

# **Covid-19 weekly update for the Manzanita City Council**

## **Dec. 18, 2020**

An invited presentation from the North Tillamook Public Health Information Group. We are local folks with knowledge and experience in public health. Our mission is to provide information and consultation to North Tillamook County residents, governments, and organizations concerning issues and problems affecting the health and safety of the area's residents and visitors. Email us at [citizenhealthandsafety@gmail.com](mailto:citizenhealthandsafety@gmail.com).

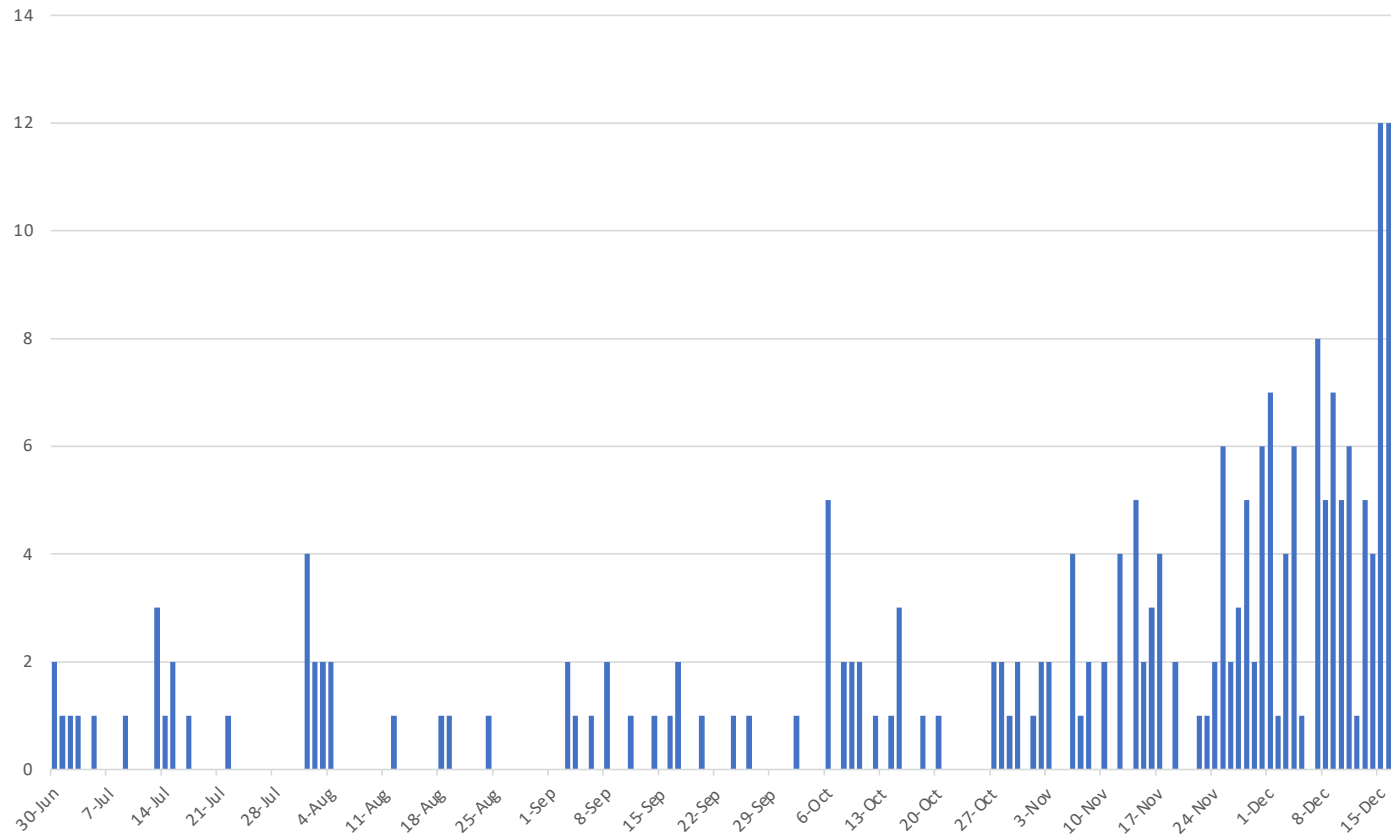
### Voting Members:

