

# PUBLIC HEALTH NEWSLETTER

COVID-19 Response Communication – March 19, 2020



## Public Health

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<https://co.josephine.or.us/COVID19>

8:00 am – 6:00 pm M-Th  
(Closed 12-12:30 for lunch)

8:00 am – 12:00 pm Fri

**WIC:** 8:00 am-5:45 pm M-Th  
(Closed for lunch 12:00 - 1:00 pm)  
8:00 - 11:45 am Fri

**WIC Wolf Creek:** 9:30 am - 4:00 pm  
(Every 1st Wednesday of the month)

**WIC Cave Junction:** 9:30 am - 4:00 pm  
(Every 1st & 3rd Thursday of the month)

## How to prevent Coronavirus (COVID-19)



### Wash your hands.

Wash thoroughly and often.  
Use soap and warm water.



### Don't touch your face.

Not as easy as it sounds, but it's important to keep viruses from getting into your eyes, nose, or mouth.



### Sick? Stay home.

And get plenty of rest.



### Cover your cough.

Make sure to cough or sneeze into a tissue or your elbow.

People who think they might have been exposed to COVID-19 should **CALL** their local primary care provider or urgent care.

If you are in need of **IMMEDIATE** medical assistance, call 9-1-1.

## Important Changes in Oregon as of March 17, 2020

### Oregon K-12 School Closures:

Oregon K-12 schools are to remain closed March 16 through April 28, 2020. Food services will be provided and some schools may have plans for childcare. Check with your local school district for what is available at your child's school.

### Protective Visitor Restrictions:

Protective visitor restrictions have been placed on long-term care and other residential facilities. This includes state prisons.

### Removal of Dine-in Food and Beverage Options:

This includes restaurants, bars, taverns, brew pubs, wine bars, cafes, food courts, coffee shops, clubs, or other similar establishments that offer food or drink. They may not offer or allow on premise consumption of food or drink. Drive-thru or take-out options are still allowed.

This rule does not apply to healthcare facilities such as hospitals, or to childcare facilities, workplaces, essential government buildings, essential emergency response facilities, essential school-based food programs, or essential shelter and meal programs serving vulnerable populations. However, for these remaining and essential services, social distancing, staggered schedules, take-out, and other similar measures are encouraged to reduce the risk associated with the spread of COVID-19. Hospitals may limit visitation to allow for fewer visitors and shorter hours.

### Prohibition on Gatherings of 25 People or More:

All social, spiritual, and recreational gatherings of **25 people or more are prohibited**. Gatherings of **10 or more are discouraged**. All remaining activities must allow at least three feet between individuals in attendance. This does not include: workplaces; grocery; retail; and convenience stores; banks; credit unions; gas stations; hotel/motels; healthcare facilities; pharmacies; child care facilities; and state or local government; however social distancing protocols are encouraged.

## Important CDC Recommendations as of March 17, 2020

### Changes to healthcare usage:

- Delay all elective ambulatory provider visits
- Reschedule elective and non-urgent admissions
- Delay inpatient and outpatient elective surgical and procedural cases
- Postpone routine dental and eye care visits
- Use drive-thru, pickup, or delivery options for food
- Avoid travel, shopping trips and social visits
- If you are older, stay home and away from other people.

### Changes to schools:

- Whenever possible, engage in schooling opportunities FROM HOME

### Changes to Social Interactions:

- Avoid social gatherings of 10 or more people

## Important Federal Changes as of March 17, 2020

A 14-day travel ban has been enacted for the following countries:

- China
- Iran
- Most European countries
- United Kingdom and Ireland
- The Canadian boarder has also been closed

## COVID-19 CURRENT STATUS AS OF MARCH 19, 2020



	United States	Oregon	Josephine County
Total Cases	10,442	75	0
Number of Deaths	150	3	0

Josephine County Current Risk: LOW

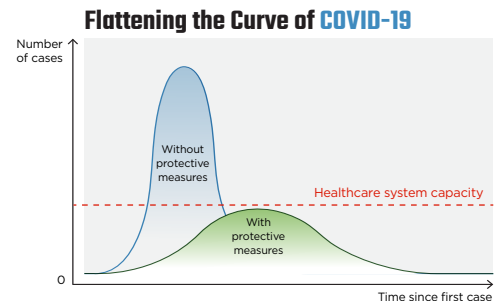
### Social Distancing

It seems to be the newest catch phrase everywhere. But what exactly is “Social Distancing”?

Simply put, “Social Distancing” is intentionally increasing the physical space between people. This extra space plays an important part in slowing and disrupting the spread of illness between people. Staying a minimum of three feet, and ideally six feet away from other people will lessen a person's chance of catching COVID-19.



Social Distancing helps to slow the rate of infection so that hospitals can have enough room, supplies, and doctors to care for the patients who need care. This slowing of the rate of infection is referred to as “Flattening the curve.”



### HIPAA and COVID-19

With the rapid reporting of positive COVID-19 cases throughout the State of Oregon and the United States as a whole, there are many questions regarding the specifics of positive cases. With an ever-increasing awareness of potential exposure and social distancing, we naturally want to know more about each case in order to improve our chances of avoiding contact with infected individuals.

But, why are those questions for specific information often answered with a mention of “HIPAA”?

HIPAA (Health Information Portability and Accountability Act) protects an individual's right to privacy regarding their own personal health information. This information includes anything about a person that their doctors, nurses and other healthcare providers put into a medical record. It also includes conversations the doctor has about their care or treatment with nurses or others. This means, that information cannot be shared with the public in a way that can be tied back to that individual in an identifiable way.

While it is important for us to understand the level of those infected within our area, we must be careful to continue to protect the individual privacy of patients. This means that any information that may identify a specific individual cannot be shared as part of the public reporting of COVID-19 cases.

Should it become necessary, Public Health will be notified of your health condition for your and the public's safety.

To learn more about Health Information Privacy, you can visit: [www.hhs.gov/hipaa](http://www.hhs.gov/hipaa)

### Is COVID-19 really a big deal?!

COVID-19 is currently the cause of a lot of changes to our daily lives. It's reshaping how we interact, influencing our daily hygiene, unsettling our communities and impacting our ability to financially support our families. But why?

As the disease makes its way around the world, scientists are learning more about how the virus spreads, the rate at which it spreads, how it affects the infected population, and which treatments are effective for those infected. One currently well-known fact is how quickly the virus spreads from person to person, often without the carrier knowing that they are infected with the virus.

While most people won't develop severe or life-threatening symptoms, it is important that we have adequate care and supplies for those who do. That means we must slow the spread of the virus to make sure not everyone is sick at the same time. Having fewer people sick at the same time will allow for healthcare workers to provide effective treatment for those who do develop severe or life-threatening symptoms.

While we all can appreciate the profound sacrifice that social distancing requires, it is urgent and necessary for each of us to play a part in slowing the spread of COVID-19 in our communities. By doing so, we can help protect those we care about and ensure that we have the best opportunities to get the care we may need.



### What are “Severe” COVID-19 Symptoms?

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Blue-tinted lips or face

While this is not an all-inclusive list, these are examples of symptoms that some individuals infected with COVID-19 may experience and will need to seek emergency medical attention. If you experience these or other symptoms that are severe or concerning, please call your medical provider immediately.

So **YES, COVID-19 really is a BIG DEAL** and it warrants our best community efforts to stop its rapid spread. So, together let's put those birthday parties on hold so that we can be together to celebrate them again next year.