



# PUBLIC HEALTH NEWSLETTER

COVID-19 Response Communication – March 25, 2020

## Public Health

715 NW Dimmick Street  
Grants Pass, OR 97526  
Phone: (541) 474-5325  
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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.

## Fact or Fiction:

### Verifying Reliable Information about COVID-19

Since the very first story of a new virus aired, there has been a rapid swirl of information and stories on social media and the Internet about Coronavirus, now known as COVID-19. There has been everything from jokes about Corona and Lime (which sent sales for the adult beverage plummeting) to stories claiming to be real personal accounts (although the original author citation changed from share to share). Unfortunately, much of the information shared has been fictional, or at the very least highly dramatized for maximum emotional impact. This overload of sensational information can make it difficult to assess the situation and severity of the current COVID-19 pandemic.

With all that information floating around, how do you know what is real? To determine what resources can be trusted, it is important to understand who has been given the task of monitoring the outbreak and providing accurate information about the virus and its spread. By accessing these trusted resources, you'll be able to better understand the pandemic and its current impact more accurately.

**Below is a list of the agencies that are tasked with monitoring the outbreak and providing trusted information to the public and to healthcare providers:**

**World Health Organization**, also known as **WHO**. WHO's primary role is to direct international health within the United Nations' system and to lead partners in global health responses.

You can view WHO's COVID-19 page here:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**Centers for Disease Control and Prevention**, also known as the **CDC**. CDC's primary role is to serve as the United State of America's health protection agency. The CDC saves lives and protects people from health, safety, and security threats.

You can view the CDC's COVID-19 page here:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Oregon Health Authority**, also known as **OHA**. OHA's primary role is to serve as the state of Oregon's health authority and oversees the Public Health division. The Oregon Public Health Division works to protect and promote the health of all Oregonians and the communities where they live, work, play, and learn.

You can view OHA's COVID-19 page here:

<https://govstatus.egov.com/OR-OHA-COVID-19>

**Local County Public Health Departments**. As your local branch of the Oregon Public Health Division, Josephine County Public Health is here under the direction of OHA to monitor and address the public health needs of our local community.

You can view Josephine County Public Health's COVID-19 page here:

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

## COVID-19 CURRENT STATUS AS OF MARCH 25, 2020



	United States	Oregon	Josephine County
Total Cases	54,453	266	2
Number of Deaths	737	10	0

Josephine County Current Risk: **LOW**

## The Role You Can Play

in stopping false information from spreading like COVID-19:

### 1 Verify your information before sharing.

*“Sally said, Fred told her, Connie’s mom has COVID-19”*

- an **example of a non-verified fact.**

*“The Oregon Health Authority reported X new cases in Oregon today”*

- an **example of a verified fact.**

### 2 Only share information from trusted resources.

These resources include the organizations listed on the front of this newsletter.

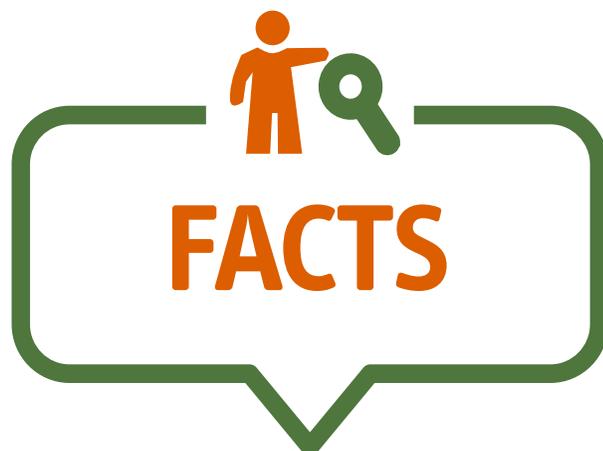
Make sure to list the source of your information. This makes it easier for people to verify for themselves.

Examples of trusted organizations are WHO, CDC, OHA, and your local County Public Health.

### 3 Remind your friends and family to check the facts for themselves.

Encourage your friends and family to follow the above steps as well!

Together, we help make sure that the correct information is being shared.



## Understanding the Changes in Information about COVID-19

Facts about COVID-19 have appeared to change over the last few months, even from trusted sources of information. Why the changes? Simply put, it is because this is a new, emerging virus.

When the virus first appeared, little was known about the disease it caused. The first step was to identify the virus causing the illness. It was determined to be part of the larger family of viruses known as coronavirus and at that time, it was named “Novel (new) Coronavirus-2019.”

As more people began to contract the virus, symptoms were recorded, and additional resources given to the study of the virus and its effects, we have learned more about the virus. We now know better information about how the virus spreads, what symptoms it can cause, and potentially effective treatments. This ongoing study of the virus and the illness it causes gives us increasingly more accurate information.

Through the ongoing study of COVID-19, it may seem that the facts are changing — and yes, they are! It means we are learning more about COVID-19. Things like how we can better help those who contract the virus and eventually how we can vaccinate for it. So, embrace the changes and know it means we’re getting closer to finding more effective treatments!

Follow the study of COVID-19 here: <https://www.who.int/blueprint/priority-diseases/key-action/novel-coronavirus/en/>  
(Warning! This is not easy reading, but it does highlight the ongoing study being done around the world to combat COVID-19.)

## Have questions about COVID-19?

In the State of Oregon, you can call **211**  
to find out more information about COVID-19.

**WHO is using WhatsApp to help answer questions.**

Find out more about how:

<https://www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp>

Have questions about **COVID-19?**  
We have answers



Click this link and  
**text hi to**  
the whatsapp number

