



DOUGLAS COUNTY COVID-19 RESPONSE TEAM

**JOINT INFORMATION CENTER PRESS RELEASE
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DOUGLAS COUNTY COVID-19 RESPONSE TEAM DAILY LOCAL UPDATE

(Douglas County, Ore.) – Amidst all the headlines and information being pushed out to the world, we wanted to take a moment and thank those that are making a difference, but are often overlooked. Our sincere appreciation goes out to those that continue to serve the public, our small businesses for hanging in there, the parents and grandparents that have stepped up to be teachers at home, the schools for providing meals for students, those that are staying home and the countless volunteers that are helping any way they can. Thank you for helping us to flatten the crisis curve, so we can be together again soon.

Local COVID-19 Test Results

As of 12:00 PM, April 6, 2020, there is one new case of COVID-19 in Douglas County. The number of positive cases has now reached twelve total in the county, with one recovered, zero deaths and 416 negative tests for COVID-19. Douglas Public Health Network has begun their epidemiologic investigation, identifying individuals who may have had close contact with the individual testing positive for COVID-19 and advising quarantine. Identifying information about the new positive case is not being released, to protect the patient's privacy. One of the individuals who tested positive earlier has now recovered. DPHN defines recovery as an end to all symptoms after a positive test for COVID-19.

At this time, you can only get a COVID-19 test through your healthcare provider. Residents must be identified by their health care provider, as a patient that is symptomatic, and needs to be tested. Information has been given to providers and clinics about how to get their patients signed up for the drive-through testing clinics. If you want to be tested, you must talk to your health care provider. Tests are currently being processed at the Oregon State Public Health Lab and a growing number of commercial labs, like Quest and LabCorp. There are very few outpatient clinics in Douglas County offering testing at this time. Community health partners are working very hard to make testing available to a wider number of people. The first drive thru testing site was piloted in the county on March 17, 2020, 208 people have been tested so far in the DPHN sponsored drive through clinics.

Oregon COVID-19 Case Update

Oregon Health Authority reports new cases once a day on its website at www.healthoregon.org/coronavirus. The Oregon Health Authority is also releasing the daily situation status report, which is produced jointly with Oregon Office of Emergency Management. It details the overall picture of the COVID-19 outbreak within the state and the response across government agencies. [Read more here about the daily situation status report](#).



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Tips for coping with emotional distress in the time of COVID-19

The COVID-19 pandemic has resulted in a significant disruption to normal daily life, and if you feel anxious or scared, you are not alone. A recent poll found that more than one-third of Americans feel the coronavirus crisis is seriously affecting their psychological health.

Stress can manifest in a variety of ways, including insomnia, trouble focusing, feeling down, irritability in relationships, or even physical symptoms. Here are some tips for calming your emotions during this difficult time:

- Limit your daily media consumption, including news and social media
- Stay active. Step outside and get some fresh air, or take a walk through your neighborhood
- Try to rest & maintain a normal sleep schedule
- Eat healthy foods including fruits and veggies, and avoid excessive amounts of caffeine/alcohol
- Remain in contact with your loved ones by phone and video.
- Find things to feel grateful for. Watch movies that make you laugh.
- Talk about your feelings with others. If you need someone to talk to, you can contact the Disaster Distress Helpline by calling (800) 985-5990 or by texting TalkWithUs to 66746.
- Locally, you can call Compass Behavioral Health's Crisis Line at (800) 866-9780
- Call your healthcare provider if stress interferes with your daily activities for several days in a row

More tips for managing anxiety can be found on the [CDC's website](#), and here is a [Washington Post story](#) with specific tips for addressing sleeplessness, difficulty in concentrating, forgetfulness and anger.

How to talk to your kids about teens and coronavirus

Children and teens may have their own ways of feeling and expressing anxiety related to COVID-19. In younger children, this could include excessive crying or returning to behaviors they've outgrown (such as bed-wetting, potty accidents or separation anxiety). Kids and teens may also display excessive worry or sadness, unhealthy eating/sleeping habits, irritability, difficulty in concentrating, or tendencies to "act out."

