



DOUGLAS COUNTY COVID-19 RESPONSE TEAM

Our local COVID-19 updates represent the coordinated effort of the agencies that make up the DCCRT

JOINT INFORMATION CENTER PRESS RELEASE - FOR IMMEDIATE RELEASE – July 27, 2020

DOUGLAS COUNTY COVID-19 RESPONSE TEAM – DAILY LOCAL UPDATE

(Douglas County, Ore.) While adverse weather conditions have not been directly linked to COVID-19, we wanted to make sure that our residents stay safe during the predicted extreme [Heat Advisory](#) and [Red Flag Thunderstorm Warning](#) issued by the National Weather Service for this week in parts of Douglas County and southern Oregon. There is also an increased threat of wildfires caused by lightning strikes, so pay attention to warnings in your area. The blazing heat of the summer is tough, especially if you don't have the luxury of air conditioning. Most of us need to work, so there is no escaping the brutal summer heat. But don't let the heat stop you. There are ways you can beat the heat and stay cool without sacrificing your sanity and while staying COVID-19 safe.

Here are a few ways you can beat the heat and stay cool:

- **Drink more water:** This may seem like a no brainer, but you'd be surprised at just how many people do not drink enough water during the day. To be safe, you should follow the 8 by 8 rule which states that you should drink eight 8-ounce glasses of fluid a day. Invest in a large drink container you can take with you that is refillable.
- **Take precautions to avoid excessive sweat:** Being outside is brutal, but here is a trick you can use to counter excessive sweating. You can try putting on deodorant the night before. Your sweat glands are more active in the morning which causes your deodorant to be less effective.
- **Avoid eating hot foods:** Since it's already hot outside, eating anything hot will only amplify the effects of the heat. You definitely do not want to go down that road. Think cool when it comes to food. The cooler the better.
- **Exercise & outdoor activity:** It's best to limit outdoor activities during extreme heat. Make sure you are aware of temperature and humidity levels and modify your activity accordingly. If you need to exercise, it's best to be indoors and avoid exercising in the heat. But if that's not something that is possible, then there are alternative exercises such as swimming that can definitely get the job done. Remember, that all indoor facilities recommend a face covering.
- **Sleep on top of a wet sheet or cloth:** Sleeping in the heat is the absolute worst because it often prevents you from getting the proper rest that you need in order to function the next day. If you're trying to save money on your electric bill, you can try sleeping on a wet sheet or cloth. You'll be able to remain cool even in the sweltering heat.
- **Know your body's best cooling points:** Finally, if you're trapped in the heat and aren't able to find a cooler place, then you can apply an ice pack, or cold towel to your cooling points. This can include wrists, forehead, etc. By knowing your cooling points, you'll be able to cool yourself off faster and more effectively. Also make sure to dress for comfort, with loose-fitting, lightweight and light-colored clothing.
- **Check on children, older adults and your pets:** Make sure you keep an eye on your kids, older adults and your pets for signs of heat exhaustion. Make sure they have plenty of water, cooling environments and access to shade.
- **Protect yourself:** Find a cool place to rest or sit. Always use an SPF-15 or higher sunscreen that protects against both UV-A and UV-B rays. Wear sunglasses or a hat when outside to protect your eyes and face from the sun's harmful rays.

See below for additional tips and information from the Umpqua National Forest, Oregon Parks and Recreation Department, Oregon State Marine Board and Pacific Power.



BEAT THE HEAT: Extreme Heat

Heat related deaths are 100% preventable

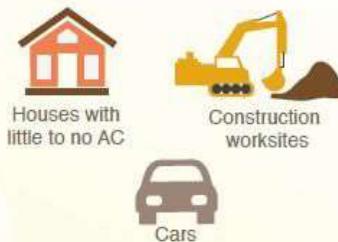
WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



WHERE:



HOW to AVOID:



Douglas County COVID-19 Test Results: It is Monday, July 27, 2020, and as of 12:00 pm today, there is ONE person with a new positive test result and ONE new presumptive since our noon case update yesterday. **The total number of cases (people with positive test results and presumptive) in Douglas County is now at 119*.**

