



**Jefferson County**

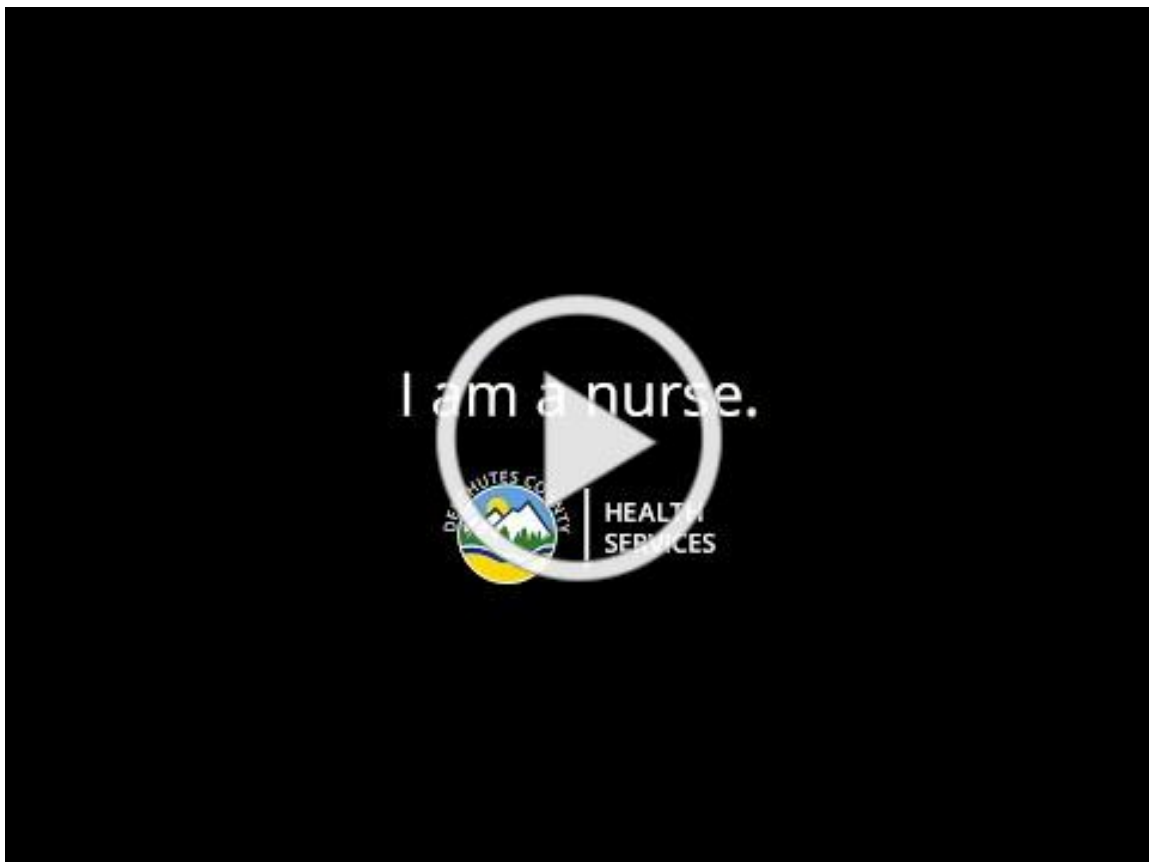


**Public Health**  
Prevent. Promote. Protect.

## Central Oregon Public Health Monthly Update

May 31, 2024

### County honors its nurses during National Nurses Week



The week of May 6 through May 12 of this year was designated as National Nurses Week. In celebration, we wanted to recognize the dozens of nurses who work for the Deschutes County Health Services Department.

From reproductive health, immunizations, and support for new moms and babies, to communicable disease investigation, behavioral health, outreach and field work, and community partner training, County nurses play a vital role in the health and well-being of our community.

We invite you to watch this [video](#) to hear some of our nurses explain what they do and why they do it. You can also learn more about Deschutes County Health Services at <https://www.deschutes.org/health>.

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WIC is celebrating its 50th anniversary this year, a huge milestone for the public health program which helps women, infants and children with their nutritional needs. We talk to Supervisor Christine Pagano about the legacy of the program and where it goes from here.

Christine also shares details of a 50th anniversary health fair being held June 6 at 2 p.m. at the Deschutes Health Services Building located at 2577 NE Courtney Drive in Bend.