Experts recommend taking time to talk openly and honestly with your kids about COVID-19, and answering any questions they may have. Reassure them that you are doing everything you can to keep them safe.

Structure and routine helps children feel safe, so having regular schedules for meals, bedtimes, schoolwork and other activities is a good idea. Limit your family's exposure to news coverage of COVID-19, including on social media. Take care of yourself – get plenty of sleep, exercise, eat well, etc. – so you can serve as a role model.

The [Oregon Department of Education's website](#) has more tips on helping children cope with anxiety, including guidelines for specific age groups. Here is a PBS article that contains [10 tips](#) for talking about COVID-19 with your kids.

OHA guidance on wearing homemade masks

Oregon Health Authority (OHA) is offering some guidance for residents on homemade masks and face coverings, in light of the CDC's recommendation that Americans wear masks in public places.

OHA emphasizes that it does not recommend that health care personnel wear homemade masks when caring for sick patients, as homemade masks are "not known to be effective in protecting the wearer against infection." However, wearing the masks in public can help prevent a sick person – or an asymptomatic carrier of COVID-19 – from transmitting it to someone else.

According to OHA, wearing a cloth face covering does NOT change the need to:

- Stay at home and continue social distancing
- Maintain a distance of at least 6 feet from others when in public
- Cover a cough or sneeze with a tissue or sneeze into your upper sleeve

- Avoid touching your eyes, nose, mouth or face
- Wash your hands regularly and thoroughly with soap and water
- If sick, isolate yourself from friends and family until 72 hours after the fever and cough have resolved

For those who wear cloth face masks, the [CDC recommends](#):

- Wearing the masks in grocery stores, pharmacies and other public places where it can be difficult to maintain a safe distance from others
- Cloth face coverings should fit snugly against the side of the face; be secured with ties or ear loops; include multiple layers of fabric; allow for breathing room without restriction; and be able to be washed and machine-dried without damage

State, feds make changes to keep truck drivers on the road

The Federal Motor Carrier Safety Administration and the Oregon DMV have taken actions to ensure that commercial truck drivers can remain active and on the road during the COVID-19 pandemic. Commercial driver's licenses (CDL) and learner permits (CLP) that were set to expire in April, May or June will now be valid through June 30, 2020.

Oregon CDL and CLP holders whose medical certification expired since March 1 will retain medical qualification through June 30, if the medical examiner certificate was issued for 90 days or more.

The DMV will grant an additional 90-day grace period before cancelling commercial driving privileges for expiring security background checks for hazmat endorsement holders.

CLP holders and new applicants can schedule an appointment for a knowledge test or CDL issuance by calling their local DMV office.

Going On A Bear Hunt - #RandomActsOfCommunity

Join the fun!!! If you'd like to participate, simply place a stuffed bear in a window of your home or business so when families go for car rides or walks during this quarantine, they can hunt for bears!

Communities around the nation are participating in bear hunts for young and mature ages alike to enjoy. Count how many bears you find and post on social media. Have some fun with your family while you practice social distancing! Shared from your Greater Douglas United Way.

Stay Informed with the Accurate Information

Your Douglas County Board of Commissioners, Douglas County Public Health Officer, Dr. Robert Dannenhoffer and the Douglas County COVID-19 Response Team have been working hard to cooperatively provide accurate and timely information and a response to Douglas County residents. **If you have questions about resources available, call the COVID-19 hotline, staffed by local volunteers at (541) 464-6550.** Stay up to date on COVID-19 in Douglas County on the DPHN website at www.douglaspublichealthnetwork.org. Find additional information on state, federal and international COVID-19 response from the following websites: [Oregon Health Authority](#), [Centers for Disease Control](#), [World Health Organization](#) and by calling or logging onto [211Info](#).

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