

PUBLIC HEALTH NEWSLETTER

COVID-19 Response Communication – May 5, 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.

State of Emergency vs. Stay at Home Order

There's a rumble about July 6... a date that many now equate to the end of the "Stay At Home" order. But that isn't necessarily the case, and here's why: July 6 is actually the date that Oregon's newly renewed declaration of a State of Emergency will expire, not the "Stay At Home" order. "Stay At Home" is independent from the "State of Emergency" declaration. The end date of the Order does not rely on the State of Emergency. Rather, the "Stay At Home" order will follow a series of scientifically determined next steps.

So what's the difference? Declaring a state of emergency allows for a state, county, or city to access additional services, personnel, resources, and funding in order to support the currently heightened needs of that region. For Oregon, this means being able to maintain the current supports that have been put in place over the last couple of months to address the specific needs of our region as impacted by COVID-19. Among many other positive supports for our State, this includes reduced restrictions on telehealth – making it easier for patients to see their doctor without a physical office visit. It also includes increased staffing and resource support for Public Health, to support the increasing testing and contact tracing needed to help our State to re-open.

The Stay At Home order currently does not have a set expiration date and when it will end is not determined or impacted by the declaration of a State of Emergency. But the help that our community can receive is! That's why the Governor extended the declaration to July 6 – to help our state retain our network of resources and funding to keep our residents safe.

The Stay At Home order, a separate order from the Governor, will expire based on a reverse order from the Governor. This order will be made as the State reviews and follows plans based in scientific facts and validated protocol that assess the safety and health of Oregon's residents. Just as the Stay At Home order followed a phased, albeit rapid, approach to close down, similarly reopening will follow a slow, methodical approach to reintegration.

Reopening Oregon's Counties

On May 1, the Governor of Oregon introduced new plans for COVID-19 testing and contact tracing. These are the first two foundational elements of the new framework for reopening Oregon safely. Ensuring adequate testing capacity and contact tracing will allow Oregon's healthcare system to effectively identify and treat new cases of COVID-19, trace contacts with new cases to identify those at risk for infection, and contain new outbreaks before community spread can occur.

The key elements of the testing plan include:

- Voluntary, widespread testing in partnership with OHSU
- Unified coordination between all hospital labs to optimize Oregon's available testing capacity, acting as one statewide system which will allocate resources to meet the state's testing needs in every region
- A focus on collecting data to serve at-risk communities

The plan also expands Oregon's testing criteria, so that anyone with symptoms of COVID-19 can be tested within 48 to 72 hours. The plan sets the goal of being able to perform 30 tests per week for every 10,000 Oregonians. For more information about the Governor's plan to stop COVID-19 and reopen Oregon, visit: <https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/le2347.pdf>

To see Josephine County's proposed reopening plan, submitted to the Governor late last month, you can see the plan online at <https://www.co.josephine.or.us/Page.asp?NavID=2246> *

* NOTE: This is a living document and will be reviewed and updated as guidelines and recommendations change.

COVID-19 Testing: Is access really expanding?

By Kelley Burnett, DO
Lead Medical Director, AllCare Health

The short answer is “Yes, access is increasing!”

Throughout the COVID-19 pandemic, testing availability and protocols have been expanding rapidly. These changes have been due to many factors including available supplies, personnel, testing locations, and state guidelines. The State of Oregon, healthcare providers, and municipal public health departments have worked together diligently to expand access to testing as quickly as possible while making sure that those who need it most have access to the test. As this testing capacity continues to grow throughout the State, more individuals will have the opportunity to be tested.

On May 1, the State of Oregon produced updated guidelines that relaxes the requirements an individual must meet in order to be tested. These new guidelines, along with the increasing testing supplies and locations, will help us to test more individuals than we were able to in the past.

In addition to the newly revised guidelines, the State will be conducting a broader population study, in partnership with the Oregon Health and Science University. Over the next few weeks, they will be conducting COVID-19 tests on a random sampling of individuals throughout the state. This test will include over 100,000 people throughout the state and will improve our understanding of the current prevalence of the virus. If you are contacted as part of this study, you will be presented the opportunity to be tested.

Your healthcare provider can make the best decision on if you should be tested. They are able to use the most current information available about the disease and the most recent testing guidelines. They can also make sure that you receive the care you may need, if you do need to be tested. When making a decision to test, your healthcare provider will consider many factors including your health history, current testing guidelines, and if you have had any contact with other confirmed COVID-19 patients.

As of May 1, 2020, the State Guidelines outline the following symptoms for COVID-19 testing:

Symptoms consistent with COVID-19 are:

Cough or shortness of breath or difficulty breathing

or

At least two of the following symptoms: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell

If you'd like to read the most recent Testing Guidance for Providers, please visit: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2267.pdf>

A Change in Reporting COVID-19 Cases

In response to changes made in COVID-19 reporting by the Oregon Health Authority, Josephine County will now begin releasing the number of current presumptive COVID-19 cases along with other data. This will be included in the daily update posted to co.josephine.or.us/COVID19 and on Facebook.com/JosephineCountyPublicHealth.

Presumptive cases are those without a positive diagnostic test who present with COVID-19-like symptoms and had close contact with a confirmed COVID-19 patient. If an individual with a presumptive case tests positive for COVID-19, that case will be moved from the “presumptive” tally to the “confirmed” tally. However, if an individual with a presumptive case tests negative for COVID-19, that case will remain in the “presumptive” tally. Josephine County, as of 7 a.m. May 5, has four presumptive cases.

OHA also made a change in record-keeping that affects Josephine County's total number of COVID-19 cases. The case first reported on May 3 that brought the county's total to 22 has been determined to not be a resident of Josephine County. The total number of confirmed cases now is 21.

Combining presumptive and confirmed cases, Josephine County now has a total of 25 COVID-19 cases.

Josephine County Public Health is investigating all cases to identify contacts and exposures and to isolate and monitor all individuals relevant to the cases. Public Health will reach out to anyone suspected of exposure to COVID-19.

As of 8 a.m. May 5, a total of 1,344 COVID-19 tests from Josephine County have been reported to the Oregon Health Authority, and a total of 21 tests have been positive. Twelve individuals have recovered and one individual has died from complications relating to a COVID-19 infection. Four cases have been documented as presumptive. More samples have been sent to approved labs, but results have not yet been returned.