



Jefferson County

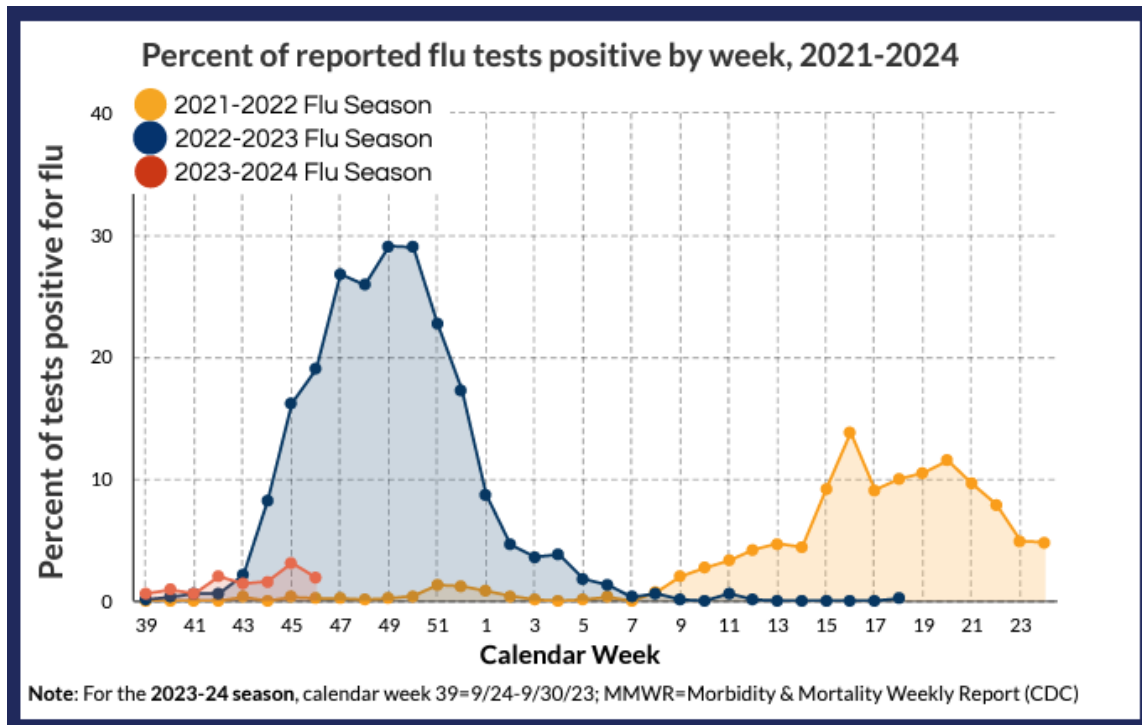


Public Health  
Prevent. Promote. Protect.

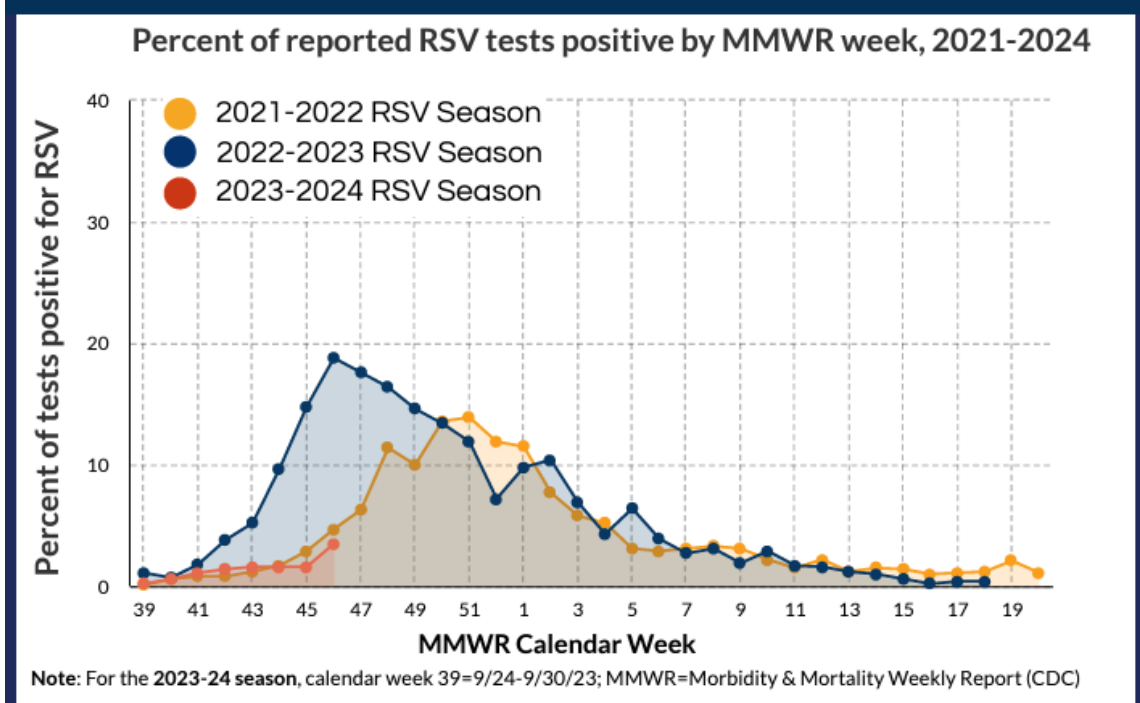
# Central Oregon Public Health Monthly Update

