



Jefferson County



Public Health  
Prevent. Promote. Protect.

## Central Oregon Public Health Monthly Update

June 28, 2024

**!Noticias en Español!**



We are excited to announce that our monthly newsletter is now available [in Spanish!](#) If you or someone you know would like to receive this newsletter in Spanish, you can [signup here](#) to receive this newsletter in Spanish directly to your email each month. Please share this with anyone you believe would appreciate this option.

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Central Oregon COVID-19 Hotline Changes



After more than 4 years in operation, the Central Oregon COVID-19 Hotline is no longer in service. We encourage community members to reach out to their providers or pharmacists for any questions regarding vaccinations, treatments, or symptoms of COVID-19. If you have public health-related inquiries or are having difficulty accessing vaccinations, you can contact the public health main line at 541-322-7400. Additional information can be found at [deschutes.org](https://www.deschutes.org).

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## Share your views on Prescribed Fires

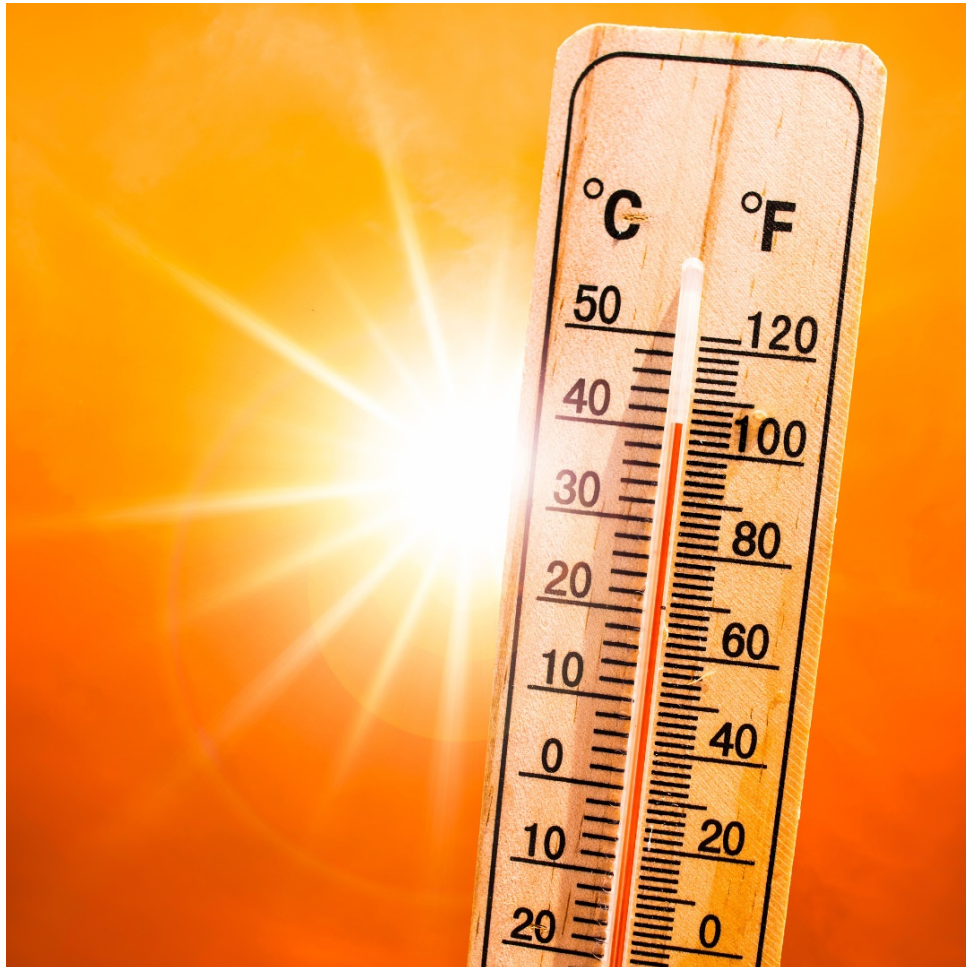


Adults who live in Deschutes County are encouraged to complete a [survey](#) on

knowledge and perception of prescribed fire, awareness of prescribed fire communications, and behaviors adopted to mitigate health risks. The survey is anonymous and takes about 10-15 minutes to complete.

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## How to Stay Safe During Extreme Heat



Summertime is here! That means it's time for all of us to be thinking about how to stay safe during extreme heat events.