Douglas County, OR - COVID-19 - Case Update					
Date	Thursday, July 23, 2020	Friday, July 24, 2020	Saturday, July 25, 2020	Sunday, July 26, 2020	Today, Monday, July 27, 2020
Total COVID-19 Cases	107	113	116	117	119
<i>People with Positive PCR Test Results</i>	98	102	111	114	115
<i>Presumptive</i>	9	11	5	3	4
Total Currently Hospitalized	1	1	1	0	1
Total Currently in Isolation	37	39	40	39	40
Total COVID-19 Related Deaths	1	1	1	1	1
Total Negative Test Results	6958	7120	7199	7305	7402

*Our daily update includes the total number of cases in Douglas County, which combines people with positive test results and presumptives. We provide a breakout of the people with positive test results and presumptives in the chart above. Please note there will be times when a presumptive will move to a positive test result, and our total case number will not change because the case has already been counted, instead you will see an adjustment to our breakout numbers for positive test results and presumptives.

Travel, Visiting and Social Gathering Caution: Several of our newest positives test results have been directly linked to travel outside Douglas County, and especially those residents that have chosen to travel outside of Oregon. Data from CDC and OHA show that traveling and coming into contact with people from other areas, especially COVID-19 hot spots, DOES significantly increase your chance of getting and spreading COVID-19. Additionally, we are seeing cases linked to close-contact at social gatherings. Whatever your reason for traveling or attending a party, we encourage you to please consider the risk and only go if you can do so in a COVID-19 safe manner. The COVID-19 virus is still here, still infectious and will be around for quite some time. So, before you travel, attend a party or invite your relatives from out of state to visit, you need to assess the risk to you, your family and to your local community. The bottom line is that each and every person needs to take personal responsibility for their actions and adopt the proper precautionary measures to prevent the spread of COVID-19. [Click here for the link to our article about COVID-19 Travel Tips.](#)

Notice: While we are not able to provide case specifics, we wanted to reiterate some facts about the latest positive test results in Douglas County. In addition to positive cases being linked to travel, some of our recent cases are directly related to the increase in local social gatherings; like birthday celebrations, sleep overs, sporting events and parties. Unfortunately, that also means we are seeing younger and younger residents, including children and teens being added to those that have tested positive for COVID-19.

OHA expanded their reporting for COVID-19 case management to now include presumptive COVID-19 cases in their total case number. DPHN is reporting the number of people with new positive test results and any new presumptives, and uses the OHA's definition of presumptive as having had close contact with a known, confirmed COVID-19 case, showing symptoms and not yet having a positive nasal swab/PCR test for COVID-19. Testing continues, as DPHN has been holding 2-3 clinics a week and hospitals, urgent cares and clinics continue to test. DPHN continues their epidemiologic investigations, identifying individuals who may have had close contact with individuals that have tested positive for COVID-19, advising and supporting quarantine and isolation.

Previously, we used the OHA definition for recovered that considered people recovered if they were 10 days from onset and symptoms were improving. As more is learned about COVID, the clinical definition of recovery is evolving. Due to the evolving nature of this definition, we have removed the column in our chart listing our recovered cases. We added the number of those in isolation that roughly correlates with the number of active cases. The DCCRT noon case and daily update will report the Total Number of COVID-19 Cases, the number of positive test results (as of 12:00 pm that day), the number of presumptive, total currently hospitalized, total currently in isolation, total COVID-19 deaths and total negative test results in Douglas County. **Currently, DPHN is supporting 40 cases in isolation.**

Getting Tested & Testing Clinics

The next drive-through testing clinic will be Tuesday, July 28, 2020, in Roseburg. As a reminder, if you are having symptoms of COVID-19 including cough, fever, shortness of breath, muscle aches and pains, diarrhea, sore throat or decreased sense of smell and taste, talk to your health care provider about being tested for COVID-19. Patients without a Primary Care Provider, that are looking for a COVID-19 test should contact the Sutherlin Aviva Health Clinic at (541) 459-3788. The first drive-through testing site was piloted in the county on March 17, 2020, there have been 1210 people tested in 53 drive-through clinics, while additional testing continues in hospitals, urgent cares and clinics. The drive-through clinics are led by DPHN, in conjunction with partner agencies including; Douglas County COVID-19 Response Team, Douglas County Board of Commissioners, Douglas County Sheriff's Office, Douglas County Public Works, local volunteers and local health professionals.