Victoria Holt  
Patricia Johnson  
Madeline Olson  
Jeremy Sappington  
Margaret Steele

### Non-voting Members:

Thomas Aschenbrener  
Ed Colson  
Linda Kozlowski  
Robin Watts

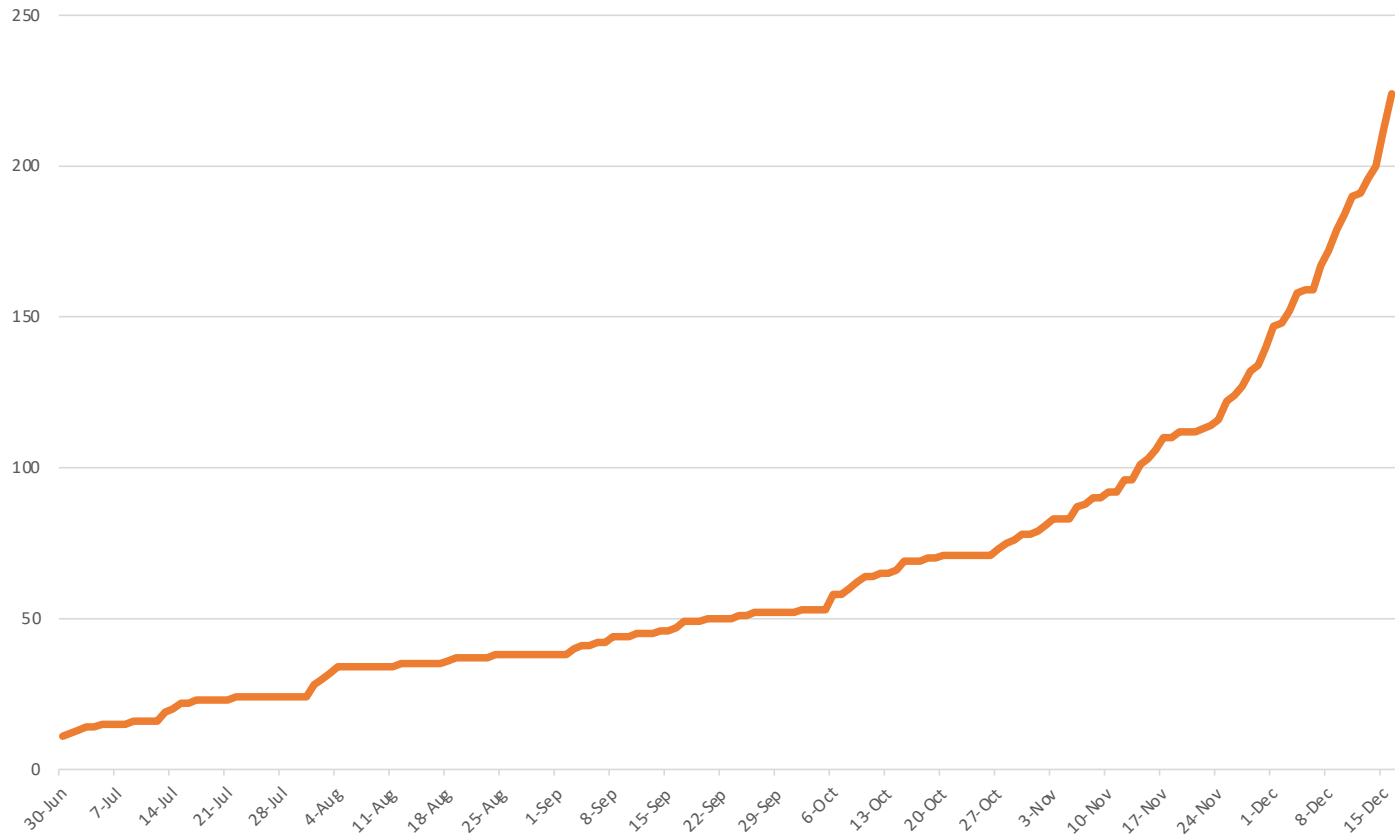
# New Tillamook County Covid-19 Cases by Report Date



