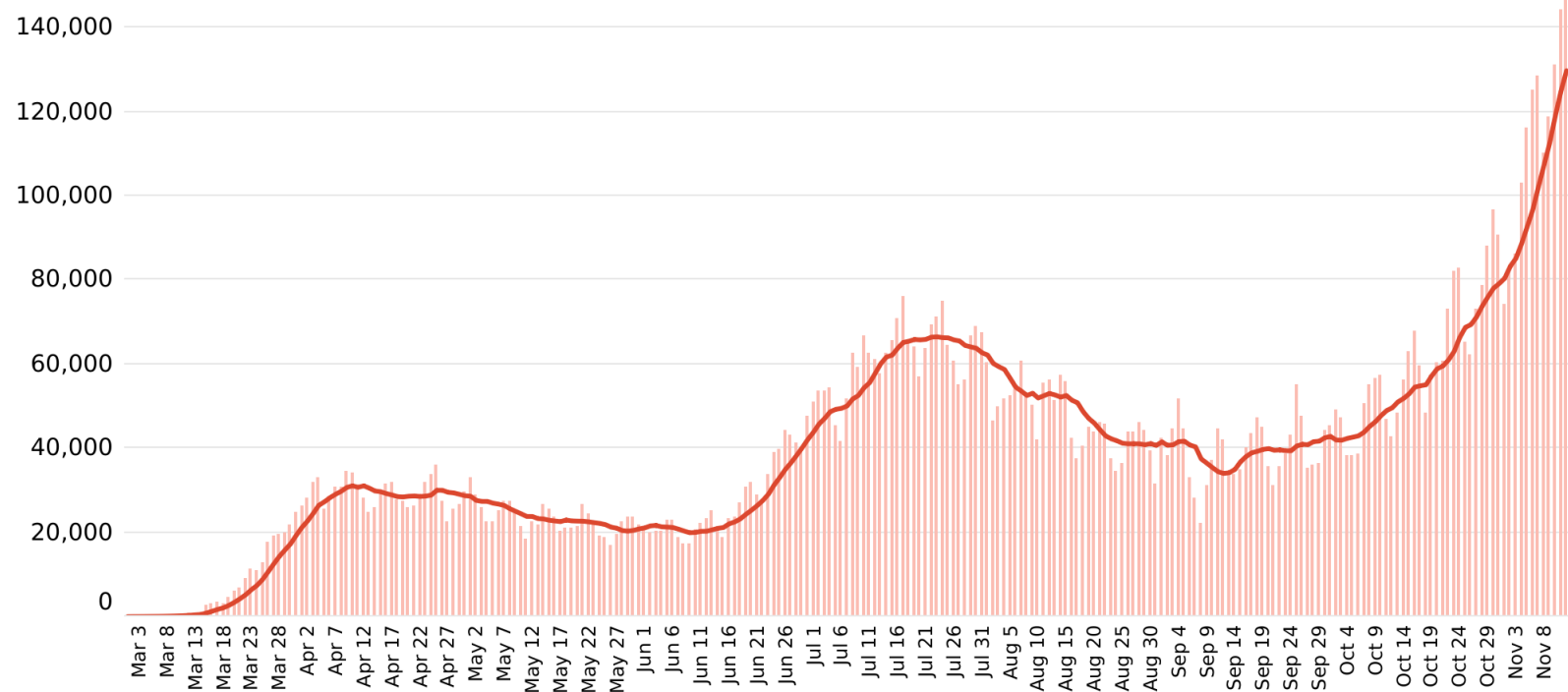


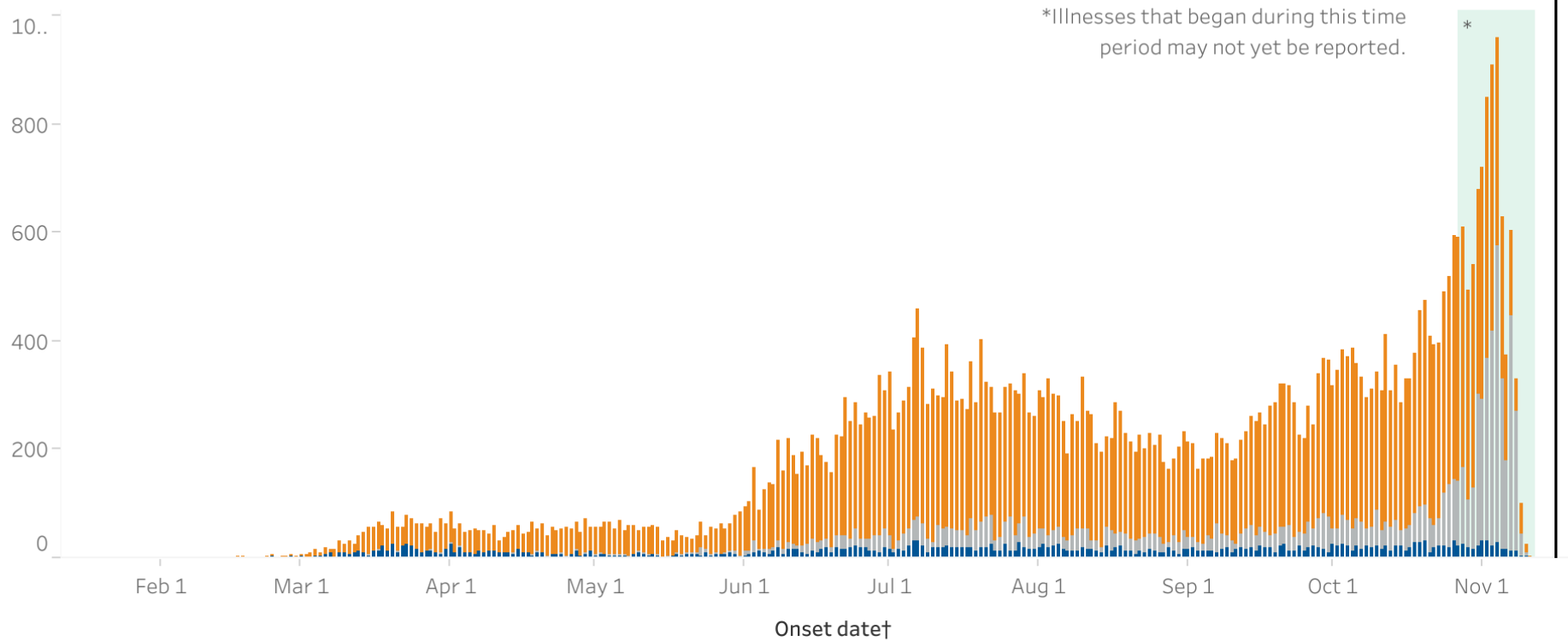
# New Covid-19 Cases, US, by date

173,271 new cases Nov. 13

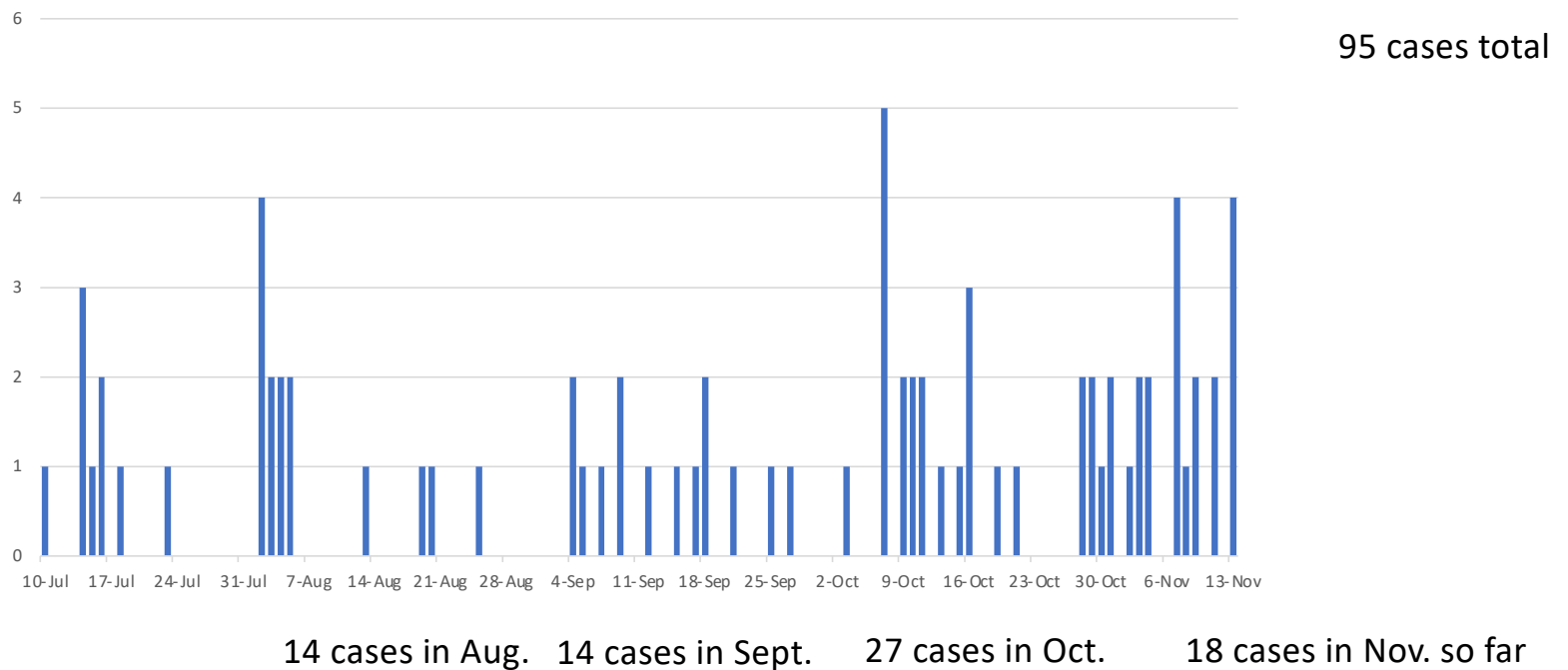


# New Covid-19 Cases, Oregon, by date

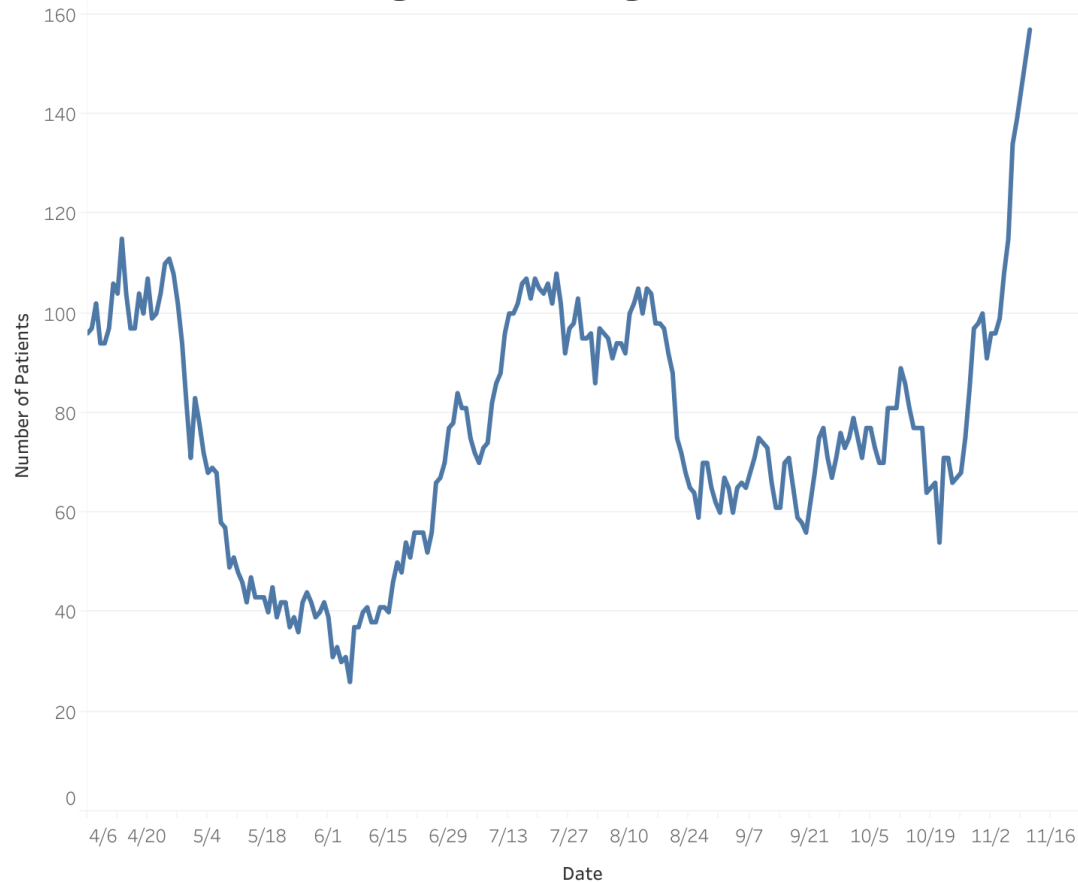
1,122 new cases Nov. 12



# New Covid-19 Cases, Tillamook County, by date



## Covid-19 Positive Hospitalizations in Oregon's Region 1



**Region 1** consists of  
Clackamas, Clatsop,  
Columbia, Multnomah,  
Tillamook, Washington  
Counties

**Region 1 Current  
Hospital Bed Capacity:**

367 Adult ICU beds  
37 currently available

1,909 Adult Non-ICU beds  
105 currently available

## **Outcomes of Covid-19 cases, by age group, Oregon, Feb-Oct. 2020**

	<u>% hospitalized</u>	<u>% dying</u>
40-49 years	5%	0.2%
50-59 years	9%	1%
60-69 years	16%	3%
70-79 years	28%	7%
80+ years	33%	21%

# **Long-term Effects of Covid-19 Infection in Some Survivors**

- Cardiovascular: inflammation of the heart muscle
- Respiratory: lung function abnormalities
- Renal: acute kidney injury
- Dermatologic: rash, hair loss
