Jackson County Public Health Reports New COVID-19 Case

On March 31, Jackson County Public Health reported one new COVID-19 case, bringing the total to 21 cases in Jackson County. For demographic data on the total cases, please access the Jackson County HHS COVID-19 webpage, this data is under the Jackson County Daily Situational Update tab.

The United States nationally is in the acceleration phase of the pandemic. Jackson County has entered the phase of rapid community spread of COVID-19. Community spread means people have been infected with the virus that did not travel outside of their community, and it includes some who are not sure how or where they became infected. There are currently no hot spots or clusters of COVID-19 in Jackson County. Cases are largely distributed throughout the county, which demonstrates community spread, and spread that is widespread. The Centers for Disease Control reports that Oregon has community spread and that it is widespread.

“It is best that everyone be cautious and not assume that one location is safer than another,” says Jackson Baures, Jackson County Public Health Division Manager. “COVID-19 is spreading in our community, and this is why practicing social distancing, that includes staying home and minimizing outings, is so critical right now.”

Social distancing means you avoid contact with people, other than those who live with you. Social distancing is one of the best ways to slow the spread of COVID-19. The best way to stay healthy and prevent the spread of COVID-19 is to stay home. You must also limit things you do outside your home to what you must do. Examples of things you must do are shopping for food or picking up medicines. The Governor’s order does not allow gatherings where people cannot keep 6 feet apart. Also, the order does not allow social events and non-essential business where people come into close contact.

“We have to come together as a community, as one team, and actively practice social distancing and staying home; this is how we are going to protect our community, our healthcare system, and healthcare workers,” says Dr. Jim Shames, Jackson County Health Officer. “This whole community approach is the only way we are going to get through this, and we will get through this.”

By slowing the spread of this infection, we are protecting our healthcare system and our healthcare workers. By staying home, we are saving lives; we are protecting ourselves, our family, friends, and our community.

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.

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

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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.*