



Novel Coronavirus (COVID-19)

Current Situation in Oregon

- For Oregon-specific information about cases and persons under monitoring and investigation, visit the Oregon Health Authority COVID-19 [page](#).
- Columbia County Public Health will not release local numbers on persons under monitoring (PUM), but the Oregon Health Authority will begin to release them on a regional level.
- For the most current information about international travel or the spread of COVID-19 outside of Oregon, visit the [Centers for Disease Control](#). The number of persons under investigation in the US is available on the CDC website.

COVID-19 Information Sources

- Only share information you receive from [reliable sources](#).
- Spreading rumors can cause harm and increase fear.
- Remember that a person's ethnicity, language, country or origin is not a risk factor for COVID-19.
- If you have general questions about COVID-19, call **211**.
- To stay informed by email, [sign up here](#) (bottom right side of page).

Public Health Role

- Public health agencies work 24/7 to keep infectious diseases from spreading.
- For COVID-19, the state and local role is to prevent and control person-to-person transmission.
- Columbia County is working in partnership with the Oregon Health Authority, which is the state agency that is leading the statewide response and planning.
- We are also part of a Public Health Multi-Agency Coordination Group that includes
- The group will deliver consistent messages and coordinate response activities. Multnomah, Clackamas, Washington, Clark and Columbia.
- We also formally activated our Department Operations Center and Emergency Management activated their Emergency Operations Center to support ongoing public health work.
- **If you are sick.** If you are having a medical emergency, call 911. If you are sick with minor symptoms, call your regular primary care provider. If you do not have a primary care provider, call 503-397-4631.

Masks

If you do not work in health care or social services:

- The CDC has no recommendation for facemask use in public settings.
- It is not clear that they work to prevent illness.

- For those who choose to use them, there may be a risk of disease transmission using unwashed hands to adjust the mask or reaching under it to touch your nose or mouth.
- They do not work well if they are soiled or damaged.
- Mask supplies (N95) are lessening. It is important that our health care workers have enough for their protection when working with sick patients.

For those who work in social services and have face to face interactions with clients:

- Postpone non-essential visits with any client that has a cough or fever until the client is well.
- Brief interactions like checking someone in for an appointment pose a very low risk of disease spread.
- If your in-person interaction is essential and the client is well, wash hands regularly.
- If your in-person interaction is essential and the client is coughing, the client should wear a mask and you should maintain a distance of 6 feet, minimize time together in an enclosed space, and consider interacting outdoors if appropriate.
- If your in-person interaction is essential and you must be within 6 feet (e.g. law enforcement), check with your safety officer for guidance.

For those who work in health care:

- Any coughing patient should be offered a mask. There are special tight-fitting masks that healthcare workers are trained to use to protect them from infection.
- Health care workers should talk to their internal occupational health or infection control providers for specific guidance on when to use masks or respirators.

Actions You Can Take As an Individual

- The Centers for Disease Control and Prevention has directed communities to prepare for COVID-19.

Everyone should **follow these steps to prevent illness** and protect others:

- If you are sick, stay home except to get medical care. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride sharing, or taxis. Monitor your symptoms and seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Separate yourself from other people and animals in your home if you are ill.
- Call ahead before visiting your doctor if you are sick.
- Cover your coughs and sneezes. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Everyone should clean their hands often. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains 60% to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. It is better to use soap and

water if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

- Everyone should avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils or towels with other people in your home. After using these items, they should be washed thoroughly.
- Clean all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Keep your immune system strong by eating a healthy diet, getting enough sleep and regular exercise, and by taking care of underlying health conditions.

There are also **basic steps every household should take** to prepare for any unexpected event:

- Establish a childcare plan in the event your kids need to stay home from school.
- Make sure you have the kinds of foods, drinks, medications and pet supplies you would want if you needed to stay home and limit your contact with other people for a couple weeks.
- Get to know your neighbors, especially those who might need extra help like seniors or people living alone.
- Review your employer’s sick leave and telecommuting policies for your position.

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