Interim Guidance for Long-Term Care Facilities to Prevent the Spread of COVID-19

The Centers for Disease Control (CDC) and Prevention, Oregon Health Authority Public Health Division (OHA), and Jackson County Public Health are closely following an outbreak of a new coronavirus that began in Wuhan City, China, in December 2019. Health officials are still learning about this illness, so advice may change as more information becomes available.

There are currently no confirmed cases of COVID-19 in Jackson County. If there is a confirmed case, Jackson County Public Health and Oregon Health Authority will announce the case.

What is Novel Coronavirus (COVID-19)
Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

Who Is at Risk
While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

Currently, there are no antiviral medications available to treat the infection and a vaccine is not available to prevent a person from getting COVID-19.

What Actions Can You Take Everyday to Prevent the Spread of the Flu, Common Cold, and COVID-19?
- Cover your coughs and sneezes with a tissue and then throw the tissue in the trash.
- Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% 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. Staying current on your vaccinations, including flu vaccine, eating well and exercising all help your body stay resilient.
- Consult CDC’s travel website for any travel advisories and steps to protect yourself.
if you plan to travel outside of the US.
- Stay informed about the situation and make the information is from a credible resource

**Specific Guidance for Long-Term Care Facilities**
The general strategies CDC recommends to prevent the spread of COVID-19 in LTCF are the same strategies these facilities use every day to detect and prevent the spread of other respiratory viruses like influenza.

For the specific guidance from Centers for Disease Control please review the Strategies to Prevent the Spread of COVID-19 in Long-Term Care Facilities (LTCF).

**Resources**
It is important to stay informed about COVID-19. For accurate information please utilize the resources below.

- Jackson County Public Health: https://jacksoncountyor.org/hhs
- OHA Emerging Respiratory Disease page: www.healthoregon.org/coronavirus

If you have general questions, please call Jackson County Public Health at 541-774-8209.

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The mission of Jackson County Health and Human Services is to plan, coordinate and provide public services that protect and promote the health and well-being of county residents.