Jackson County Public Health Reports New COVID-19 Case

April 2, 2020, Jackson County Public Health is reporting five new COVID-19 cases. There is now a total of 27 COVID-19 cases in Jackson County. There are no fatalities from COVID-19 in Jackson County at this time. 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.

Cases in Jackson County are largely distributed throughout the county, which demonstrates community spread, and is widely dispersed. Therefore, one city is not safer than another. It is best that everyone practices social distancing when they are out accessing essential services, minimize the number of times they need to access essential services, stay at home, avoid hosting or attending social gatherings, and wash their hands frequently. These actions should be taken by all people of all ages.

Jackson County Public Health recently released information that they believe it may be beneficial for people to wear alternative masks, such as a homemade cloth mask while being out in public accessing essential services. This is based on recent information that people with COVID-19, who are asymptomatic, may be spreading the virus to people and not know it and that the virus can be transmitted from droplets produced by talking as well as coughing.

The goal of wearing alternative masks is to create a physical barrier that prevents droplets from landing on others and help prevent the wearer from touching their faces. Do-it-yourself masks can provide protection to the public without impacting the supply of manufactured masks needed for healthcare workers. According to Dr. Jim Shames, “when we both wear a face mask, I protect you and you protect me.”

Wearing an alternative mask does not mean that you no longer have to practice social distancing, frequent hand washing, staying home, or avoiding people when you are ill. Wearing an alternative mask can be in conjunction with the continuation of these important prevention activities. Jackson County Public Health is NOT recommending that you purchase manufactured surgical masks. Please save them for the healthcare workers that rely on them for protection.

Alternative Mask Design Examples:
There is no standard design for a homemade facemask; therefore, consider innovation using the design principle above. Below are example designs for consideration:
Videos:
• Face Mask Kit (https://vimeo.com/399324367/13cd93f150), Providence St. Joseph Health
• How to sew a simple Fabric Face Mask (https://www.youtube.com/watch?v=sOJ_sm137fQ), YouTube

Written instructions:
• How to make a facemask (www.allinahealth.org/-/media/allina-health/files/mask-sewing-how-to.pdf), Allina Health
• Facemask: A picture tutorial (https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/)

Services Available at La Clinica During COVID-19 Pandemic

In addition to regular care for patients, La Clinica is offering several services aimed at ensuring the wider community’s health during this pandemic:

**COVID-19 assessment and testing** is available for established patients as well as community members who are uninsured and do not have other care and people who speak only Spanish. This takes place at a temporary respiratory triage clinic set up inside one of La Clinica’s health centers. To start the process, people can call 541-535-6239. A nurse will talk with them about symptoms and determine whether they can take care of themselves at home or need to come in.

**La Clinica Mobile Health Center** is providing medical care for people living along the Bear Creek Greenway and others who do not have regular medical care. The mobile center staff is available Tuesdays-Fridays from 9 a.m. to 4 p.m. in the parking lot of the Medford Senior Center, 510 E. Main St., just south of Hawthorne Park and near the Ninth Street pedestrian bridge downtown. Services are offered on a first-come, first-served basis, and La Clinica’s income-based sliding scale applies. Call 541-512-3922 for updates.

**Emergency dental care for anyone who needs it** is available at La Clinica’s East Medford Dental Clinic, 1113 Progress Drive. The service is available from 9 a.m. to 5 p.m. Mondays-Fridays, with phone lines opening at 8 a.m. Patients with swelling, trauma, and severe pain can get help by calling 541-512-3900. La Clinica accepts most insurance, and its income-based sliding scale applies for uninsured people.

Klamath County Public Health Reports Potential COVID-19 Exposure on Recent Flights

Klamath County Public Health has informed Jackson County Public Health about a
potential exposure of COVID-19 on two airline flights. These flights were on March 21, 2020, Alaska Airlines #583 from Santa Ana to Portland, and Alaska Airlines #2059 from Portland to Medford.

If you are a Jackson County resident and were on one of these flights, we ask that you practice social distancing, monitor yourself for symptoms and self-isolate yourself if you develop symptoms. If you become symptomatic (fever, cough, or difficulty breathing), please contact your health care provider.

Most states have executive orders in place for residents to practice social distancing, which includes sheltering in place and only traveling for essential items (groceries and medical care).

It is recommended that individuals cancel non-essential travel; this includes travel by plane and by car if the trip requires you to stop for gas and food. For people who travel via airlines, there is an increased risk that you will be exposed to COVID-19 as more community-acquired cases are occurring across the United States. It is important that you make sure to strictly follow airline guidance on social distancing while you fly. If you travel via these methods, it is best that you practice social distancing, monitor yourself for symptoms, and self-isolate if you become symptomatic. If you become symptomatic (fever, cough, or difficulty breathing), please contact your health care provider.

Jackson County Public Health will continue to work with Klamath County Public Health and investigate this report.

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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.*