Jackson County Public Health Reports Three New COVID-19 Cases

On March 27, 2020, Jackson County Public Health is reporting three new COVID-19 cases, bringing the total to seven in Jackson County. Of the three new cases, one is between the ages of 30-39 and two are between the ages of 70 to 79. All cases are believed to be community-acquired. Jackson County Public Health is working to identify and isolate/quarantine any individuals who may have been in close contact with the cases.

Of the seven cases in Jackson County, three of the cases are between the ages of 50-59, three are between the ages of 70-79, and one between the ages of 30-39. Fifty-seven percent are male and 43% are female. Two of the seven cases acquired the infection through travel; the other five are community-acquired.

“Jackson County has entered the phase of rapid community spread of Covid-19,” says Dr. Jim Shames, Jackson County Health Officer. “What we are seeing now reflects how well we accomplished personal distancing a week ago. How well we isolate ourselves now will determine how much illness we have next week.” Stay Home, Save Lives.

We know that adults 60 and older, or anyone with a serious health condition, including lung or heart disease, diabetes, or anyone who has a suppressed immune system, are more susceptible to developing severe complications from COVID-19. It is important that people understand that this is a new disease, which means everyone is susceptible to getting COVID-19. In the United States, about 1 in 2 people who are infected with COVID-19 are under the age of 55, and 1 and 3 are under the age of 45. Young people might feel ok, but they are still able to spread the disease and can infect and endanger someone they love.

The best way to protect yourself, your family and friends, and your neighbors is to stay home and practice social distancing. Social distancing is the most important and valuable tool we have to slow the spread of COVID-19. We understand the difficulties of practicing social distancing, this is not something we are used to doing, and we miss being close to family and friends. But we are all in this together, and together we can do this.

Every person should take these basic steps to protect themselves and those most at risk:
• Practice social distancing, stay home and save a life.
• It is best to not visit and stay over at older family members' homes or those that have health conditions that put them at risk, but do check on them using social distancing.
• Cover your mouth and nose when you cough or sneeze.
• Wash your hands often with soap and water for at least 20 seconds.
• Regularly clean and disinfect frequently touched objects and surfaces like bathrooms, desks, countertops, doorknobs, computer keyboards, faucet handles, toys and cell phones.
• Avoid touching your eyes, nose, or mouth with unwashed hands.
• Stay home and away from others if you are ill.

Here are what individuals should and shouldn't do under Governor Kate Brown’s executive orders that are in place to flatten the curve:

Do
• Stay home as much as possible; this includes kids and teens
• Stay at least 6 feet away from others any time you are out
• Go out only for essentials (groceries and medical care), drop food off to neighbors who can’t go out
• Exercise outside and remain 6 feet apart from other people
• Have video and phone chats

Don’t
• Gather in groups
• Get together with friends and family outside your immediate household (no drinks or dinners)
• Have playdates for kids
• Make unnecessary trips

For more information:
The public can call 211-information with general questions
OHA Emerging Respiratory Disease page: www.healthoregon.org/coronavirus
Jackson County Health and Human Services: http://jacksoncountyor.org/hhs/COVID-19

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.