- Neurological: smell and taste problems, sleep issues, difficulty with concentration, memory problems
- Psychiatric: depression, anxiety, changes in mood

An ounce of  
prevention is  
worth a pound  
of cure.

- Benjamin Franklin



# **Step 1: Individual Prevention Actions**



**W**ash your hands



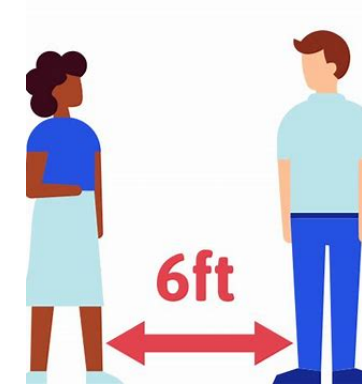
*and*

**W**ear your mask



*and*

**W**atch your distance



# Covid-19 Statewide Mask Requirements



WHO? All people ages 5 years and older

WHERE?

INDOORS: All indoor public spaces  
All private and public workplaces  
All indoor social get-togethers

OUTDOORS: All outdoor social get-togethers  
All outdoor public spaces

# Covid-19 Statewide Social Get-together Requirements

- Indoor and outdoor social get-togethers capped at **6 people**, from only 2 separate households
- Masks and physical distancing maintained during indoor and outdoor get-togethers



**“Indoor social get-together”** means a group of individuals meeting for a common social or recreational purpose indoors. Indoor social get-togethers include but are not limited to indoor dinner parties, birthday parties, graduation parties, celebrations of any kind, potlucks, book clubs, game nights, and other similar indoor gatherings.

