



Jefferson County



Public Health
Prevent. Promote. Protect.

Central Oregon Public Health Monthly Update

April 26, 2024

Deschutes County Celebrated our Environmental Health Specialists in Concert with a Proclamation from The Oregon Governor



April 15 was [proclaimed as Environmental Health Specialist and Wastewater Specialist Day by Governor Tina Kotek.](#)

Whether it's conducting inspections to ensure food safety, monitoring air and water quality, or responding to and educating on environmental hazards, our Environmental Health Specialists work tirelessly behind the scenes to protect public health.

INSIDE **DESCHUTES** COUNTY



[DESCHUTES.ORG/PODCAST](https://www.deschutes.org/podcast)

The end of the school year is right around the corner, so it's a great time to talk to Aimee Snyder, Supervisor of the Healthy Schools program, and hear about the innovative partnership with Bend-La Pine Schools, inspiring success stories, and where the program goes from here.

You can listen to the full episode [HERE](#) or wherever you listen to your podcasts.

Swim Season is right around the corner!



Swimming for recreation and exercise is very popular in the United States, ranking as the second most popular form of exercise, with over 368 million visits recorded annually at swimming pools. However, facilities such as pools, spas, splash pads, and water parks are susceptible to contamination due to inadequate maintenance and the presence of individuals who are ill or unknowingly carrying diseases.

Recreational Water Illness Prevention

We all share the water we swim, play, or relax in. However, various types of illnesses can spread in water facilities, posing risks to people and their families. You can participate in healthy swimming by practicing these healthy swimming habits:

- Stay out of the water if you are sick, don't go back in the pool until 2 weeks have passed.
- Don't pee nor poop in the water.
- Don't swallow the water.
- Take kids on bathroom breaks and check diapers every hour.
- Change diapers away from the water to help keep germs out of the water. **Wash your hands** afterwards.
- Take a 1-minute rinsing shower before you enter the pool/spa, which will remove most of the dirt, lotions, and oils on your body. (If you doubt the effect of a shower, try it yourself. Block the drain, shower for a minute, and check out what a one-minute shower removes from your body.)

In Oregon, Environmental Health staff perform unannounced inspections of public pools and spas twice per year. During the site visit, the inspector will check water quality, safety equipment, and educate the pool operator on best management practices. Ninety percent of inspections are educational, but occasionally enforcement and/or closure are required.

Pool inspection reports are available to the public at:



How Filters and Chemicals Work Together to Keep Water Safe

Filters and disinfectants work together to help kill germs in water. Typically, chlorine is used in pools to kill germs, but when it binds to other waste swimmers bring into pools (sweat, deodorant, cosmetics, dead skin cells), it's not able to kill germs. Filters help by removing debris (pollen, dirt, leaves) but are not capable of removing liquids such as urine, sweat, and lotions. Pool staff are employed to make sure free chlorine is at the level needed to kill most germs in the water, but it doesn't happen immediately. You can still be exposed to germs during the time it takes for the disinfectant to come in contact with the germs and kill them.

Microbe Minutes to kill at 1 part per million free chlorine with pH < 7.5

- [Cryptosporidium](#) *15,300 minutes (that's 10 DAYS!)*
- [Giardia](#) *45 minutes*
- [Shigella](#) *16 minutes*

- [Norovirus](#) 20 minutes
- [E. coli O157](#) 6 minutes

For more information visit the [Health Swimming Web page](#).

May is Mental Health Awareness Month

MAY
is
MENTAL HEALTH
AWARENESS MONTH



Hope, Help & Heal

2024

EVENT DETAILS



THURSDAY MAY 30TH,



6 P.M.-8 P.M.



VIRTUAL
(LINK TO REGISTER FOR THE
EVENT)



FREE

TOPIC

Resiliency Building After a Loss

PRESENTED BY:



OREGON HEALING COLLECTIVE

Mental Health Awareness Month has been observed since 1949 to raise awareness about mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Throughout May, the aim is to eliminate the stigma surrounding mental health, connect individuals with necessary support, educate the public, and push for policies that prioritize everyone's mental well-being. If you or a loved one would like mental health support, please visit these [Recommended Resources](#) or call 988.

Deschutes County is hosting a virtual Hope, Help & Heal event open to families, caregivers, guardians, and anyone who works with young people on Thursday, May 30th, 2024 at 6pm. This event will give families the tools they need to help their kids and teens navigate tough mental health issues. To learn more or register, check out the [Hope, Help & Heal Registration link](#).

