



Jefferson County



Public Health
Prevent. Promote. Protect.

Central Oregon Public Health Monthly Update July 28, 2023

Summer weather is in full swing in our area, which means high temperatures are going to be common. With the anticipated heat, it is very important to be aware of signs of heat-related illness.

To learn more about how to take care of yourself, those around you, and your pets during a heat wave visit www.deschutes.org/heat.

Heat Exhaustion

vs.

Heat Stroke

Faint or dizzy

Excessive sweating

Rapid, weak pulse

Nausea or vomiting

Cool, pale, clammy skin

Muscle cramps

Throbbing headache

Confused, may lose consciousness

Rapid, strong pulse

Nausea or vomiting

Body temperature above 103°

Red, hot skin



Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.



Call 911. Get the person cool rapidly by laying them in cool water or dousing them with it.

For more information, visit healthoregon.org/preparedness



How do I get information about air quality where I live?

Each day, you can find out what the air quality is like by checking the Air Quality Index (AQI) for where you live. The AQI tells you when high levels of air pollution are predicted for the day. You can use that information to plan for safe and healthy physical activity.



* Sensitive groups include people who have asthma, heart disease, or COPD.

Checking the AQI is easy — anyone can do it!

- [Look up the AQI online](#)
- [Sign up to get email or text AQI alerts](#)



Centers for Disease
Control and Prevention
National Center for
Environmental Health

Air Quality Advisory Extended

The Oregon Department of Environmental Quality extended an air quality advisory Thursday, July 27th for Deschutes County and eastern Lane County due to smoke from the Bedrock Fire burning between Bend and Eugene.

The air quality advisory is expected to last until at least Monday, July 31st and will generally be worse in Deschutes County overnight and in the early morning hours. Smoke levels can change rapidly depending on weather. Check current conditions on the [Oregon Smoke Information Blog](#), DEQ's [Air Quality Index](#), or by downloading the free [OregonAIR app](#) on your smartphone.



World Breastfeeding Week is August 1-7,2023

Breastfeeding has many health benefits for infants, children, and mothers! The American Academy of Pediatrics and many other organizations around the world recommend that infants be exclusively breastfed for about the first 6 months, with continued breastfeeding alongside the introduction of complementary foods for at least 1 year. Breastfeeding is the best start for an infant but we know it doesn't come without challenges. In Central Oregon we are lucky to have numerous resources who can help new mothers and babies navigate this critical time.

The Family Connects Program is for all mothers of babies three weeks to twelve weeks in Crook, Jefferson and Deschutes Counties. These mother's can qualify for up to three at home nurse visits after the baby is born. Visits will not only help with breastfeeding support, but also newborn assessment and education. For more information or to sign up [visit our website!](#) WIC also hosts breastfeeding classes monthly on Zoom and has one on one help if needed for clients!

[The Central Oregon Breastfeeding Coalition website](#) has additional resources and information to help families.



Keep our workplaces Safe + Sound Awareness Week is August 7-13, 2023

If you need new gloves or masks at work, do you know where to find them? If there is a safety concern at work, how do you report it? Who is responsible for safety where you work?

[Safe + Sound Week](#) is a nationwide event held each August that recognizes the successes of workplace health and safety programs and offers information and ideas on how to keep workers safe. Participating in Safe + Sound Week at your workplace can help get a safety program started or provide a chance to recognize safety successes.

This year, Safe + Sound Week will provide resources for businesses on mental health and well-being. With this [focus](#), businesses will find ways to alleviate or remove stressors in the workplace, build coping and resiliency supports, and ensure that people who need help know where to turn. Reducing workplace stress benefits everyone across an organization. It can improve morale and lead to increased productivity, and result in fewer workplace injuries, fewer sick days, and improved physical health (for example, lower blood pressure, stronger immune system). All these factors can also lead to reduced staff turnover.

