms. Aside from fever, COVID-19 symptoms include cough, difficulty breathing, headache, runny nose, diarrhea, nausea, loss of smell or taste, muscle aches, and/or fatigue.

Wear a face covering. When you are around others, like household members, or when you enter a healthcare provider's office.

Wash your hands. Practice good hand hygiene by washing your hands with soap and water or using alcohol-based hand sanitizer.

Stay in a specific room. If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others. If possible, have a designated toilet and bathroom as well.

Get tested. If you have symptoms and its been 5 days or more since exposure. If you need a safe return to work letter contact DPHN.

When is it okay to end self-quarantine?
- 14 days after your last exposure if you have not had respiratory symptoms
- 10 days after exposure if you have had no symptoms. You still need to self monitor for a full 14 days.
- 7 days after exposure if you have had no symptoms **AND** have a negative test result 5 or more days after your last exposure

DOUGLAS PUBLIC HEALTH NETWORK

Learn more at douglaspublichealthnetwork.org or call (541) 464-6550

The Holiday Season is in Full Swing! Remember You are the KEY to COVID Safe Holidays!
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. Please celebrate safely this holiday season. 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. We need each and everyone one of our residents to take the necessary steps to minimize the spread of germs and contagions. You can help by staying home this holiday season, keeping gatherings to just your household, maintaining 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. Dr. Bob Dannenhoffer, Douglas County Public Health Official, urges residents to stay home when they are sick to help protect others from getting sick and spreading disease. 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 got to work or attend gatherings, church, parties, events, weddings, game nights, prayer groups, or go work out at the gym and expose others to your illness.

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. Bob Dannenhoffer, our Douglas County Public Health Officer and Douglas Public Health Network encourage residents to make prevention measures a priority in their everyday routines.

Local Cases Being Supported in Isolation and Quarantine
Currently, DPHN is supporting **188 cases** in isolation, as well as another **333 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 astounding **521 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.

Getting Tested & Testing Clinics
The next drive-through testing clinic will be Tuesday, December 15, 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. Since then, there have been 2,084 tests performed in local 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 on Tuesday, December 15, 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.

KEEP UP AND ACCESS 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

Your Douglas County Board of Commissioners and Douglas Public Health Network continue to offer a local resource and referral service via our COVID-19 hotline for Douglas County residents. The Hotline helps residents get answers to questions, provides up-to-date COVID information and helps residents get connected to resources and services related to COVID-19. **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.**

ACCESS TO STATE COVID-19 INFORMATION/RESOURCES

To find additional information on State or Federal COVID-19 response go to Oregon Health Authority, Centers for Disease Control, and 211Info.

Questions about Governor's New Statewide Metrics and 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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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