



# COVID-19 Community Update

**April 21, 2020 – As of 6:30 p.m.**

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**STAY HOME – SAVE LIVES!!!!**

As of 6:30 this evening we have **2** positive cases of Corona Virus in Warm Springs. If any cases come back after this posting, it will be in tomorrow's update. We have tested **38** individuals in Warm Springs with **33** of those tests returning as negative and **2** tests pending results. If you attended the Celilo Salmon Feast please call the WS Public Health at (541) 553-2460 or WS Health & Wellness Nurse line at (541) 553-5512. Or the After Hours line at (866) 470-2015

## Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

## Everyone Should

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick
- Stay home. Stay home. Stay home. If you think we aren't talking about you, we are talking about you, stay home.
- Put distance between yourself and other people.
  - Remember that some people without symptoms may be able to spread virus.
  - Keeping distance from others is especially important for people who are at higher risk of getting very sick.



## Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

## Cover coughs and sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant.

### Here is the statistics for our surrounding Counties as of 8:00 today.

Jefferson (Madras, Crooked River Ranch, WS)	1 Positive	138 Negative
Deschutes (Bend, Redmond, Sisters, Terrebonne)	64 Positive	1,402 Negative
Crook (Prineville)	1 Positive	149 Negative
Wasco (The Dalles, Celilo, Tygh Valley, Maupin)	11 Positive	433 Negative

Statewide: 2,002 Positive, 38,089 Negative, 78 Deaths

### Age Demographic of Positive Cases Statewide:

0-19	49
20-29	230
30-39	304
40-49	362
50-59	362
60-69	357
70-79	205



80 + 133

Unknown 0

Again, stay home! Only go out for life necessities (groceries, medical needs). Wash your hands and Social Distancing of a minimum of 6 feet apart. Wear face masks for added safety.

The Clinic's after hours nurse triage hotline is (866)470-2015. Regular hours is (541)553-1196.

Facemasks should be cleaned daily or when dirty. Wash using soap and warm water. Using a washing machine, hand wash or a dishwasher are all equally good options. Use a dryer or air-dry until completely dry.