For ideas on how to plan activities for Safe + Sound Week, you can go to the [Safety and Health Programs Step by Step Guide](#). The Guide provides actionable tools for employers to use in the workplace. You can work on what matters most to you and do not necessarily have to complete the steps in order. An effective safety and health program should have three basic elements:

1. Management Leadership

2. Worker Participation
3. A Systematic Approach to finding and fixing hazards.

[Oregon OSHA is inviting nonprofits, employers, labor groups to apply for grants to create innovative workplace safety or health training or education projects.](#) The division is now accepting grant applications for the creation of innovative on-the-job safety or health training or education projects. Applications are due by 5 p.m. Monday, Oct. 2, 2023.

How safe is your workplace? Take this brief [quiz](#) now.

Need local help on workplace safety? Oregon Occupational Safety and Health Division (OR-OSHA) has a field office in Bend and offers consultation help! **Call 541-388-6068**

Central Oregon Occupational Safety & Health Conference will take place here in Bend on September 25 & 26, 2023. It will feature [topics for Fire/Emergency Services](#) and will include information for all experience levels.

Get Back on Track with Routine Vaccinations

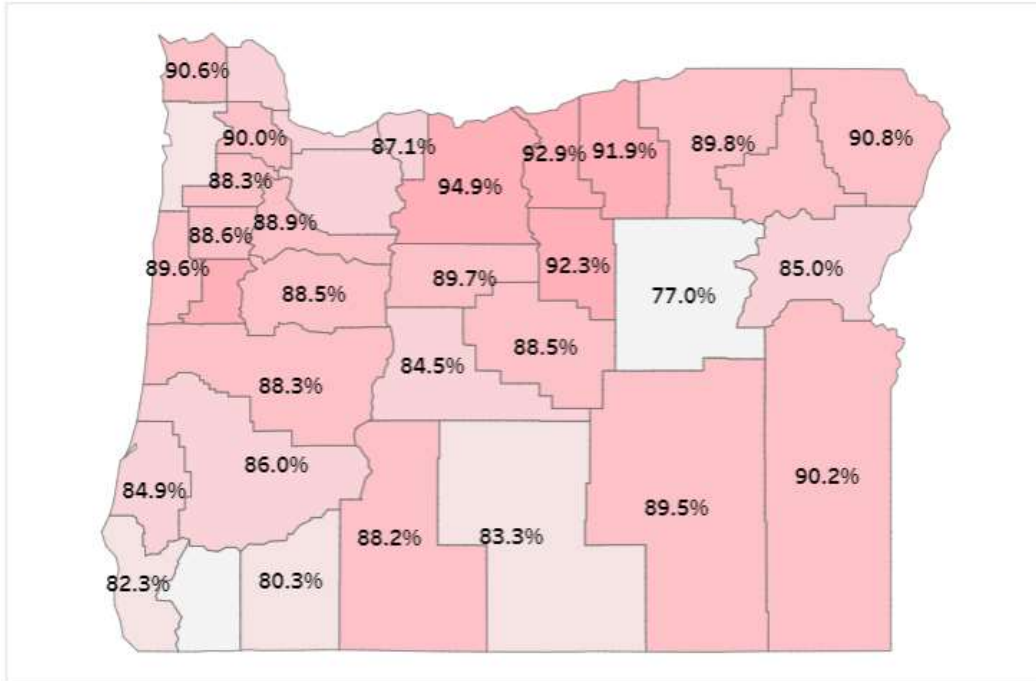
August is National Immunization Awareness Month (NIAM)

Have you ever stepped on a nail and wondered when you were last vaccinated for tetanus? August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted many aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

Have questions and don't know who to ask? [Boost Oregon Community Workshops](#) are free events where you can ask a medical provider anything and everything about vaccines.

For children, back to school is an important time get caught up on missed [well-child visits and recommended vaccines](#) that help protect our children as they grow. Oregon Immunization Program tracks immunization rates in Central Oregon for many demographics.

The map shows the percent of kindergartners with complete school-required vaccines by county. The darker the color, the higher the vaccination rate.