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

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## World No Tobacco Day 2024



As May unfolds, we want to highlight and recognize World No Tobacco Day on May 31st! This World Health Organization (WHO) initiative is all about raising awareness about the harmful effects of tobacco and encourages everyone to live smoke and vape-free lives. Each year, the WHO highlights a specific tobacco-related issue and this year's theme is, "protecting children from tobacco industry interference". In Central Oregon, we are dedicated to promoting health by offering cessation programs aimed at helping individuals quit tobacco for good.

Tobacco might seem insignificant, but it can account for many serious problems like lung disease, heart disease and even cancer. This May 31st is a great opportunity to say No to tobacco and say Yes to a healthier you! In Crook, Deschutes and Jefferson Counties there are many resources to get support for tobacco use which include:

- [Freedom From Smoking group cessation courses](#), which follow the American Lung Association's seven-week group program to support individuals who want to go through the process of quitting.
- One on one individualized support at County Clinics (Deschutes County Behavioral Health, Jefferson County Harm Reduction), with community partners (Mosaic Medical and LaPine Community Health Center) and/or with your primary care provider.
- Oregon State Tobacco Quitline [1-800- QUIT-NOW or 1-855-DEJELO-



YA (Español)].

This World No Tobacco Day, let's make a promise to ourselves and our community to stay away from smoking and tobacco products. By choosing to live tobacco-free lives, we're not just helping ourselves, but also those around us.

Spread the word Central Oregon! Let's work together to create a healthier, smoke and vape-free world for all of us.

Stay strong and tobacco-free!

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## Public Health reports increase of Whooping Cough cases in Deschutes County



Since April 17th 2024, Deschutes County Public Health has identified twelve cases of Pertussis, more commonly known as Whooping Cough in the community. All cases have been investigated by Public Health Communicable Disease staff and close contacts have been notified. In 2023, less than five cases of pertussis were reported in Deschutes County.

Whooping cough (pertussis) is a highly contagious respiratory disease that is transmitted from person to person through droplets from a cough or sneeze. **Newborn babies, who are too young to be vaccinated, are at highest risk for severe illness.**

The best defense against whooping cough is a well-immunized community. Pertussis vaccines (DTaP and Tdap) are recommended for all people ages two months and older. While everyone is encouraged to get vaccinated against this disease, it is especially important that pregnant persons get vaccinated during each pregnancy to best protect their newborn. It is also

critical that everyone who comes in contact with babies is fully immunized.

“Getting vaccinated does not only protect you, but it also protects your loved ones and close contacts, some of whom are more susceptible to complications from pertussis,” said Dr. Rita Bacho, Program Manager for Communicable Disease Prevention and Management.

### **Whooping Cough (Pertussis) Symptoms**

Whooping cough begins as a mild upper respiratory infection and resembles a common cold (sneezing, runny nose, low-grade fever, mild cough). Within two weeks, the cough becomes more severe and is characterized by episodes of numerous rapid coughs, followed by a high-pitched whooping sound and is sometimes followed by vomiting. These episodes may reoccur for one to two months. Because infants and toddlers are at greatest risk of complications from whooping cough, they're more likely to need treatment in a hospital. Complications can be life-threatening for infants younger than 6 months old.

### **Vaccine access**

Pertussis vaccines (DTaP and Tdap) can be provided by local health care providers, as well as most pharmacies for people seven-years-old and older. People are encouraged to call their primary care provider or local pharmacy for vaccine availability.

As a Vaccine Access Program provider, Deschutes County Health Services also offers Safety Net Immunizations to individuals and families who have difficulty accessing immunization services. Immunization clinics are available to individuals from newborn to adult (children under 14 years must be accompanied by an adult or guardian).

