What’s COVID-19

• **Background**
  • Originated from animal transmission approximately December 2019
  • Global outbreak
  • Novel virus – however similar historical viruses like SARS and MERS

• **Transmission**
  • Person-to-person
  • Via large droplets like the flu

• **Symptoms**
  • Flu-like symptoms: cough, fever, shortness of breath, muscle pain, fatigue
  • Most at risk are the elderly and immuno-compromised individuals
What’s happening in Oregon

- Confirmed cases in Oregon
- OSPHL is now able to handle testing
- OHA is updating statewide data
- Public Health System working hard
How to prevent COVID-19 and other respiratory illnesses?

- Cover cough and sneezes with a tissue and then throw the tissue in the trash
- Wash hands often with soap and water for 20 seconds (sing the HB song twice). If soap and water are not readily available use an alcohol-based hand sanitizer that contains at least 60% of alcohol
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect surfaces that are often touched
- Take care of your health overall. Stay current on your vaccinations, including flu vaccine, eating well and exercising all help your body stay resilient
When to seek treatment?

- Do not go to the ER unless medical emergency
- Call your provider
- Stay home
- Treat symptoms as you normally would:
  - Plenty of rest
  - Drink fluids
  - OTC medication
Community Preparedness

• Partners meeting
• Agency EOC stood-up
• Protocols for handling suspect case
• Public communication
  • Website
  • Covid19.questions@chw.coos.or.us
• Close work with OHA
• Meeting with school system
Individual Preparedness

- Have a stock of non-perishable food items on hand and possibly prescription medications
- Restrain from purchasing medical grade PPE as healthcare providers need these
Questions?