Celebrate Drinking Water Week May 5 - 11



May 5 – May 11 is Drinking Water Week, an annual observance sponsored by the American Water Works Association to recognize the critical role drinking water plays in our daily lives. This year's theme, "There When You Need It," highlights the work water professionals do around the clock to ensure high-quality drinking water is always available at your tap, whenever you need it.

We all rely on safe drinking water, and it's important to know how our water gets to us and what makes it safe to use. Over the last 100 years, many improvements in the health, success, and lifespan of the U.S. population can be linked to improvements in water quality. Providing safe drinking water was one of the most important public health achievements of the 20th century. [Water treatment](#) has helped ensure access to healthy and safe water for millions of Americans.

Protecting our water sources is an ongoing challenge. Drinking water can become contaminated:

- In the original water source (for example, a river)
- In storage tanks
- In drinking water distribution systems (the pipes that carry water to homes, businesses, schools, and other buildings)

Many federal, state, and local organizations work to protect source water, such as lakes, rivers and groundwater. Government regulations have helped reduce pollution of the water sources that supply our drinking water. They also ensure public water systems monitor harmful germs or chemicals so that water is safe to drink. Every public water system is required to provide its customers with an annual [consumer confidence report \(CCR\)](#), which provides information on local drinking water quality.



Drinking Water and Private Wells

EPA regulations do not apply to [privately owned wells](#). As a result, 43 million Americans who get their water from private wells are responsible for ensuring their tap water is safe from [contaminants](#). If you have a well, [take these steps to protect it](#) and have the water [tested](#) at least once a year. Your local health department or a well water system professional can help answer your questions about water quality, well maintenance, new well construction, and water quality testing.

Water System Challenges

Climate change and warming temperatures can affect our water supply by causing contamination of water sources with harmful chemicals and toxins. Some private wells in Central Oregon are shallow and have run dry or are at risk of running dry in the near future.

Contact your local Environmental Health or [NeighborImpact](#) with concerns

about your private well.

- [Crook County](#)
- [Deschutes County](#)
- [Jefferson County](#)

Want to read more about Drinking Water? Check out these resources:

- Guidance to ensure the safety of [building water systems and devices after a prolonged shutdown.](#)
- Tools and resources to respond to [water-related emergencies.](#)

What to know about smoke during prescribed fire season

Prescribed burning can bring smoky air to Central Oregon. The good news is, we know when these burns are happening so we can be prepared. This is the best time to prepare for wildfire season, when the smoke can show up without warning, and stick around for longer.

Why do we care about smoke?

Wildfire smoke affects everyone's health. It is important for all of us to limit our exposure to smoke! Some people may have worse symptoms, including people with health conditions or over age 65.

How to protect your health from smoke during prescribed burns:

- Close your windows! Smoke may be worse overnight
- Talk to your health care team and make a plan if you have health conditions
- Keep indoor air as clean as possible
- Locate cleaner air spaces by calling 211
- The Air Quality Index (AQI) tells us when it is safe to be outdoors. Find the AQI for your area at www.fire.airnow.gov
- Be willing to change your plans to avoid smoke
- Wear an N95 mask for extreme smoke or long periods of time outside

Have questions? Need more info? Learn more at <https://centraloregonfire.org/protect-your-health/> or scan here:



To request this information in an alternate format, please call (458) 292-8347 or email healthservices@deschutes.org.

May		HEALTH SERVICES PUBLIC HEALTH			2024
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	
6	7	8	9	10	Food Manager Class - LaPine
13	14	15	16	17	
Food manager class Spanish language only! - Bend					
20	21	22	23	24	
27	28	29	30	31	
			Hope, Help and Heal - Virtual		

Health Services hosts numerous classes and special events each month!

For details about these events and any updates please visit our [Health Services Calendar](#).

Public Health Resources:

- Central Oregon public health web resources:
 - [Crook County](#)
 - [Deschutes County](#)
 - [Jefferson County](#)

Did someone forward this report to you? Click here to sign up to receive the report directly to your inbox.

Responses to this email address are not monitored.

To request this information in an alternate format, please call (541) 322-7444 or send an email to info@deschutes.org.

If you received this report but you would not like to continue receiving it, you can unsubscribe at any time using the link below.

Deschutes County | 1300 NW Wall Street, Bend, OR 97703

[Unsubscribe erik.breon@deschutes.org](mailto:erik.breon@deschutes.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by publichealthnews@deschutes.org powered by



Try email marketing for free today!

