



# 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 26, 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 26, 2020, there are **SEVEN (7)** 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 **1,353\***. Currently, there are **TEN (10)** Douglas County COVID-19 patients that are being hospitalized, eight 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	Tuesday, December 22, 2020	Wednesday, December 23, 2020	Thursday, December 24, 2020	Friday, December 25, 2020	Today, Saturday, December 26, 2020
Total COVID-19 Cases	1,315	1,323	1,335	1,346	1,353
People with Positive PCR or Antigen Test Results	1,238	1,246	1,258	1,268	1,275
Presumptive	77	77	77	78	78
Total Currently Hospitalized	9	7	8	8	10
Total Currently in Isolation	122	134	127	138	145
Total COVID-19 Related Deaths	37	37	37	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 6 - Taking Care of You this Holiday Season

Christmas has come and gone, but the holiday season is still in session. Today is our final day of offering up ideas to help you deal with the strain, anxiety and stress of this holiday season and the pandemic. As we clean up from Christmas and prepare for the arrival of 2021, during this 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 have explored ways to help improve your mental health, so you can beat the blues and start off 2021 in a better light. Tip #6: It' Ok to Ask for Help! Make a pack with yourself to take better care of you in 2021, with the biggest being knowing when you need to ask for help to manage your stress and anxiety. You know, it's ok to ask for help. We all need support and guidance sometimes. Whether you ask a friend, call a hotline or seek professional care, knowing you need to distress is important. 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. 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.

### Stress during the holidays, coupled with 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. 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.

### **Local Cases Being Supported in Isolation and Quarantine**

Currently, DPHN is supporting **145 cases** in isolation, as well as another **280 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 **425 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.

### **2021 Is Just Around the Corner! 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 Tuesday, December 29, 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

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➔ Douglas Public Health Network (541) 440-3571



**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](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.

### **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, December 29, 2020 at 6:00 pm** for our next Facebook Live with Dr. Bob Dannenhoffer, the Douglas County Public Health Officer, hosted by DPHN 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.

### **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 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](#) 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](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)

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