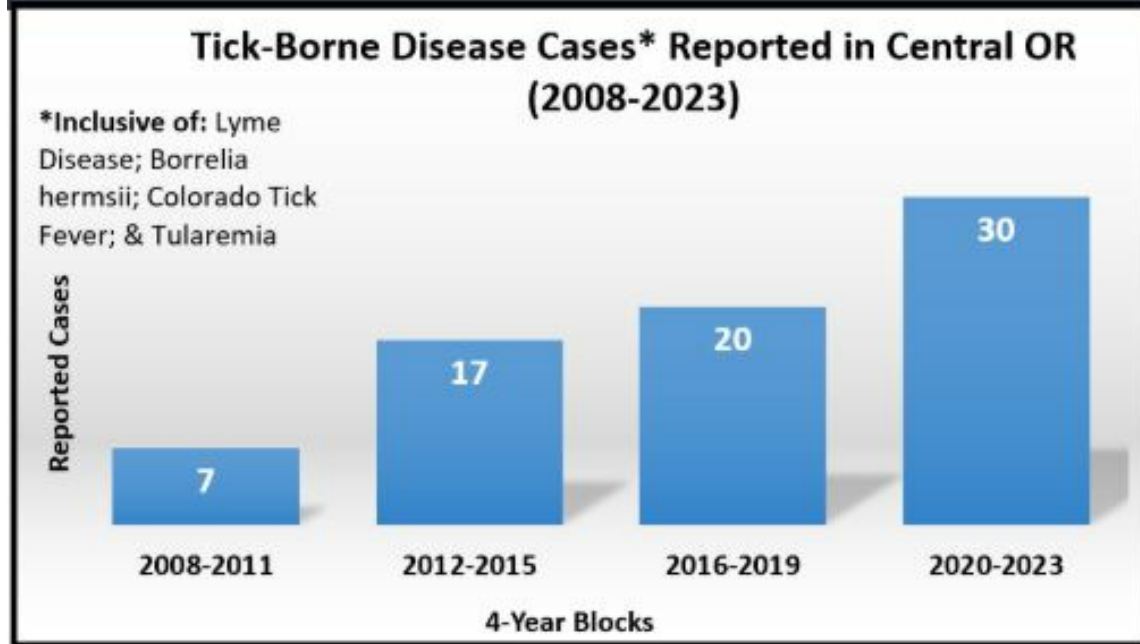
[Immunization services are available for all ages at our Redmond and Bend campuses.](#)

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## **Tick Borne Disease in Central Oregon**

As summer approaches, more people will go out to enjoy Central Oregon's natural beauty--from our national forests to state parks, biking trails to lakeside cabins. However, while enjoying the breathtaking scenery, ticks may be waiting for a chance to latch on to a person or pet's skin. These blood sucking relatives of spiders can be found all over Oregon and can harbor some harmful bacterial and viral diseases.

The latest [Communicable Disease Quarterly Report](#) has a special focus on tick borne illnesses in our area—where we've seen an increase over the past 15 years.



What Types of Ticks are in Central Oregon?



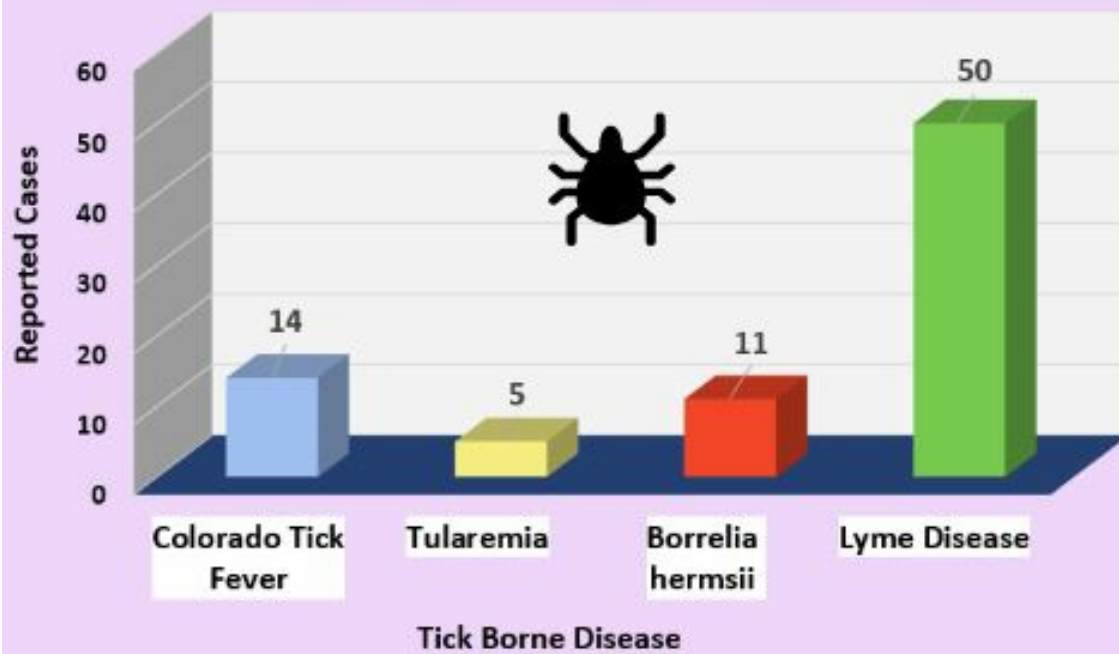
*Western Black-legged Tick. Image via iNaturalist*