Data source: Oregon Health Authority

24 cases in the last 2 days

# Total Tillamook County Covid-19 Cases since July 1, 2020



Data source: Oregon Health Authority

## Total local reported Covid-19 cases by zip code

Zip code	City	2-Dec	9-Dec	16-Dec	Population	Total/100,000
97103	Astoria			171	16,859	1,014
97138	Seaside			123	10,021	1,227
97110	Cannon Beach	1-9	10	15	1,284	1,168
97130	Manzanita	No Report	No Report	No Report	710	
97131	Nehalem	1-9	1-9	10	2,498	400
97147	Wheeler	No Report	No Report	No Report	408	
97136	Rockaway Beach	10	10	11	1,761	625
97107	Bay City			1-9	1,530	
97141	Tillamook			124	13,140	1,227

Data source: Oregon Health Authority

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## Nehalem Bay Wastewater testing

Nov. 30, 2020: Positive for SARS-CoV-2 virus (concentration 41,631 per L sewage)

Dec. 7, 2020: Positive for SARS-CoV-2 virus (concentration 237,718 per L sewage)

Data source: Nehalem Bay Wastewater Agency

# Health Region 1 Hospital Bed Availability

(% beds unoccupied)

Region 1 includes Clackamas, Clatsop, Columbia, Multnomah, Tillamook, and Washington Counties

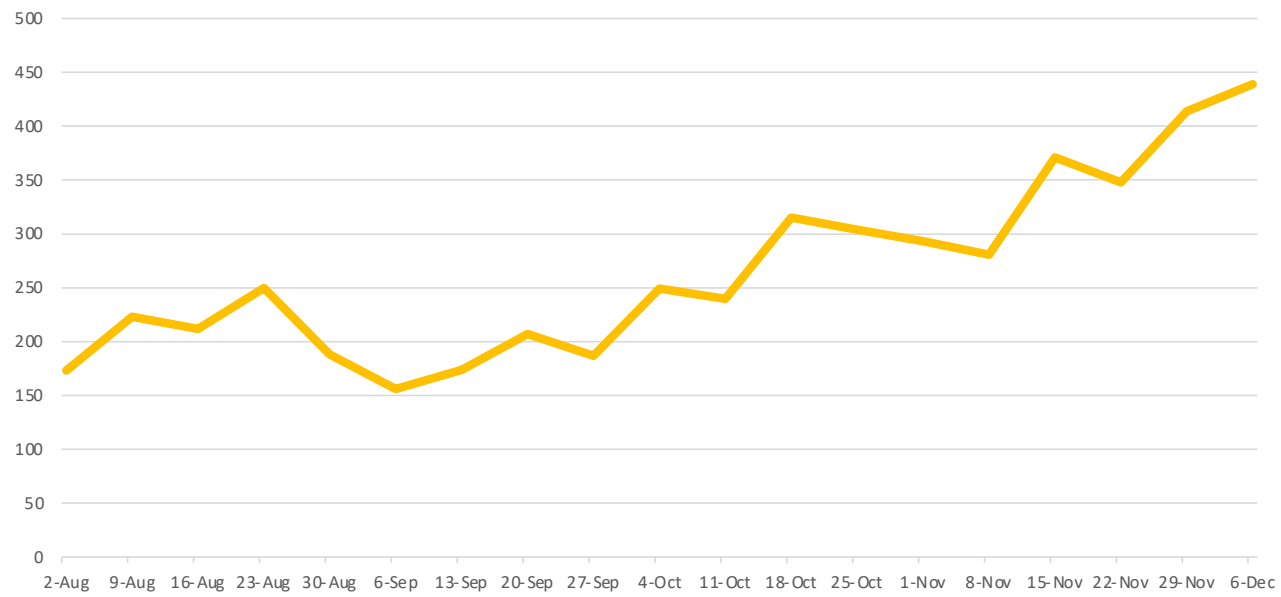
	Dec. 10	Dec. 17
ICU beds:	15.8%	17.9%
Non-ICU beds:	8.4%	8.9%

Data source: Oregon Health Authority

## Tillamook County Covid Test Positivity %

Oct 4-Oct 17	2.7%
Oct 18-Oct 31	1.5%
Nov 1-Nov 14	2.8%
Nov 15-Nov 28	4.5%
Nov 29-Dec 12	4.8%

## Tillamook County # Covid Tests Reported, by Week



## **Tillamook County at Extreme Risk Level for 12/18-12/31**

Data source: Oregon Health Authority



# Tillamook County Risk Level Calculations

Currently (12/18-12/31)