Oregon COVID-19 Case Update

Oregon Health Authority (OHA) reports new cases once a day on their website at www.healthoregon.org/coronavirus. OHA also releases a daily situation status report and a weekly report that details the overall picture of the COVID-19 outbreak within our state. The daily report details positive and presumptive cases, as well as deaths by county and statewide, while the weekly report is more in depth and includes statistical data related the severity of cases by age, gender, zip codes, ethnicity, as well as information on workplace and senior care facility outbreaks in Oregon. Find additional information on the state or federal COVID-19 response go to [Oregon Health Authority](#), [Centers for Disease Control](#), and [211Info](#).

Facebook Live with Dr. Bob Dannenhoffer

Join us Tuesday, July 28, 2020 for the next virtual town hall Q&A with Dr. Bob Dannenhoffer, your Douglas County Public Health Officer at 6:00 pm, hosted by DPHN and found on the [DPHN Facebook page](#).

Umpqua National Forest Orders Supplemental Fire Resources Ahead of Predicted Lightning

Shared from the Umpqua National Forest. The Medford Office of the National Weather Service has issued a Red Flag Warning for much of Southwest Oregon for Monday afternoon and night due to forecasted lightning. The Red Flag Warning indicates abundant lightning, a high likelihood of warm temperatures, low humidity, and stronger winds which can combine to produce an increase in fire danger. In preparation for this, the Umpqua National Forest has ordered additional Wildland Fire resources to supplement their current initial attack workforce. Extra resources include hand crews, fire engines, timber fallers, dozers and overhead personnel such as on-the-ground fire supervisors. A Type 1 (large) helicopter will also be stationed out of the Roseburg Airport. These initial attack resources will fight fire aggressively while providing for firefighter and public safety. Forest Service fire managers are working closely with cooperators like Douglas Forest Protective Agency and neighboring national forests to share resources as needed where the values at risk are the most critical.

"While we can't control the lightning we can ask forest users and neighboring landowners to continue to heed campfire restrictions, drown all campfires dead out, and be vigilant while operating equipment," said Riva Duncan, Umpqua National Forest Fire Management Officer. "Remember, one less spark is one less potential wildfire." The forest remains at an Industrial Fire Precaution Level of II with a MODERATE fire danger rating and Personal Use Restriction (PUR) level 1. For more information about the Umpqua National Forest or current fire restrictions call (541) 957-3200 or www.fs.usda.gov/umpqua. To file a smoke or fire report please call 911.

Hot Weather, Cold Water Raise Safety Alert

The Oregon Parks and Recreation Department (OPRD) and the Oregon State Marine Board (OSMB) recently issued a safety alert to Oregonians as summer heats up. As people are flocking to the water to cool off this summer, they wanted to remind people to play it safe at Oregon's beaches, lakes and rivers.

Be Safe Exploring the Beach

The Pacific Ocean is a powerful force, and all visitors should know how to stay safe and teach children the same. Even the strongest swimmers can be vulnerable to rip currents — fast-moving channels that flow out to sea. Choppy dark water and floating debris serve as warnings of rip currents. "If you become caught in a rip current, don't panic," said Robert Smith, who coordinates OPRD's safety program. "Swim parallel to the beach until you are out of the rip, then swim back to the beach." Climbing or hiking along beachside cliffs can be extremely dangerous. Cliff edges may look stable, but many can crumble easily with the slightest weight. "Taking one step closer to the edge may be all that is needed to crumble a bluff," Smith said. "Please stay on trails, respect signs and stay behind fences." More beach safety tips are at stateparks.oregon.gov.

Safety Tips for Rivers and Lakes

Be aware that rivers fed by snowmelt run cold even on hot days. And swift currents hidden beneath the surface can catch swimmers off guard. "If you get caught in the current, know how to float with your feet pointing downstream and have your life jacket straps secured to the jacket so they don't get tangled in any underwater snags," said Ashley Massey, spokeswoman for OSMB. Visitors heading out to a lake or river that typically has a life jacket loaner station will need to bring their own. OSMB and OPRD closed all loaner stations for 2020 due to sanitation concerns related to COVID-19. "The Marine Board supports closing the stations to protect public health, and recommends visitors bring — and wear — their own jackets," Massey said. "Accidents happen quickly, and there isn't time to put on a jacket in the middle of an emergency." For information on proper fit and caring for your life jacket, visit oregon.gov/osmb/boater-info/Pages/Life-Jackets.