Remember to take care of yourself too! Make sure to receive any vaccines you need to stay healthy. You can use the CDC's [adult vaccine assessment tool](#) to see which vaccines might be right for you.

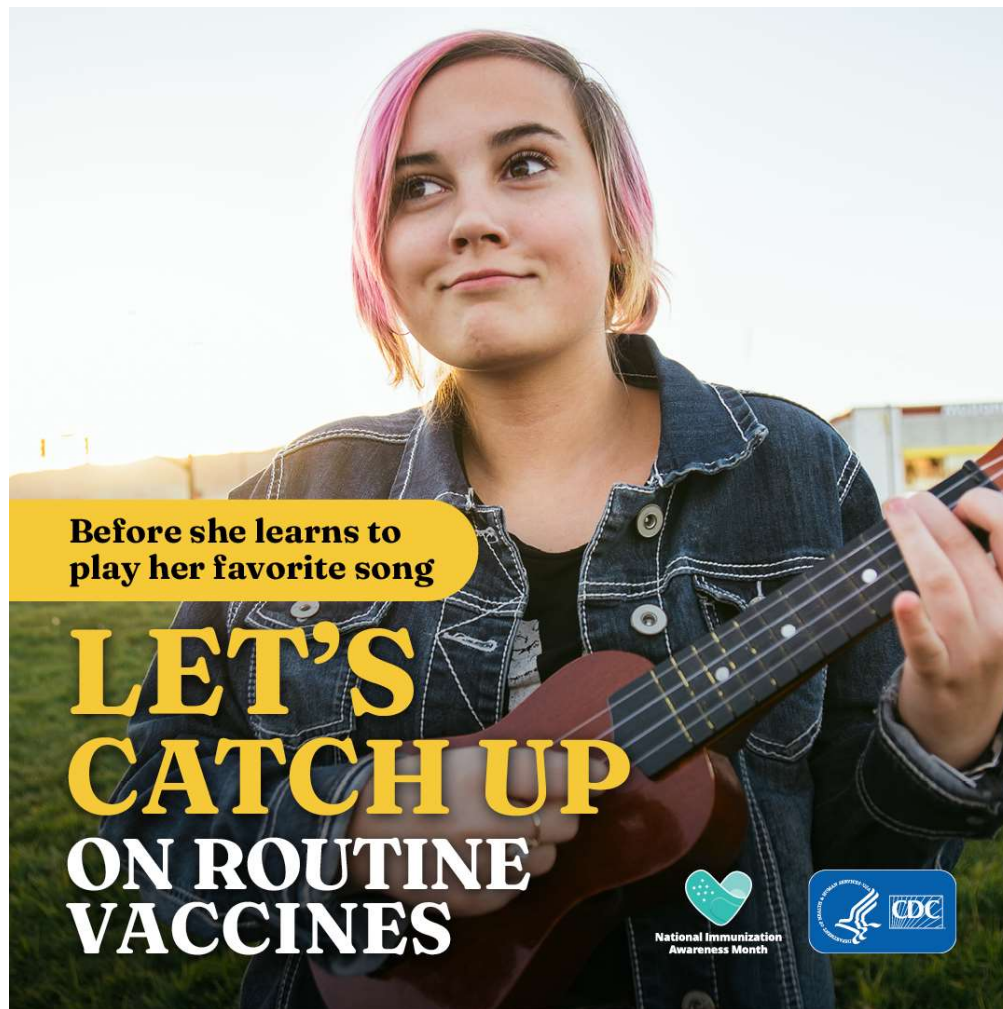
The best place to go for vaccines is your primary care provider who is familiar with your medical history. Most pharmacies also offer vaccines, and for those who are uninsured or under-insured,

[Deschutes County Health Services Immunization Clinic](#) offers most vaccines by appointment. Additionally, DCPH continue weekly, scheduled COVID-19 [vaccination appointments at our Courtney Drive location in Bend through the month of August](#).

