



**Jefferson County**



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

# Central Oregon Public Health Monthly Update

January 31, 2025

The Central Oregon Public Health Newsletter is now available in Spanish!  
To receive it in your mailbox click [here](#).  
Usted puede encontrar el boletín de este mes en español [aquí!](#)

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## School Vaccine Requirements Reminders

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“Immunizations are one of the most effective ways to prevent the spread of serious and potentially life-threatening diseases like measles, mumps, rubella, and whooping cough,” said Deschutes County Health Officer, Dr. Richard Fawcett. “Immunizations not only help to protect individual students, but they also ensure the health and safety of our community by preventing the spread of serious illnesses to vulnerable contacts.”

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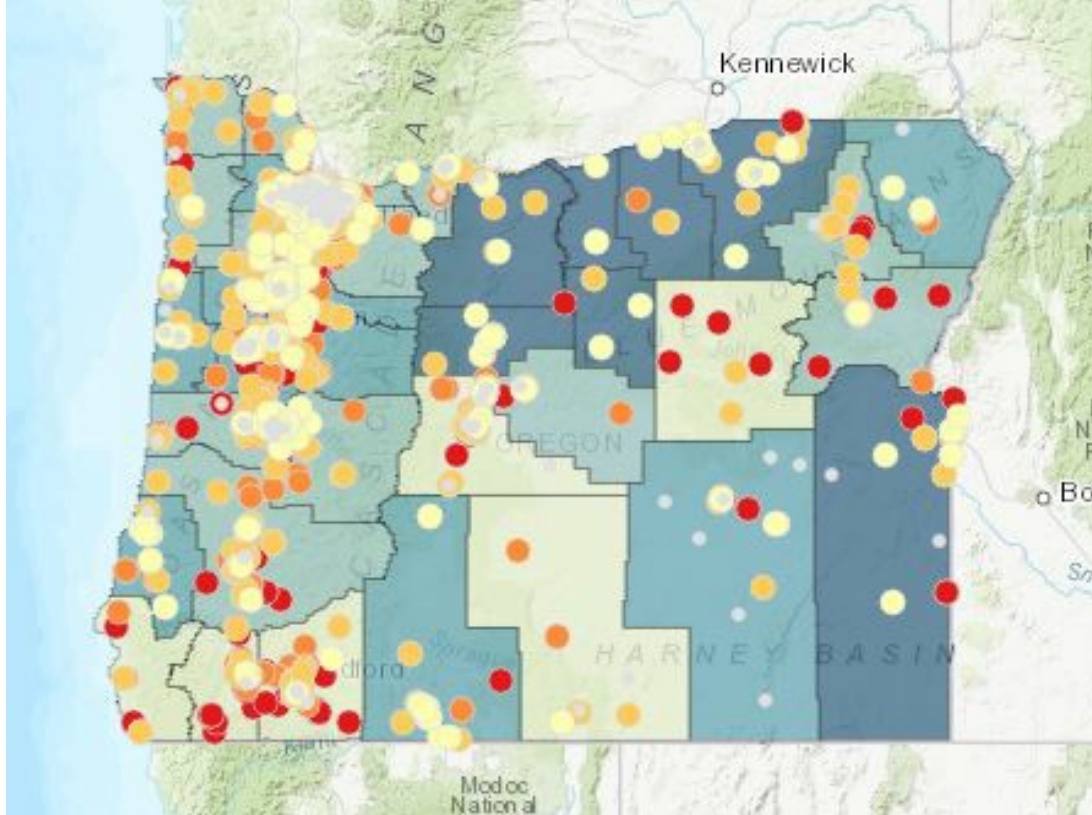
Last year, three counties in Oregon — Clackamas, Marion and Multnomah — fought to contain a [measles outbreak](#). All 31 of the individuals

who contracted the disease were unvaccinated for measles; 24 of them were children under the age of 19. Vaccination is the best preventative measure for measles, with two doses of measles-containing-vaccine providing 97% protection against the disease.

Pertussis, also known as “whooping cough,” was also widespread across the state in 2024, including 60 cases in Deschutes County. Whooping cough can cause serious illness or even death and is especially dangerous for young babies. The DTaP vaccination for children — and the TDaP booster for adults — are important in helping to protect the most vulnerable members of our community.