Water Recreation and COVID-19

It is important to follow these safety tips every summer, and especially during the COVID-19 pandemic, when first responders are stretched thin and worry about exposure to the virus. When selecting a spot to splash, visitors should choose one close to home and be ready to turn back if the parking lot is full. Visitors should bring everything they need to avoid making unnecessary stops. Additionally, visitors are asked to wear face covers in tight outdoor spaces such as trailheads, docks and boat ramps. "Help us keep parks and beaches open by following these precautions and ensuring these areas are safer for everyone," said Jo Niehaus, spokeswoman for OPRD.

For additional tips about safe recreation during the pandemic, visit OPRD's [COVID-19 Day-use Guide](#). Recreational boating information is at oregon.gov/osmb/info/Pages/COVID-19.

Quick Tips to Beat the Heat: Tips from Pacific Power to Stay Cool, Use Less Energy and Save Money

Shared from Pacific Power. With a heat wave rolling into Oregon this week, Pacific Power wants to remind customers how to beat the heat, use less energy, and stay ahead of possible high bill surprises down the road.

- **Get some fresh air.** Open your windows during the early morning and evening, and use fans to circulate the fresh air.
- **Keep clear of the sun.** Close blinds and drapes during the warmest parts of the day. Keeping the sunlight out of your home will keep it cooler.

- **Be AC savvy.** Set your air conditioner to 78 degrees when you're home, and 85 when you're away. Running your AC at temperatures lower than 78 degrees can increase your electricity bill by up to 8 percent. Also, keep inside air vents clear from furniture and other objects. Make sure the outside unit is free of obstructions.
- **Reduce indoor heat.** Push the use of heat-producing appliances such as ovens, dishwashers and clothes dryers to cooler parts of the day. Grilling outside, washing dishes by hand and air-drying clothes are great alternatives.
- **Be safe.** With sweltering temperatures, you need to protect yourself. Drink plenty of water and stay out of the sun as much as possible. Also check on any neighbors who may have limited contact with others and may need a fan or other assistance. **Even with COVID-19 restrictions, we can look out for each other.**
- **If you are already worried about your power bill,** call us now. We can set up payment plan or refer you to local agencies for bill assistance. Call us any time at 1-888-221-7070.
- **Lastly, unplug.** Make a conscious effort to unplug items not in use. Even if they're not on, they're drawing energy. For more *wattsmart* energy and money-saving tips visit pacificpower.net

Stay Informed with Local 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 to Douglas County residents since March 8, 2020. **Our local COVID-19 updates represent the coordinated effort of the 14 agencies that make up the DCCRT.**

Local COVID-19 Hotline

If you have questions about COVID-19 and available local resources, call the Douglas County COVID-19 Hotline at (541) 464-6550. It is staffed by local volunteers from 8:00 am to 5:00 pm, 7 days a week.

Got Questions about the Governor's Phased Reopening Plans or her Newest Statewide Rules?

If you have questions or need more information about the Governor's Phased Reopening Plans, Sector Specific Guidelines or her newest Statewide Orders go to the Governor's COVID-19 website at <https://govstatus.egov.com/or-covid-19/> or call Business Oregon's Navigator Hotline at (833) 604-0880.

Who Do You Contact to Report Compliance Issues with the Governor's Statewide Rules?

Please do not call 911, Douglas County Sheriff's Office or Douglas County Offices to report compliance issues with the Governor's orders. The Governor has directed the State of Oregon offices for Oregon Occupational Safety and Health (OSHA) and the Oregon Liquor Control Commission (OLCC) to be the enforcement agencies responsible for ensuring restaurants, bars, and other businesses comply with COVID-related rules.

[Click here](#) to read the Governor's official press release on COVID-19 rules compliance.

[Click here](#) to review the Governor's latest statewide rules, effective Friday, July 24, 2020.

For more information or to report compliance issues concerning the Governor's COVID-19 orders contact: OSHA: (800) 922-2689 or [OSHA website](#) or **OLCC** (503) 872-5000 or [OLCC website](#)

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Contact [Tamara Howell](#), Public Information Officer, Douglas County COVID-19 Response Team, (541) 670-2804 cell/(541) 957-4896 tjhowell@co.douglas.or.us

Contact [Vanessa Becker](#), Public Information Officer, Douglas Public Health Network, (541) 817-6552 cell (541) 440-3571 vanessa@douglaspublichealthnetwork.org