PUBLIC HEALTH NEWSLETTER

Josephine County Public Health

715 NW Dimmick Street
Grants Pass, OR 97526
Phone: (541) 474-5325
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8:00 am – 6:00 pm M-Th (Closed 12-12:30 for lunch)
8:00 am – 12:00 pm Fri

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

COVID-19 UPDATE

Coronaviruses are a large family of viruses, some causing illness in people and others circulating among animals. Rarely, animal coronaviruses can infect people and then spread between people.

In December 2019, an outbreak of a new respiratory infection was reported in China. The virus has since been named "SARS-CoV-2," and the disease it causes is named COVID-19.

Early on, many of the patients in the outbreak from Wuhan, China, had some link to a large seafood and animal market. Later, a growing number of patients reportedly did not have an exposure to animal markets, indicating that COVID-19 could spread person-to-person. Some countries now have apparent community spread of the virus. Community spread is when people become infected, but it is not known how or where they became exposed.

COVID-19 is a new disease. **We are still learning how it spreads,** the severity of illness it causes, and to what extent it may spread.

The virus appears to spread mainly from person-to-person. It is most commonly spread by an infected person who coughs or sneezes, and people who are in close contact with one another (within about 6 feet). While people appear to be most contagious when they have symptoms, some spread might be possible before people show any symptoms. While there have been reports of this happening, this is not the main way the virus spreads.

The illness related to COVID-19 has ranged from mild symptoms to severe illness, and in some cases death. Symptoms commonly appear 2 to 14 days after being infected with the virus. Common symptoms include fever, cough, and shortness of breath.

While we are still learning about how COVID-19 affects people, people that have pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer, or diabetes) appear to develop serious illness more often than others do.

Currently, there are no antiviral medications or vaccines available to treat or prevent the infection.

The best way to prevent illness is to avoid being exposed to the virus. However, everyday actions can help prevent the spread of respiratory viruses. These actions include:

- **Wash your hands often with soap and water for at least 20 seconds**. If soap and water are not available, use an alcohol-based hand sanitizer.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact** with people who are sick.
- **Stay home when you are sick**.
- **Cover your cough or sneeze with a tissue**, and then dispose of the tissue in the trash can.
- **Clean and disinfect** frequently touched objects and surfaces.

People who think they might have been exposed to COVID-19 should _CALL_ their local healthcare provider or local hospital immediately.

	United States	Oregon	Josephine & Jackson County
Total Cases	164	3	0
# of Deaths	11	0	0

Current Status – March 6, 2020 9:00 am

Josephine County Current Risk: Low

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COVID-19

COVID-19 Advice

Prevention

The recommendations below are preventative actions **everyone** can take to help prevent the spread of respiratory illnesses:

- Avoid contact with sick people.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick except to seek medical care.
- Cover your cough or sneeze with a tissue or the inside of your elbow.
- Wash your hands often with soap and water for 20 seconds, especially after going to the bathroom; before eating; after touching a commonly touched surface or object; and after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Always wash your hands with soap and water if your hands are visibly dirty.

Self-Isolation

- If you do not have any symptoms, but have had close contact with someone who is confirmed with COVID-19, you should continue to distance yourself from others **and** follow guidance from your doctor or local County Public Health.
- **If you develop signs of illness, _CALL_ your healthcare provider right away.**
- **Before** going to your medical appointment, be sure to tell your healthcare provider about your close contact with someone who confirmed to have COVID-19.

For questions or information on possible exposure to COVID-19, dial 2-1-1, contact your healthcare provider, or local health department.

If You Are Sick

Many respiratory illnesses, like the flu, are common this time of year. Below are steps **everyone** can take to help prevent the spread of respiratory illnesses:

- Stay home when you are sick, except to seek medical care.
- Distance yourself from other people and animals.
- Wear a facemask if you are sick.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid sharing personal household items.
- Clean all commonly touched surfaces every day.

Signs & Symptoms

Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

Symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

People who think they may have been exposed to COVID-19 should _CALL_ your local healthcare provider or local hospital immediately.

Travel Notices

If you have traveled to the following areas **and** are feeling ill, *CALL* your doctor or local County Public Health.

- China
- Iran
- South Korea
- Italy
- Japan

Travelers should avoid all non-essential travel to the locations listed above.

Hand Washing Tips
Use Soap AND Water
Scrub for at least 20 seconds
Sing happy birthday 2 times
Wash all areas of your hands (backs of hands, under fingernails, and wrists)
Dry with a clean towel
Josephine County Public Health