In Central Oregon, there are a few types of ticks to worry about that can spread disease:

- ***Ixodes pacificus*** (commonly known as Black-Legged Ticks or Deer Ticks) - a hard tick known to carry a bacteria which causes Lyme disease
- ***Dermacenter andersoni*** (commonly known as Rocky Mountain Wood Ticks) - another hard tick, known to carry the virus that causes Colorado Tick Fever and also bacteria that can cause Tularemia
- ***Ornithodoros hermsii*** – a soft tick, known to carry a bacteria which causes a tick-borne relapsing fever called *Borrelia hermsii*

In general, the majority of our tick-borne illnesses in Central Oregon can be attributed to Lyme Disease followed by Colorado Tick Fever, *Borrelia Hermsii*, and Tularemia (see graph below). While not all ticks are carriers of disease, it is important to remove ticks promptly when a bite has occurred and monitor for any symptoms that may develop.

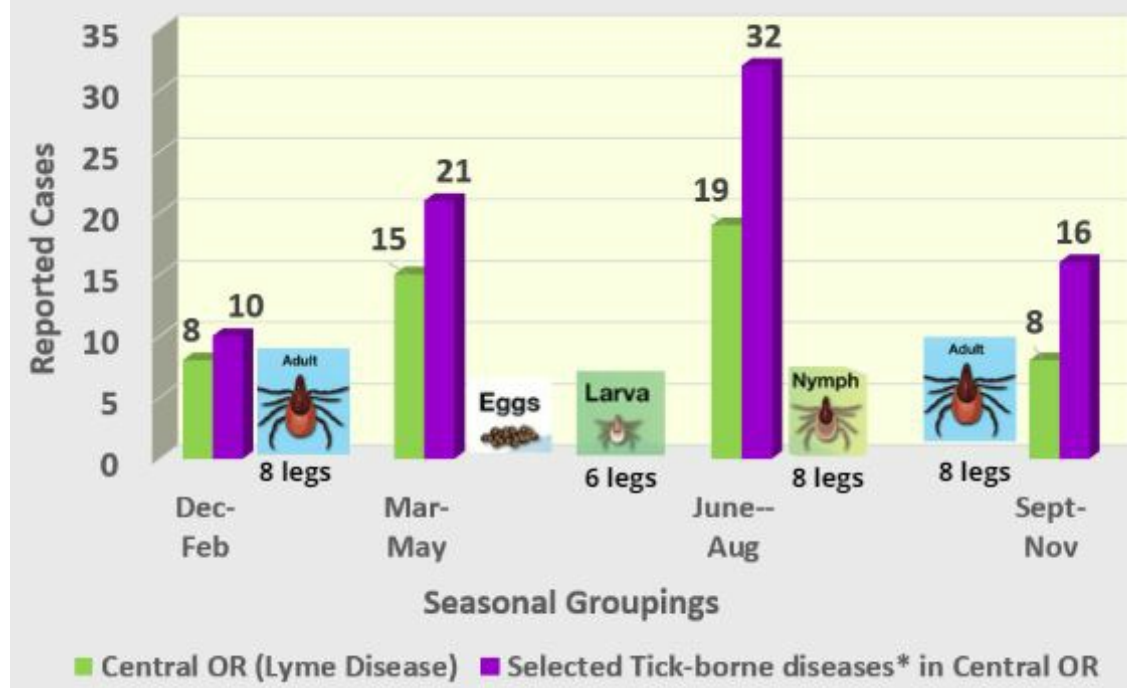
## Case Distribution Across Selected Tick Borne Diseases Diagnosed in Central OR, 2008-2023



### When and Where are Ticks Found?

While the majority of cases of tick-borne diseases in Central Oregon have occurred in the June through August timeframe (corresponding to our warmer months when ticks are most active), tick exposures (and associated illnesses) can occur year-round, so it is important to stay vigilant in all seasons (see graph below).

### Tick-Borne Disease Cases by Seasonal Groupings, Central OR (2008-2023)



Black-legged ticks and Rocky Mountain wood ticks are especially prominent in dense vegetation such as long grass, bitterbrush, or manzanita and may attach

on to people while hiking. Soft ticks, however, like *Ornithodoros hermsii*, can be found in rodent nests and burrows found in high elevation coniferous forests. In contrast to the hard ticks (described above), which prefer to feed during the day, soft ticks generally prefer to feed at night—providing a potential risk to those camping or staying in cabins/other structures in these regions.