Now at **Extreme Risk** Level for 2 weeks

# cases from 11/29-12/12

**60**

Test positivity from 11/29-12/12

**4.8%**

Wk 1: “Warning Week”:

**Extreme Risk** Level next time based on 12/6-12/19 data

# cases from 12/6-12/19

**65** so far

with 3 days to go

WK 2: “Movement Week”

Risk level decision for 1/1-1/14 will be based on cases from 12/13-12/26

Will be determined on 12/29

## Activities for Extreme Risk Level Oregon Counties

Social & at-home gatherings: 6 people max, limited to 2 households

Restaurants/bars: No indoor dining  
Outdoor dining ok (6/table, 2 households, 50 max)

Gyms, indoor pools: Closed

Retail stores: 50% occupancy max (encourage curbside pick-up)

Faith institutions: Smaller of 25% occupancy or 100 people (indoors)  
150 people max outdoors. Limit services to one hour.

Offices: Require remote work if able. Close offices to public if possible.

***Masks required except when eating, drinking, or showering***

## **From the Oregon Health Authority:**

“Counties must remain in a risk level for at least two weeks before moving to a less restrictive phase and must propose community mitigation measures to minimize risk based on disease spread.

The Oregon Health Authority and the Governor’s Office use this data to assign risk level, but counties may choose to remain in a more restrictive risk level for the safety of their community.”

Information source: Oregon Health Authority

# Oregon Statewide Mask Requirements

## WHO?

All people ages 5 years and older

## WHERE?

### INDOORS:

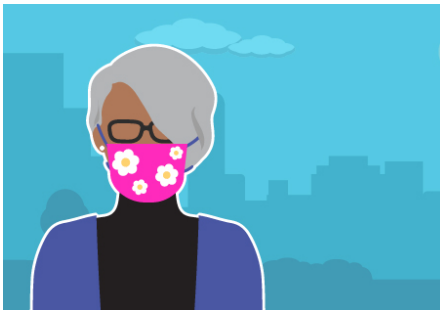
All indoor public spaces

All private and public workplaces  
including outdoor workplaces

All indoor social get-togethers

OUTDOORS: All outdoor social get-togethers

All outdoor public spaces



# Oregon Statewide Travel Guidance Dec. 15, 2020

Residents of Oregon should stay home or in their region and avoid non-essential travel to other states or countries.

Persons arriving in Oregon from other states or countries for non-essential travel, including returning Oregon residents should:

- Practice self-quarantine for 14 days after arrival
- Limit their interactions to their immediate household

You may consider ending quarantine early if you have not had any symptoms:

After 10 days, without any testing

After 7 days, if had a negative test within 48 hours before ending quarantine

## If you know you have been exposed to someone with Covid-19:



Call your healthcare provider or the Tillamook County Covid-19 help line at (503) 842-3940 (M-F, 8a-5p) to see if you should get tested. Let them know a close contact of yours has tested positive.

**Stay home** for 14 days following the last exposure date.

If you do need to go out, stay at least 6 feet away from others and stay out of crowded places. Make sure you wear a mask at all times.

Stay away from people who are at higher risk for getting very sick from Covid-19.

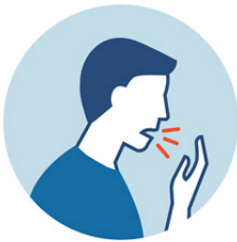
**Take your temperature** twice a day and watch for symptoms.



## For everyone, be on the alert for these symptoms



FEVER



COUGH



SORE THROAT

- Fever or chills
- Cough
- Sore throat
- Shortness of breath or difficulty breathing
- Muscle or body aches/pain
- Headache
- New loss of sense of taste or smell
- Congestion or runny nose

## If you develop any Covid symptoms do the following:



Call your healthcare provider or the Tillamook County Covid-19 help line at (503) 842-3940 to see if you should get tested or have medical care. If you have been exposed to a known case, let your provider know.

Stay home until instructed to leave, except to get medical care. Avoid public transportation, ride-sharing, taxis. Do not go to work or school.

Stay in a specific room and away from other people and pets in your home. If possible, use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.



Tell your [close contacts](#) that they may have been exposed to Covid-19. An infected person can spread the virus starting 48 hours before they have any symptoms or test positive.