Jefferson County Public Health offers vaccines **in the Public Health Clinic**. For more information, **call (541) 475-4456**

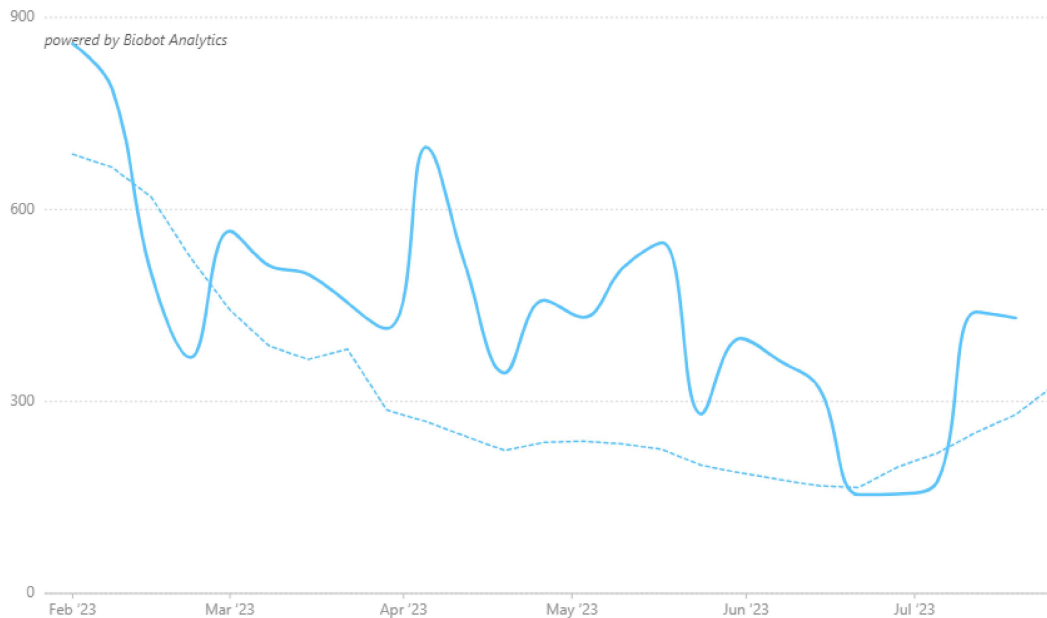
Vaccines are available in Crook County, **call 541-447-5165 for additional information**.

If you are having trouble locating a vaccine dose, you can reach out to us on the **COVID-19 Hotline at 541-699-5109**. Please leave a message and we will get back to you within 1 business day.



During NIAM, Deschutes County Health Services will be sharing information and resources on social media to highlight the importance of vaccines. Help us spread the word! Follow the conversation on our [Facebook Page](#) and use **#ivax2protect** to share why you choose to vaccinate.

COVID-19 Monitoring via Wastewater



Starting in May, labs are no longer required to report positive cases of SARS-CoV-2, as the surveillance from lab reporting changes, a good way to determine the amount of virus in the community [monitor wastewater](#). [CDC](#) and [OHA](#) utilize wastewater data as well and use the raw data, but display them in different ways.

As you can see by comparing the solid line (Deschutes County) and dotted line (US), over the last month wastewater signals in the US and Deschutes County have been increasing at a faster rate than the nation. If you are at higher risk visit the [CDC page](#) to understand more about how to protect yourself as viral levels change in our community.

Our Health Equity & Engagement team is out and about in our community. This month you can find us at the following events:

- [Redmond PD National Night Out: 8/2](#)
- [Munch & Music: 8/3 and 8/10](#)
- [Bend Parks and Rec Movie Night: 8/4, 8/11, 8/18 and 8/26](#)
- [Deschutes Public Library on the Go: 8/9 and 8/12](#)

Come talk to us about our programs and let us know what you would like to know more about!



COVID-19 Hotline Hours

- Monday - Friday 8:00 a.m. to 3:00 p.m.
- Have a question after hours or on weekends? Leave a voicemail, we will respond within 1 business day.
- COVID-19 Hotline, 541-699-5109

Public Health Resources:

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

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