



**Jefferson County**



**Public Health**  
Prevent. Promote. Protect.

## Central Oregon Public Health Monthly Update

July 26, 2024

### Rabies Prevention and Awareness



**Public Health: A bat found in Deschutes County tests positive for rabies**

A sick bat found in southwest Bend has tested positive for rabies, and Deschutes County Public Health is encouraging residents to take necessary precautions to protect their families and pets from the viral disease.

A bat found in Bend in mid-July tested positive for rabies, prompting Public Health to urge residents to take precautions to safeguard themselves and their pets from this serious viral disease.

Rabies spreads through bites or scratches from infected animals, including bats. While treatments are available after exposure, prevention remains the best defense. Here's what you need to know:

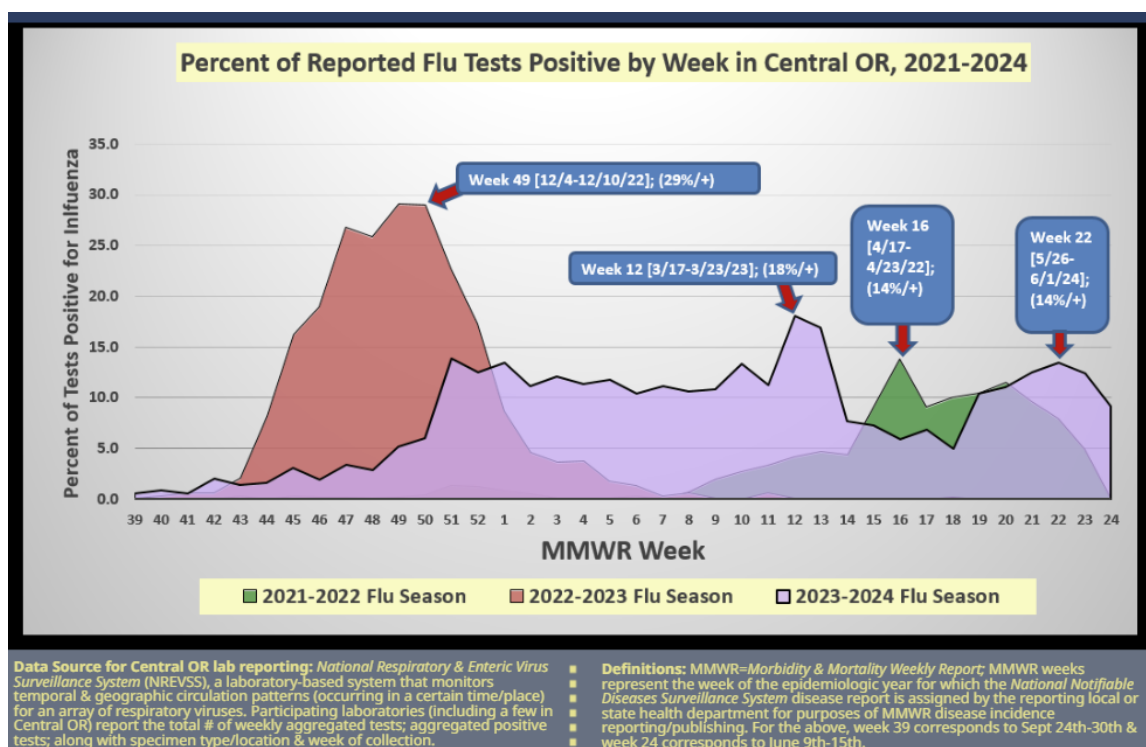
## Precautions to Take:

- **Avoid Contact with Bats:** Whether they appear healthy, sick, alive, or dead, it's crucial to steer clear of bats. Keep children and pets away from them.
- **Do Not Handle Wildlife:** Refrain from feeding or handling stray animals and wildlife, which can also carry rabies.
- **Vaccinate Pets:** Ensure all dogs, cats, and ferrets are vaccinated against rabies. This not only protects them but also acts as a barrier between humans and potentially infected wildlife. Dogs, cats, and ferrets should receive their first rabies vaccination between three to six months of age. A booster shot is required one year after the initial vaccination, followed by updates every three years.

Bats are beneficial to our environment, but they are sometimes carriers of rabies in the U.S. Each summer, Deschutes County typically identifies 2 to 5 bats that test positive for rabies. If you encounter a bat exhibiting unusual behavior—such as flying during the day, being found indoors, or struggling on the ground—take precautions. Move children and pets to safety and contact the Oregon Department of Fish and Wildlife (ODFW) at (541) 388-6363 or a local Wildlife Control Operator immediately.

Under Oregon law, animals without current rabies vaccinations that are exposed to the virus must undergo strict quarantine or, in some cases, be euthanized. If you suspect contact between a person or pet and a bat, promptly report it to Deschutes County Animal Control at (541) 693-6911 or Deschutes County Environmental Health at (541) 317-3114.

