



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 22, 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, December 22, 2020, there are **FOUR (4) 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 **1,315***. Currently, there are **NINE (9)** Douglas County COVID-19 patients that are being hospitalized, seven locally, and two out-of-the-area. Our Douglas County COVID-19 Response Team, under the direction of the Douglas County Board of Commissioners, who administer our local public health and oversee the work by Dr. Bob Dannenhoffer, our Douglas County Public Health Officer and Douglas Public Health Network, continue to devote all resources available to our local COVID response.

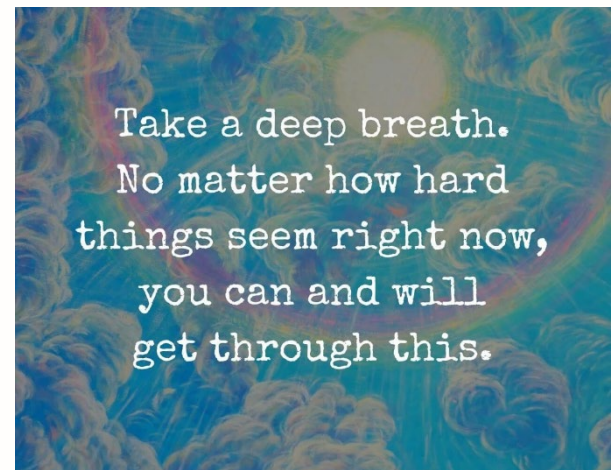
Douglas County, OR - COVID-19 - Case Update

Date	Friday, December 18, 2020	Saturday, December 19, 2020	Sunday, December 20, 2020	Monday, December 21, 2020	Today, Tuesday, December 22, 2020
Total COVID-19 Cases	1,258	1,280	1,284	1,311	1,315
People with Positive PCR or Antigen Test Results	1,181	1,203	1,207	1,234	1,238
Presumptive	77	77	77	77	77
Total Currently Hospitalized	13	10	9	9	9
Total Currently in Isolation	147	164	168	154	122
Total COVID-19 Related Deaths	36	36	36	37	37

*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.

Weekly COVID Series: Week 4, Day 2 Taking Care of You this Holiday Season

Day two of ideas to help you deal with the strain, anxiety and stress of this pandemic. As we make the final preparations for Christmas and New Year's, all during a very different-looking holiday season, it so very important to make sure that you are taking care of yourself and your loved ones, both psychically and mentally. This week we will explore ways to help improve your mental health, so you can joyfully celebrate during this COVID holiday season. **Tip #2: Take A Deep Breath – Re-energize!** When you feel stressed or anxious take a step back from the world and try to relax by taking a few deep breaths, going for a walk, exercising or meditating. Sometimes all you need is a time out. Taking time out helps your body and mind rest and refresh itself, more often than not when you take a little time out, you end up feeling more energized and motivated than if you just keep ploughing on. When we're busy and stressed, taking a break gets de-prioritized completely, but actually this in itself is counter intuitive, as actually taking a break and some time out is a guaranteed way to help feel re-energized (and boosts your productivity, more on that to come). 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, there is extra stress on caregivers that 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. If you need assistance, please reach out to [Adapt/Compass Behavioral Health](#). Yes, holiday celebrations will need to look different this year to prevent the spread of COVID-19. Do not chance it, please avoid activities that are higher risk for virus spread this holiday season.



Local Cases Being Supported in Isolation and Quarantine

Currently, DPHN is supporting **122 cases** in isolation, as well as another **267 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 **389 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.

Countdown to Christmas, Four Days to Go! Remember You are the KEY to COVID Safe Holiday!

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 go to work or attend any social gatherings, church services or meetings, birthday or holiday parties, indoor or outdoor celebrations, family dinners, weddings, game or poker nights, prayer groups or indoor workout sessions, and expose others to your illness.

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.

Getting Tested & Testing Clinics

The next drive-through testing clinic will be Today, Tuesday, December 22, 2020, in Roseburg. Please note that with Christmas Day and New Year's Day both falling on Friday's, we will only be hosting our drive-through COVID testing clinics on Tuesdays for the weeks of December 21 and December 28, 2020. 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 2,123 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,



It's COVID Outside

Yes, COVID is still here and we have recommendations to celebrate safely during this unusual Holiday Season.



DO NOT MIX HOUSEHOLDS

This is the safest, least risky way to celebrate this season. If you do mix households, limit the number of people so you can safely socially distance before, during and after the meal and/or celebrations.



3 W's

WEAR a face covering, WATCH your distance, WASH your hands. This includes celebrations, shopping for gifts and food and anytime you are mingling with people outside your household.



CELEBRATE OUTSIDE

Outdoors is much safer than indoors for dining and socializing when it comes to COVID. Consider putting up heat lamps or a fire pit and socially distance while outside.



STAY HOME

This is not the year to travel to see loved ones or attend holiday parties. You may be ok but it is particularly risky for those that are older or who have health conditions. If you do travel, try to quarantine 14 days before you leave and choose less risky transportation such as driving with your household.

Holiday Celebration Tips!

- Use this year to collect up memories such as stories and pictures from past holiday celebrations and plan share them with family and friends in 2021.
- Have a virtual party in your holiday pajamas or come up with your own creative ways to celebrate with only your household for this unique, unprecedented holiday season.
- Use the phone or video chats to check in on loved ones. Feelings of isolation are common during usual holidays, COVID has increased our feelings of connection and isolation so go out of your way to connect safely with those you care about.



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 **Tonight, Tuesday, December 22, 2020 at 6:00 pm** for the next Facebook Live event with Dr. Bob. hosted by DPHN on the [DPHN Facebook page](#). Please note that due to Christmas Day and New Year's Day falling on Friday's, we will only be hosting our Facebook Live Events on Tuesdays at 6:00 pm for the weeks of December 21 and 28. 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](#)

###

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