December 1, 2023

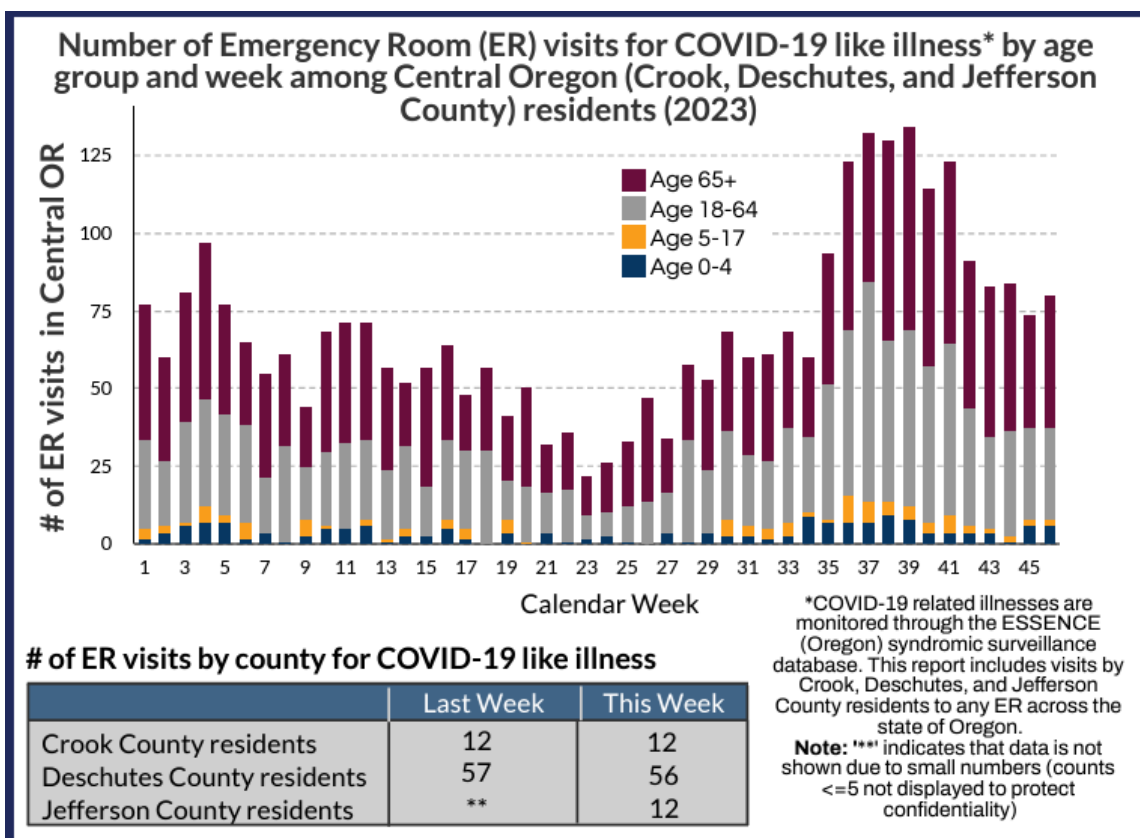
It's not too late to vaccinate for the respiratory virus season. In fact, our local levels of Flu, RSV, and COVID-19 are not yet spiking, meaning you have time to protect yourself before you may be exposed. Curious about what is circulating locally? Weekly COVID-19, RSV, and Influenza surveillance reports include details on trends. This week these reports show that Central Oregon is seeing lower percentages of positive influenza tests compared to last year when flu peaked earlier than usual. That flu peak aligned with a spike of RSV that circulated in our local community and impacted our hospital capacities.



This year we see RSV percent positive tests at lower levels than this time last year, more closely mirroring the pattern seen in 2021 –2022.



COVID-19 percent positive numbers last week remain relatively stable at 12.3%, compared to 12.1% the week prior. This is a similar pattern to the number of ER visits for COVID-19-like illness reported in the past several weeks, after a peak in September.



Increase your protection from serious illness by getting up to date on your seasonal vaccines. Clinics and pharmacies throughout Central Oregon are carrying vaccines that can help protect you before you get sick. Local public health departments are focusing efforts on people who may have difficulty accessing vaccines.

Deschutes County Public Health is holding weekly appointment-only safety net clinics for uninsured people or those who are having difficulty finding access.



HEALTH  
SERVICES



APPOINTMENT ONLY

# FLU AND COVID-19 VACCINATIONS

Open to ages 6 months and older\*\*

**Deschutes County  
Health Services Building**  
Wednesdays 11 a.m. to 3 p.m.  
and Thursdays 12 p.m. to 2 p.m.  
2577 NE Courtney DR Bend OR

- ✓ Pediatric COVID-19 & flu\* doses available to ages 6m through 18 years\*\*
- ✓ Adult flu\* and COVID-19 doses available to ages 19 and older
- ✓ High dose flu available to ages 65 and older with Insurance/Medicare

Go to:

<https://www.deschutes.org/health/page/vaccine-outreach-clinics>

or scan the QR code above

for information about all of our vaccine clinics and to  
schedule your appointment.

For additional assistance call our hotline: (541) 699-5109

\*Limited supply of flu doses  
\*\*6 month to 14 year olds must be accompanied by a parent or guardian.  
To request this information in an alternate format, please call 541-699-5109  
or email healthservices@deschutes.org.

Jefferson County Public Health is offering COVID-19, Flu and RSV vaccinations Monday-Friday from 8-5 by appointment only. To schedule your appointment call (541) 475-4456. For the most up to date information, visit the Jefferson County Public Health [Facebook page](#).

**Crook County Public Health**

For information about vaccines offered, please call (541) 447-5165.

# New Year's Resolutions for a Tobacco-Free Central Oregon



*Time To Quit.*



As we get ready for the New Year, it's a good time to think about making positive changes. One important decision we can make for 2024 is to quit using tobacco products. Tobacco, like cigarettes and vapes, are bad for our health and may cause diseases like cancer, heart problems, and other lung issues. Using tobacco can also affect the people around us through secondhand smoke.

Giving up tobacco might be hard, but it's easier when we get the right help. In Central Oregon, there are different ways to get support for quitting.





# QUITTING NICOTINE FOR REAL ISN'T EASY. BUT IT'S WORTH IT.

Free, confidential help: [1.800.QUIT.NOW](tel:1800QUITNOW)  
or [quitnow.net/Oregon](http://quitnow.net/Oregon)

SMOKEFREE  
oregon

Central Oregon Public Health programs in Crook, Deschutes, and Jefferson Counties offer helpful and free support groups as part of the American Lung Association's Freedom from Smoking campaign. These groups are seven weeks long and help prepare for the quit process, setting a quit date, and maintaining a tobacco free lifestyle. This January, join a group hosted [online or in-person in Madras](#).

In Prineville, call Mosaic Medical 541-383-3005 to sign up for a group for patients starting on January 4th.

Another free resource is the [Oregon Tobacco Quitline](#) at 1-800-QUIT-NOW (1-800-784-8669). They offer one-on-one counseling and support over the phone, through text, or video calls 24/7. There are also specialty services for Tribal Members (1-800-784-8669, dial 7) and pregnant individuals. If you want these services in Spanish, call the Spanish Quitline at 1-855-DEJELO-YA (1-855-335356-92) or visit their [website](#).

If you need more help, you can also talk to your doctor. Quitting tobacco use is a wonderful promise that we can make to ourselves, our loved ones, and our communities.

# LET COMMUNITIES LEAD

 World AIDS Day 2023



[World AIDS day](#) is December 1st! This is an opportunity for our community to support those living with HIV and to remember those who have died from AIDS-related illnesses. While great strides have been made over the four decades since the first known reported cases of AIDS, this disease remains a public health challenge. Health Services HIV/STI program provides services, fosters engagement, and links those affected with HIV to services throughout Central Oregon.

The [Deschutes County Mobile Outreach Van](#) provides rapid tests in a confidential space and results are given in 20 minutes. For those who are negative, Pre-exposure prophylaxis (PrEP) education and other [prevention tools](#) are provided. For those who are positive, case management, linkage to HIV providers, education, and [other support services are offered](#). This includes access to the [Ryan White Case Management Program](#). This program assists those living with HIV to empower themselves as they manage challenges that impact their health and quality of life. The program helps with challenges such as housing difficulties, issues with health insurance and offers referrals for community support services.

HIV still remains a global health challenge. Since the start of the pandemic over 35 years ago, over 40 million people have died worldwide from AIDS-related illnesses. Over 39 million people throughout the world live with HIV. Today, HIV is preventable, and there many ways to [stop the spread of the virus](#). The Deschutes County STI/HIV program continues be at the frontline in assisting our community in the work to end HIV/AIDS.

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Our Health Equity & Engagement team is out and about in our community.

Come visit or [email](#) and let us know what you would like to know more about!

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#### Public Health Resources:

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

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