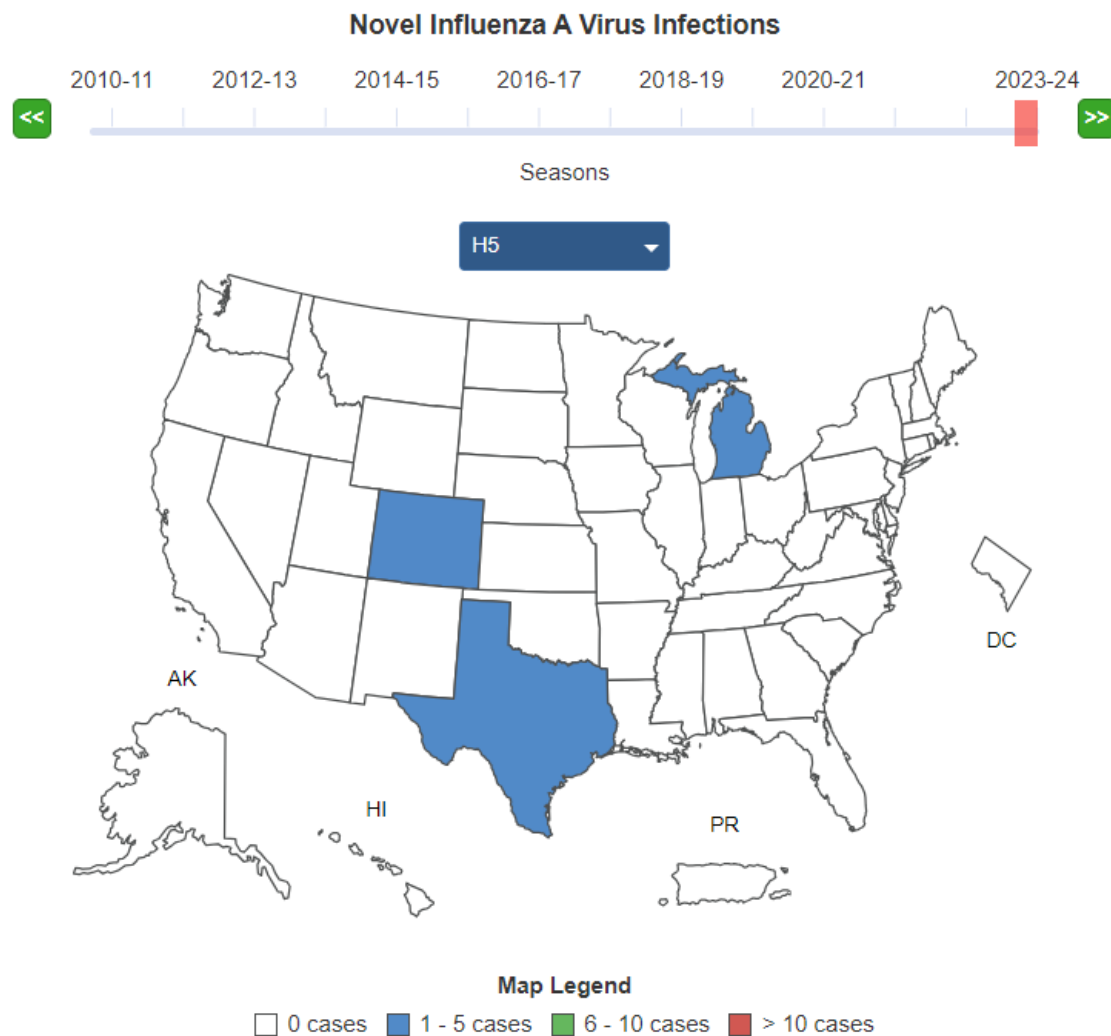
## Epidemiology Update (7/18/24)