Heat-related illness can affect any person regardless of age, sex, or health status. Older adults, children, people working and/or living outdoors, people with chronic illnesses, and people that are socially isolated are especially at risk to heat. While heat is the leading weather-related killer in the United States<sup>1</sup>, there are simple actions you can do to keep yourself, and those around you, healthy and safe.

- Drink more water than usual and don't wait until you are thirsty. Talk to your doctor first if you are on water pills.
- Use air conditioners or spend time in air-conditioned locations such as libraries or [designated cooling centers](#).
- Take a cool bath or shower.
- Limit direct exposure to the sun, especially during the hottest part of the day (typically 3-7 P.M.).
- Don't use a fan to blow extremely hot air on yourself. Instead, use it to

create cross-ventilation from an open window. (If it is unsafe to keep a window open, choose a different option to keep cool).

- Wear lightweight and loose clothing.
- Avoid using your stove or oven.
- Know the signs and symptoms of heat exhaustion and heat stroke.

Heat Exhaustion	Heat Stroke
<b>ACT FAST</b> <ul style="list-style-type: none"><li>• Move to a cooler area</li><li>• Loosen clothing</li><li>• Sip cool water</li><li>• Seek medical help if symptoms don't improve</li></ul>	<b>ACT FAST</b> <b>CALL 911</b> <ul style="list-style-type: none"><li>• Move person to a cooler area</li><li>• Loosen clothing and remove extra layers</li><li>• Cool with water or ice</li></ul>
Dizziness Thirst Heavy Sweating Nausea Weakness	Confusion Dizziness Becomes Unconscious
<i>Heat exhaustion can lead to heat stroke.</i>	<i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>

Stay Cool, Stay Hydrated, Stay Informed!

A common safety tip to the public is to also “schedule outdoor activities carefully”<sup>2</sup>, but how do you do this? Typically, morning and evening hours have lower temperatures, especially here in the high desert, and therefore safer to do outdoor activities. However, temperature alone doesn’t capture the full risk to one’s health since other factors, like relative humidity, can affect the body’s ability to cool down. Luckily there is a new tool that can help you plan your activities based on HeatRisk.

- You can visit CDC’s new [HeatRisk dashboard](#) and simply type in the zip code of where you are, or plan to be, to get a sense of the risk for that day.

**HeatRisk**  
Home

Hot days can affect anyone. If you are pregnant, are a child or teen with asthma, or have a heart condition or other chronic health conditions, heat can make your health worse.

Enter your zip code below to get the HeatRisk for this week and actions you can take to keep you and your family safe.

**Get Your Local HeatRisk** [Enter Zip Code]

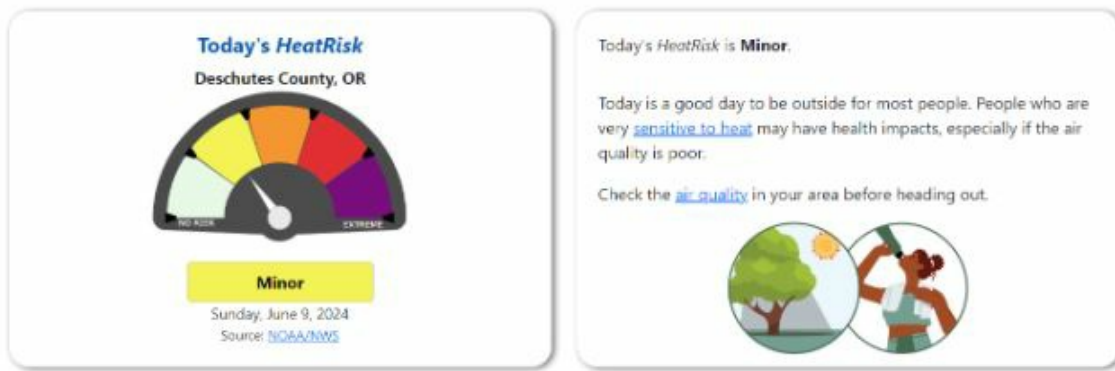
Daily HeatRisk  
Monday, June 10

HeatRisk Map  
This map shows HeatRisk across the United States for Monday, June 10, 2024. Select a date from the dropdown menu to view daily HeatRisk across the United States for the week ahead.

Powered by TRACKING

- The dashboard will tell you about the risk for the day (ranging from ‘no

risk' to extreme') and provide tips for staying safe based on the risk level.



Your Deschutes County Public Health Emergency Preparedness (PHEP) team also uses HeatRisk before and during an extreme heat event. Based on the forecasted HeatRisk, PHEP may take actions to coordinate cooling center operations with community partners and send out public safety announcements through social media and press release channels. PHEP also works alongside epidemiologists to monitor [local emergency room visit data](#) as a way to keep a pulse on how heat-related illness is affecting our community. This year, PHEP is also piloting a new program to distribute 500 heat stress kits throughout the county as a way to provide resources for those that are unable to access shelter during extreme heat events.