## Other Oregon Covid-19 Advisories

- If you do not need to travel – **don't**. Stay close to home.
- Travelers from out of state should self-quarantine for 14 days on entry to Oregon – with all interactions limited to the immediate household. No trips to stores, the beach, or elsewhere.
- Oregonians returning from out of state should self-quarantine for 14 days – with all interactions limited to the immediate household. No trips to stores, the beach, or elsewhere.

# **What can you do to help protect yourself?**

- Stay home as much as possible; use online and pick-up services for groceries and medicines.
- Do not socialize indoors with any non-household members.
- Wear a good mask whenever in an indoor public or private place with non-household members. Limit time to less than 15 minutes, and wash hands for at least 20 seconds when returning home.
- Get exercise but wear a good mask outdoors at all times.
- Try to stay sane.



## Step 2: City- or County-level Prevention Actions

## 5 Public Health Indicators Considered in Determining Tillamook County Phase of Opening

1. % ER visits for Covid-like illness (Statewide level only, 0.6%)
2. Trend in % of tests that are positive in last 7 days (should not trend up)

Tillamook County      10/18-10/24: Trending down (0.8%)  
10/25-10/31: Trending up (6.3%)  
11/1-11/7: Trending up (7.0%)

3. % increase in new cases in last 7 days (should be <5%)

Tillamook County      10/18-10/24: - 80%  
10/25-10/31: + 600%  
11/1-11/7: +43%

## 5 Public Health Indicators Considered in Determining Tillamook County Phase of Opening

4. % of cases not traced to a known source in last 7 days (should be <30%)

Tillamook County    10/18-10/24: **100%**  
                              10/25-10/31: **100%**  
                              11/1-11/7: **80%**

5. % of cases in last 7 days with follow-up within 24 hours (should be >95%)

Tillamook County    10/21-10/28: **100%**  
                              10/25-10/31: **100%**  
                              11/1-11/7: **90%**