## Influenza Season Review

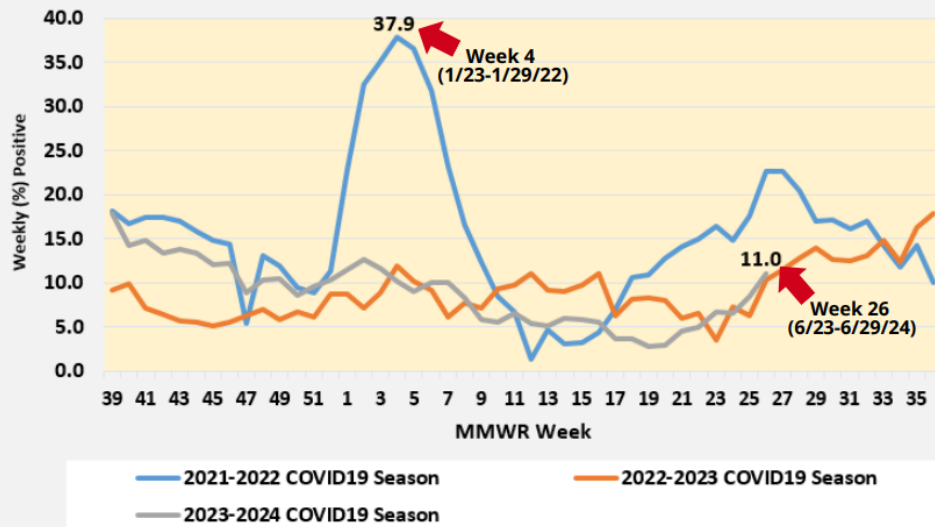
This past flu season started with a steady increase in positive influenza cases around MMWR week 51 (12/17-12/23/23) (slightly later than last year's season where a more dramatic increase in cases peaked in week 49 (12/4-12/10/22)), followed by a somewhat steady state of percent positive observed throughout much of the late winter/spring [range: 10-13% positive]. In mid-March and also late May, two additional (unusual) peaks occurred late in the season—although as of MMWR week 24 (6/9-6/15/24) influenza tests positive have continued to trend downward.

In line with OHAs influenza reporting (see weekly FluBites updates [here](#)), Central Oregon regional surveillance will continue until October 1st, 2024 this year. While the flu season in previous years has generally been monitored from early October to late May, the CDC is recommending a continuation of surveillance throughout the summer due to increasing concerns associated with the **novel avian influenza A virus (H5N1)** and the need to have an accurate picture of current circulating influenza strains. While the current public health risk is low (and to date, no H5N1 human cases have occurred in Oregon), the CDC is carefully monitoring the situation with updates and further information provided [here](#).



Map (above) of reported human (H5) infections updated by CDC as of 7/10/24: <https://www.cdc.gov/bird-flu/h5-monitoring/index.html>

## Percent of Reported COVID Tests Positive by Week in Central Oregon, 2021-2024



**Data Source for Central OR lab reporting:** *National Respiratory & Enteric Virus Surveillance System (NREVSS)*, a laboratory-based system that monitors temporal & geographic circulation patterns (occurring in a certain time/place) for an array of respiratory viruses. Participating laboratories (including a few in Central OR) report the total # of weekly aggregated tests; aggregated positive tests; along with specimen type/location & week of collection.

**Definitions:** MMWR=*Morbidity & Mortality Weekly Report*; MMWR weeks represent the week of the epidemiologic year for which the *National Notifiable Diseases Surveillance System* disease report is assigned by the reporting local or state health department for purposes of MMWR disease incidence reporting/publishing. From the above, week 39 corresponds to Sept 24th-Sept 30th & week 26 corresponds to June 23rd-29th

### COVID-19 Update

This COVID-19 season followed a somewhat similar trend to last season with (%/+) cases ranging from 3% (MMWR week 19; 5/5-5/11/24) to 18% (week 39; 9/24-9/30/23)—with a notable increasing trend in the June time period (see grey line above). For both the 2022-23 & 2023-24 seasons, higher (%/+) cases occurred in the September time frame—with the absence of a more extreme peak as observed in the 2021-22 season (late January 2022 timeframe, see blue line above).

Currently, nationwide dominant SARS-CoV-2\* Omicron variants include KP.2, KP.3, and LB.1 (all descended from the JN.1 variant—which appears to be more transmissible (versus other variants), although not causing as severe of a disease). Read more on these variants [here](#).

*\*Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is the virus that causes the disease known as coronavirus disease 2019 (COVID-19)*

## Mythbusters: Food Safety Edition!



Summer is here, and that means barbecue season is in full swing. If chicken is on your menu tonight — now America's top choice — how can you be sure it's safe to eat?

**Myth:** Chicken is safe once it's no longer pink inside.

**Fact:** Color and texture aren't reliable indicators of safety. Always use a food thermometer. Poultry should reach 165°F internally. Raw chicken harbors bacteria that thrive at temperatures between 41-135°F. Cooking destroys harmful bacteria like Salmonella and E. coli, preventing foodborne illness.

Similarly, touching a hamburger won't tell you if it's fully cooked. Beef should hit 155-160°F (155°F minimum in commercial settings; 160°F recommended at home).

#### **Safe Cooking Temperatures:**

- Fish: 145°F
- Ground Beef: 160°F
- Poultry (including chicken and turkey): 165°F
- Hot dogs are usually pre-cooked; follow label instructions.

Learn more at [FoodSafety.gov](https://www.foodsafety.gov).

**Taking Food Temperatures:** Ensure your thermometer is calibrated:

1. