COVID-19 Public Health Update

Nahad Sadr-Azodi
Director of Public Health
This week’s quiz

Definition of **close contact** was recently modified by the CDC as someone who was within 6 feet of an infected person for a **cumulative** total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset until the time the patient is isolated.

A- True
B- False
Excellent data visualization: www.Deschutes.org/covid19
# Deschutes County Covid-19 cases by ethnicity

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Case Count</th>
<th>% of total cases</th>
<th>Cases per 10,000*</th>
<th>Ever Hospitalized</th>
<th>% Hospitalized of all cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>232</td>
<td>23%</td>
<td>141.4</td>
<td>20</td>
<td>8.6%</td>
</tr>
<tr>
<td>Non-Hispanic</td>
<td>690</td>
<td>69%</td>
<td>38.1</td>
<td>42</td>
<td>6.1%</td>
</tr>
<tr>
<td>Unknown</td>
<td>72</td>
<td>7%</td>
<td>--</td>
<td>3</td>
<td>4.2%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>994</strong></td>
<td><strong>100%</strong></td>
<td><strong>50.3</strong></td>
<td><strong>65</strong></td>
<td><strong>6.5%</strong></td>
</tr>
</tbody>
</table>


Total population: 197,692
Hispanic Population: 16,408
Non-Hispanic Population: 181,284

Data as of 10/11/20
Deschutes County Cases (Cumulative)

1136 Cases
972 released from isolation
13 deaths

Data are shown based on the date a case first became identified as a case.

Data as of 10/26/20
This graph shows the number of cases by week, based on the date a case was first identified as a case. This date is different from the date Oregon Health Authority reports the case.

Data as of 10/26/20
Deschutes County Cases by Age Group Breakdown

Data as of 10/26/20
In September, John (not real name) began to experience mild fatigue. He dismissed it and continued to work. By day 4, he had become ill to the point that he sought treatment at an Urgent Care where the doctor directed him to get admitted at the hospital.

After three days in the hospital, he was moved to the ICU where he experienced a precipitous decline in his condition. His immune system was so triggered by the COVID infection that it turned on his body, attacking motor nerves.

In and out of consciousness and all alone, John faced his own mortality until all of the doctors and medical experts were finally able to get him stabilized, but almost completely paralyzed. He was also unable to see friends and family.

Thirty days after the onset of his symptoms, John was regaining some very limited movement of his arms and legs when he was moved to the Rehabilitation wing of the hospital to begin the arduous process of re-learning to do things like walk and feed himself.

Most importantly, he was finally able to see his wife an hour or so each day. John is expected to be in the ‘Rehab Unit’ for a minimum of three weeks, before being discharged to home where can continue his recovery by having physical therapists, occupational therapists, and others, make home visits to assist in his recovery.

He has been advised that, barring any setbacks, after 8-12 months of constant effort and medical support, he has an 80% chance to recover completely.

Story prepared by Randy Brooks, one of our star investigators
New COVID Literature & Studies

- A pre-peer reviewed study examines the symptoms of “long COVID” in young patients without significant pre-existing conditions. “Long COVID” is a poorly-defined term that refers to the persistence of COVID-related symptoms for weeks to months after diagnosis. Among the 201 young COVID patients included in the study, 70% had evidence of ongoing damage to one or more organs (including heart, lungs, kidneys, liver, pancreas, or spleen) four months after diagnosis. These results have implications for public health approaches that initially assumed young people would be minimally by COVID. Read the study.
Deschutes County Testing by Week

Data as of 10/26/20
Daily Count of COVID-19 Patients Hospitalized
(St. Charles Health System Data)

Data as of 10/26/20
Influenza during the COVID-19 pandemic

- Last few weeks, there have been both positive influenza A & B tests
- Vaccines are available!
- All persons over 6 months
- Why get vaccinated?

- By getting vaccinated, you help protect the vulnerable, such as the elderly and those with chronic underlying medical conditions. These are people who are at increased risk of severe outcomes such as respiratory difficulties or death.
- Both influenza and COVID-19 can cause severe disease, but note that the influenza vaccine only protects against influenza.
- Dual infection with COVID-19 and influenza is likely to cause more severe outcomes.
- Both COVID-19 and influenza can disrupt healthcare services and the functioning of nursing homes. It is especially important this year that healthcare staff get vaccinated against influenza and that healthcare services keep running.
Key Messages

• Movements and travels
• Disproportionate transmission and burden
  • Hispanic communities
  • Young adults
• Difference makers
  • Flu vaccines
  • Simple behaviors
• Deschutes values
  • Smart, united and caring
  • No shame
Waiting for morgan

Make Trick or Treating Safer

Wear a mask.
Avoid direct contact with trick-or-treaters.
Set up a station with individually bagged treats for kids to take.
Give out treats outdoors.
Wash hands before handling treats.

DESCHUTES COUNTY HEALTH SERVICES PUBLIC HEALTH
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