Here’s what parents and guardians need to know:

- School Exclusion Day is **Wednesday, Feb. 19**
- To attend school after Feb. 19, all students must meet [state immunization requirements](#), which vary by grade level.
- Parents and guardians will receive a letter in the mail prior to School Exclusion Day with information on the specific required immunizations their child is missing.
- The vaccine type, number of doses, and dose scheduling depends on the child’s age and time between vaccinations.
- Parents who wish to claim a [medical, or non-medical exemption](#) must provide the appropriate documentation by the Feb. 19 deadline. (*\*Note: Even with an exemption, children not current on the required vaccines can be excluded from school if there is an outbreak of a vaccine-preventable disease at the school.*)
- Students who do not meet the immunization requirements by School Exclusion Day will not be allowed to attend classes until they receive the required vaccines.



The Oregon Health Authority provides vaccination rate information for each school in Oregon. Visit the [interactive map](#) to explore detailed data by selecting a specific school.

Public Health Departments recommend that parents and guardians contact their health care provider, local School Based Health Center, or local public health department to schedule an appointment if their children need one or more of the required vaccines. Local pharmacies may be an option for children 7 years and older.

Parents or guardians can schedule an immunization appointment at a School Based Health Center in Jefferson County, Crook County, or the cities of Bend, Redmond or Sisters, by calling (541) 383-3005. To make an appointment at the La Pine Community Health Center, call (541) 536-0400.

To learn more about the state's immunization requirements for each grade level, please visit the Oregon Health Authority [website](#).

For questions regarding immunization requirements for school, please call the Deschutes County School Law Immunization help line at: (541) 322-7451.

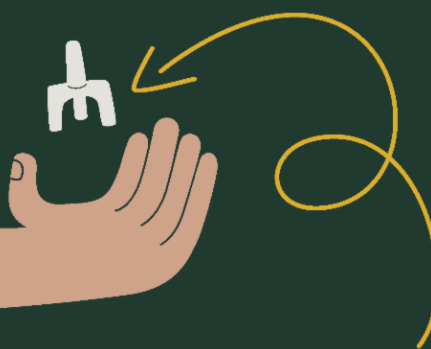
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## County Health Services Launches Public Awareness Campaign to Prevent Opioid-Related Overdoses



Visit: [FriendsforLifeDeschutes.org](https://FriendsforLifeDeschutes.org)

**KEEP YOUR  
FRIENDS SAFE.**



**CARRY NALOXONE (NARCAN).**  
Naloxone reverses opioid overdoses, including from fentanyl.

Deschutes County Health Services launched Friends for Life, a countywide campaign meant to raise public awareness about opioid and fentanyl use, and to help prevent opioid-related overdoses in our community.

"The opioid crisis has had a huge impact on communities across the U.S. and the state of Oregon, including right here in Deschutes County," said Overdose Prevention and Response Strategist, Ana Woodburn. "Our hope with the Friends for Life campaign is to give the public the resources they need to know the signs of an opioid overdose and what they can do to help reverse one."

Through the Friends for Life campaign, the public can find information about fentanyl and other opioids, learn tips on how to prevent an overdose and how to recognize when someone is experiencing one, as well as where to get Naloxone (Narcan) and how to use it to reverse an opioid overdose.

## **RECOGNIZING SIGNS OF AN OPIOID OVERDOSE:**

**Your friend may be overdosing if they...**

- **Can't wake up.**
- **Aren't breathing every 3-5 seconds.**
- **Are turning blue, gray, or purple or feel cold to the touch.**

Visit: [FriendsforLifeDeschutes.org](https://FriendsforLifeDeschutes.org)

For more information about the campaign, please visit [FriendsforLifeDeschutes.org](https://FriendsforLifeDeschutes.org) or [AmigosdeporVidaDeschutes.org](https://AmigosdeporVidaDeschutes.org)



## Teen Driving Safety



Getting a driver's license is an exciting time for a young person, but can be a little nerve-wracking for parents and families!

Luckily, there are plenty of ways to keep your young driver safe:

- having regular conversations about driving safety (including the risks of impaired driving),
- practicing together,
- leading by example, and
- setting expectations and limits.