### How do I prevent tick bites?

All ticks are tiny and hard to spot; even at their largest size, most ticks don't grow larger than an apple seed. Nymphs, known as immature ticks, can also spread disease and can be as small as a poppy seed. In order to prevent tick bites, follow these tips:

- Before going outdoors, treat your gear and clothing with an insect repellent containing 0.5% of permethrin. This will keep ticks off your clothing and gear.
- Try to avoid walking directly through brushy areas. Instead, try to stay on trails when possible.
- If walking through brushy areas, tuck your pants into your socks to limit ticks' access to your legs and ankles.
- **Do a "tick check" after every outing.** Ticks tend to migrate to warmer parts of the body, so check your armpits, groin, hair and scalp, and behind the ears and knees. They can range from the size of a poppy seed (1mm) to the width of a pencil eraser (5mm) depending on the life stage. Keep an eye out for even the tiny ones!
- Avoid staying in cabins with rodent infestations (including chipmunks or squirrels nesting under the house or in the attic).
- If you own a cabin with rodents, consult a pest control professional to safely remove nests and treat for ticks.
- After being outdoors, shower as soon as possible and check yourself, your family, and your pets for ticks.

### How do I remove a tick?

If you do find a tick, it's important to remove it as soon as possible to prevent the possible spread of disease.

Follow these steps to safely remove a tick:

- Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.
- Pull firmly and steadily until the tick lets go of the skin.
- Wash your hands and the site of the bite with soap and water.
- Swab the bite site with alcohol to disinfect the skin.

*For more information visit the [CDC website](#) for recommendations*

### When to reach out to your provider or local health department

Generally, tick bites are not a cause for concern, but you should reach out to a doctor or your local public health department if:

- You are unable to remove the tick completely.



- A rash develops or you think the bite site is infected.
  - You develop flu-like symptoms, including fever, chills, fatigue, muscle and joint pain, or a headache.
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## June events:

### [6/1 Bend Pride at Drake Park from 9am-5pm](#)

Join us in the ongoing fight for equality and celebrate love, diversity, and resilience at Central Oregon's largest annual 2SLGBTQIA+ Pride event!

### [DPL \(Deschutes Public Library\) Summer Together Events](#)

**Summer is even better with friends!** This summer the library and other community organizations are teaming up to bring fun and learning to a neighborhood near you. They will kick off the season at Alpenglow Park, and will be sharing free books, fun games, prizes, and more.

**Alpenglow Park**

61049 SE 15th St, Bend

Saturday, June 1st

Time: 10-noon.

**Juniper Hilltop Mobile Homes**

63930 N Highway 97, Bend

Wednesday, June 8th

Time: 10-noon.

**Three Rivers Elementary School**

56900 Enterprise Dr, Sunriver

Saturday, June 22nd

Time: 10-noon

**The Pines Mobile Homes**

61000 Brosterhous Rd, Bend

Wednesday, June 26th

Time: 5-7 p.m

### [6/6 WIC Health Fair at DCHS Courtney Building from 2pm-4pm](#)

This year, the [Deschutes County WIC](#) program is celebrating its 50th Anniversary!

In celebration of this milestone, WIC is holding a health fair on June 6 from 2-4 p.m. at the Health Services Building located at 2577 NE Courtney Drive in Bend.

There will be food, games and prizes! We will also be distributing our Farmers Market coupons at this event.

We invite you to come celebrate with us!

### [6/11 free Pool & Spa Operator Training class from 9am-4pm](#)

We will be offering a Pool and Spa Operator Training in Bend. This FREE class

is intended for anyone who is involved in operating a pool or hot tub that is used by the public – HOA pools, hot tubs at AirB&Bs, hotel pools and spas, etc. We will review topics that are important for safely operating a commercial pool, spa or wading pool. Pre-Registration is required. Interested parties can call 541-317-3114 to register.

### [6/15-6/16 The Father's Group Juneteenth at Drake Park from 11am-5:30pm](#)

Embrace the cultural tapestry through enlightening educational activities, captivating entertainment, and a shared culinary journey that celebrates the diverse heritage of our communities.

### [6/18 CODSN Summer Kickoff Party at Sam Johnson Park from 4pm-6pm](#)

Community partners will share information, resources, and a fun summer activity with individuals with disabilities and their families.

Health Services hosts numerous classes and special events each month!

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

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#### Public Health Resources:

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

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