

2019 Novel Coronavirus COVID-19 (Coronavirus) Update

Updated as of March 6, 2020

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Low risk to Baker County residents

[Oregon Health Authority COVID-19: website](#)

[\(Includes information on confirmed cases, persons under monitoring and persons under investigation in Oregon\)](#)

[Oregon anuncia el primer presunto caso del nuevo coronavirus https://www.oregon.gov/oha/ERD/Pages/Oregon-anuncia-primer-presunto-caso-nuevo-coronavirus.aspx](https://www.oregon.gov/oha/ERD/Pages/Oregon-anuncia-primer-presunto-caso-nuevo-coronavirus.aspx)

It's important to remember that risk of getting the disease is directly related to exposure to the virus. You can find the total number of cases in Oregon, as well as the numbers of people under investigation or monitoring here: <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

The virus is not able to discriminate. Individuals of particular racial or ethnic groups are no more likely to get COVID-19 or spread it to others.

Baker County Public Health has been working closely with the Oregon Health Authority, local emergency management, hospitals and medical providers to monitor the 2019 Novel Coronavirus (COVID-19) outbreak.

COVID-19: DISEASE INFORMATION: The new coronavirus causes mild to severe illness in the lungs.

- **Symptoms:** People who are ill with the virus may have a fever, cough and difficulty breathing.
- **Incubation:** We do not know how long it takes for signs of illness to show up after someone is exposed to COVID-19. With other coronaviruses, signs of illness usually show up 2–14 days after a person is exposed to the virus.
- **Level of Risk:** The level of risk to the general population is low. Early information suggests that older adults and people with underlying health conditions may have a higher risk of severe illness and complications.
- **Transmission:** Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:
 - The air by coughing and sneezing (droplets)
 - Close personal contact, such as touching or shaking hands
 - Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- **Prevention:** The best way to protect yourself is to avoid exposure to the virus. This includes following the preventive actions below and consulting [CDC's travel website](#) for any travel advisories and steps to protect yourself if you plan to travel outside of the US.
- **When to Seek Treatment:** Should you start to have symptoms please **CALL** and contact your healthcare provider **before** going into the clinics, hospital or Emergency Department. [Oregon Health Authority has a video describing what steps to take.](#) Should you have trouble breathing and it is after normal office hours **CALL** the numbers below.

Clinic	Normal Office Hours	After Hours
Eagle Cap Clinic 541.523.4497	Monday, Tuesday, Thursday, Friday 9:00am-12:00pm 2:00pm-5:00pm	541.523.6415 Baker County Dispatch
St. Alphonsus Hospital 541.523.6461	All Hours	541.523.6461
St. Alphonsus Baker Clinic 541.524.8000	Monday through Friday 7:00am – 5:00pm	541.524.8000
St Luke's EOMA 541.523.1001	Monday through Friday 7:00am – 5:00pm Saturday 8:00am-12:00pm	541.523.1001

Pine Eagle Clinic 541.742.5023	Monday through Thursday 8:00am-5:00pm	1.855.750.5068
Thornton Direct Primary Care 541.519.1709	Monday, Wednesday, Friday 8:30am-12:00pm, 1:00pm-5:00pm Tuesday, Thursday 9:00am-12:00pm, 1:00pm-5:00pm	541.519.1709
Zunino, Bud FNP Urgent Care Clinic 541.523.4573		

There are also basic steps every household should take to prepare for any unexpected event:

- Learn about your employer’s sick leave and telecommuting policies.
- Establish a childcare plan in the event your kids need to stay home from school.
- Make sure you have the kinds of foods, drinks, medications, and pet supplies you would want if you needed to stay home and limit your contact with other people for a couple weeks.
 - Make a plan:
<https://www.ready.gov/plan>
 This guide helps you look at other disasters as well as make a plan:
<http://www.redcross.org/prepareguide>
 - Build a kit:
<http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/get-a-kit>
 - Other Information concerning food and water:
 In regard to food water, it is sufficient to be at least 2 weeks ready but longer periods of time (30 days) are preferable.

 2 Weeks Ready for Food:
https://www.oregon.gov/oem/Documents/15024_OEM_2WeeksReady_Food_2018%20v3.pdf
 - 2 Weeks Ready for Water:
https://www.oregon.gov/oem/Documents/15024_OEM_2WeeksReady_Water_2018%20v2.pdf
 - 2 Weeks Ready for Seniors:
https://www.oregon.gov/oem/Documents/15024_OEM_2WeeksReady_Seniors_2018%20v2.pdf
- Get to know your neighbors, especially those who might need extra help like seniors or people living alone.

Baker County Public Health and the Oregon Health Authority recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- 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.

CDC does not recommend face masks for the general public.

For more information on the 2019 novel coronavirus, also known as COVID-19, please see the resources below.

- OHA Emerging Respiratory Disease page: www.healthoregon.org/coronavirus
- CDC 2019-nCoV page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC travel notice: <https://wwwnc.cdc.gov/travel/notices>
- WHO page: <https://www.who.int/westernpacific/emergencies/novel-coronavirus>
- CDC HAN (Health Alert Network) archive : <https://emergency.cdc.gov/han/2020.asp>
- Call 2-1-1

SUPPORTING DOCUMENTS

-  [CDC: Stop the spread of germs](#) (157 KB)
-  [CDC: Detenga la propagacion de los microbios](#) (158 KB)
-  [CDC: Symptoms of Coronavirus Disease 2019](#) (158 KB)
-  [CDC: Sintomas de la enfermedad del COVID-19](#) (91 KB)
-  [CDC: What to do if you are sick with COVID-19](#) (117 KB)
-  [CDC: Que hacer si se contrae la enfermedad del coronavirus 2019](#) (119 KB)

WEB LINKS

- [COVID-19 Fact Sheet \(from OHA\)](#)
- [COVID-19 Nuevo Coronavirus Hoja informativa \(OHA\)](#)
- [COVID-19 Prevention Flyer \(from OHA\)](#)
- [COVID-19 ¿Cómo puedo evitar contraer el nuevo coronavirus? \(OHA\)](#)
- [COVID-19 Travelers Flyer \(from OHA\)](#)
- [COVID-19 Atención viajeros \(OHA\)](#)
- [Know the Facts \(from CDC\)](#)
- [Frequently Asked Questions \(from CDC\)](#)
- [What is COVID-19?](#)
- [What's my risk of getting coronavirus?](#)
- [How can I protect myself from coronavirus?](#)
- [COVID-19 - Stop the spread of germs](#)
- [US Coast Guard Marine Safety Information Bulletin](#)
- [COVID-19 Maps & Visuals \(University of Minnesota\)](#)