COVID-19 INFORMATION SESSION

3.9.2020

Public Health
Prevent.Promote.Protect.

This information was presented to:

- Coos County Board of Commissioners on 3.3.2020
- Coos Bay City Council on 3.3.2020

What's COVID-19

- **Background**
  - First identified in Wuhan, China in December 2019
  - Originated from animal transmission
  - Global outbreak
  - Novel virus – however similar historical viruses like SARS and MERS
- **Transmission**
  - Person-to-person
  - Via respiratory droplets produced when an infected person coughs or sneezes like with the flu or whooping cough (pertussis)
- **Symptoms**
  - Flu-like symptoms that may include fever, sore throat, dry cough, shortness of breath, muscle pain, and fatigue
  - Fever may not be present in the very young, very old, immunosuppressed (cancer, lupus, auto immune condition), or people taking fever reducing medication
  - Most at risk are the elderly and immuno-comprised individuals

What's COVID-19

- **Incubation Period**
  - Range is between 2 to 14 days
  - Mean of 5 days after exposure

What's happening in Oregon

- 14 Confirmed positive cases in Oregon as of 10.30 am on 3.9.2020
- No positive case in Coos County to date – 6 individuals tested – Results are negative
- Oregon State Public Health Lab (OSPHL) is now able to handle testing (40 tests per day) – working on expanding testing to private labs
- Quest laboratories able to process tests as of 3.9.2020
- Oregon Health Authority (OHA) is updating statewide data
- Public Health System working hard to educate the public, coordinate testing and response with the healthcare system, and do case contact investigation

Who is most at risk?

- Most people will experience mild flu like symptoms
- Most at risk are older adults and people who are experiencing chronic conditions such as heart, lung and/or kidney diseases
- Older adults are twice as likely to experience severe symptoms of the disease
- Avoid large gatherings and have minimum to no contact with sick people
- Have prescription medication on hand

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 Happy Birthday 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

Individual Preparedness

- Have a stock of non-perishable food items on hand and possibly prescription medication, standard cleaning supplies
- Refrain from purchasing medical grade Personal Protective Equipment as healthcare providers need these
- Stay current with latest updates and recommendations from the public health system
- Be prepared and remain calm

When to seek treatment?

- Do not go to the emergency room (ER) unless medical emergency
- Call your provider and follow their guidance
- Stay home
- Treat symptoms as you normally would:
  - Plenty of rest
  - Drink fluids
  - Over the counter medication

Community Preparedness

- Protocols for handling suspect case have been developed and disseminated
- Weekly strategic and update partners meeting
- Sampling and testing coordination with hospitals and health care providers
- Suspect case investigation and monitoring
- Activated the Medical Reserve Corps for access to volunteers
- OPS Center – Placed a request for personal protective equipment and supplies for the whole county's healthcare and first responders' system
- Close work with OHA
- Coos Health & Wellness emergency operations center has been activated
- Bagged hygiene and prevention kits for the homeless population

Community Preparedness (continued)

- Public Health is serving as a point of contact for questions from:
  - Hospitals
  - Health care providers
  - School system
  - The public
- Public communication
  - Website: https://cooshealthandwellness.org/public-health/novel-coronavirus-2019-covid-19/
  - Covid19.questions@chw.coos.or.us
  - Interviews with the media: The World, KCBY, KEZI, and K-Dock radio
  - Virtual town hall on 3.9.2020 – on Coos Health & Wellness Facebook page 5:30 to 6:30 pm

Questions?

Cooshealthandwellness.org
covid19.questions@chw.coos.or.us