Stay safe and stay hydrated this summer!

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## Do you have an interest in improving your community's health and well-being through innovative approaches?



We are collecting interest for a virtual Community Health Worker Certificate Training and paid internship program that provides valuable experience in public health outreach and education.

We encourage participation from people who have lived experience in historically marginalized communities, including:

- Immigrants
- Rural communities
- LGBTQ+
- People with a native language(s) other than English

[Click Here](#) if you are interested in this opportunity

Email [Shana.Falb@deschutes.org](mailto:Shana.Falb@deschutes.org) if you would like more information.



To request this information in an alternate format, please call 541-699-5109 or email [healthservices@deschutes.org](mailto:healthservices@deschutes.org).

## Community Partnership Highlight: Tuesday Treks and Wednesday Walks with the Library

Did you know that you can join a walking group through the library? Walking groups are becoming increasingly popular, not only for their health benefits like improving heart health and physical fitness, but also for companionship and connection to one's community. The social support and connection from group-

based walking sessions lead to more confidence in engaging in physical activity in one's day-to-day life. Deschutes Public Library (DPL) hosts a walking group in La Pine on Tuesday mornings at 10 A.M. and at the Downtown Bend Location every 2nd and 4th Wednesday at 12:15 P.M.

One compelling reason to join a walking group is that it regularly gets you outside to experience the sunshine that Central Oregon is known for. Do you remember the last time you spent time outside, enjoying the sun? Chances are you felt pleasant and happy. That's because exposure to sunlight is known to regulate serotonin levels, which can improve mood and energy.



*A city walk from Downtown Redmond*

For those concerned about varying fitness levels, rest assured that the walks are designed to be accessible to everyone. The pace is usually moderate, ensuring that participants of all ages and abilities can join in without feeling pressured. We can also make accommodations for those who do not feel comfortable walking the pre-determined length. It's not about how far or fast you walk, but rather the joy of moving together as a community.

Walking groups at the library require no registration, and one can attend as many or as few walks as desired. However, the real benefits start to manifest with regular attendance. "I've witnessed friendships and relationships form as a result of regularly attending walks," says Community Librarian Rya Fennewald. One of the key components of building support and community is trust, and as we all know, trust takes time. Take the time and try to attend as often as you can. Very few people return from a walk and regret the experience.

In addition to the health and social benefits, participating in these walking groups can also deepen your knowledge and appreciation of the local area. One of the walking groups DPL did in partnership with the Redmond Senior Center took strolls to a new local café every week. One of the walks from our recent Downtown Bend group allowed participants to experience the beauty of two of Bend's gorgeous public parks.



*Group Members from La Pine Walking Group*

Whether you have a step goal challenge to meet, would like to engage in regular activities with others, or experience Central Oregon by foot, the library walking groups might be something you want to try!

For more information about our two walking groups check out:

- [La Pine: Step Out! Walking and Wellness Group](#)
- [Downtown Bend: Wednesday Walks with the Library](#)

If you would like to be added to our walk reminder email list, you can call or email Rya Fennewald at 541-617-7092 or [ryaf@deschuteslibrary.org](mailto:ryaf@deschuteslibrary.org)

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## Health Hero Awards





On Tuesday, June 4, the Deschutes County Public Health Advisory Board (PHAB) recognized the winners of the 2024 Health Heroes Awards at Pioneer Park in Bend. The awards are given to individuals and organizations who demonstrate excellence in promoting and protecting public and behavioral health in Deschutes County.





This year's Individual Award winner is Garra Schluter, Supervisor of Nutrition Services for Bend-La Pine Schools.

The Organization Award winner is The Lighthouse Navigation Center.



The Health Hero Award awards are presented annually by the PHAB in conjunction with National Public Health Week in April and Mental Health Month in May.

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## July events:

[7/26 Bend Parks and Rec Summer Community Celebration at Big Sky Park, Bend from 6pm - 8pm](#)

Join us in welcoming our community into a BPRD space for some connections, activities, music, and fun! The Community Celebrations series has grown into something beautiful, and we would like to invite you to join us this summer as we celebrate our 50th anniversary of the 1974 establishment of BPRD as a special district!

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Health Services hosts numerous classes and special events each month!

For details about these events and any updates please visit our [Health Services Calendar](#).

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### Public Health Resources:

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

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