**Learn more** about what you can do to support your student as they reach this important milestone, and complete a [Parent-Teen Driving Agreement](#).

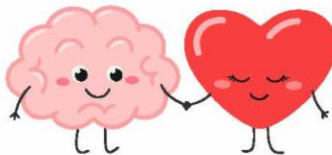
## Talk to Your Student about Healthy Relationships



**Your student is learning how to build relationships with others - including friendships and, eventually, romantic partners.**

**Talking with your student about healthy relationships can help keep them safe.**

**[Click here for tips](#) on talking to your student about healthy and positive relationships.**



Healthy Schools is a partnership between Bend-La Pine Schools and Deschutes County Health Services - connecting education, health, and community.



One way to help your student balance the screen time and media in their lives is to make a family tech plan.



**You can use one of [these Family Tech Planners](#) to spark a conversation about boundaries and expectations.**



Ask your student questions to help them think critically about technology use and media. Create a plan together.

... Sample Questions to Ask ...

How will we stay  
safe online?

What other activities will we  
do to balance screen time?

How will we limit our  
screen time?

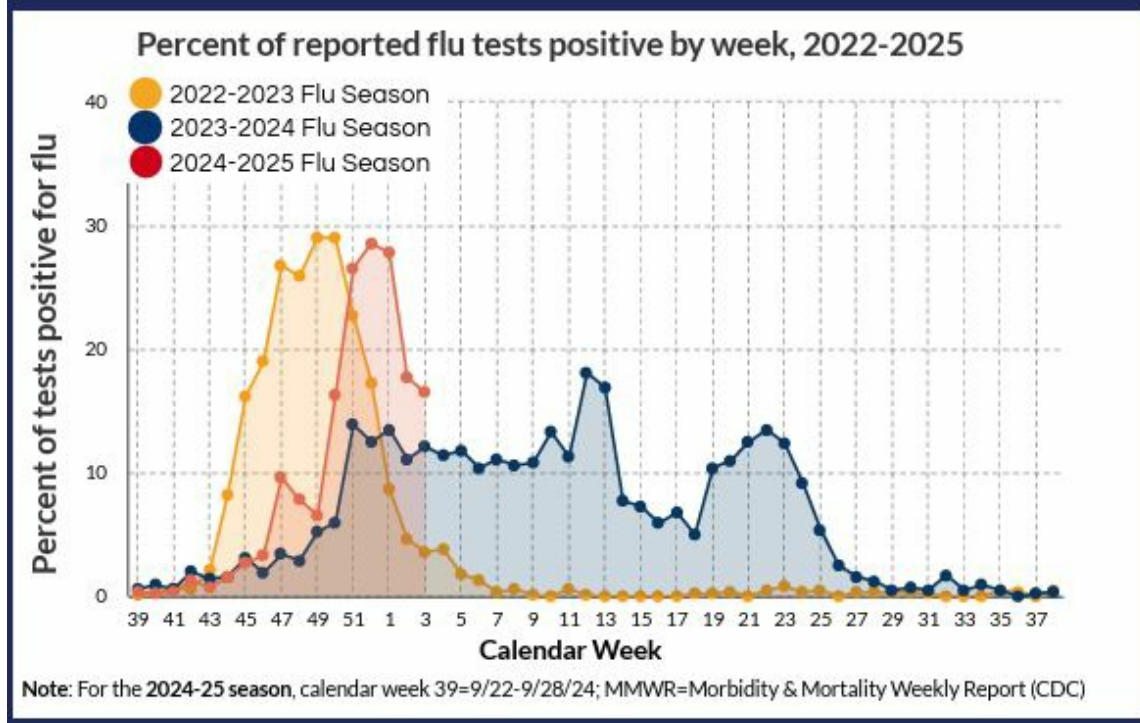
To learn more about how to use technology safely, attend a SafetyNet: Smart Cyber Choices® workshop. KIDS Center offers multiple SafetyNet® workshops a year, including virtual options. These workshops are free and cover hackers and scams, cyberbullying, social media, online gaming, inappropriate posts, and online predators. [Click here](#) to learn more or sign up for a training



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## Respiratory Illness Surveillance Report



Visit our [website](#) for our latest respiratory reports

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](#)

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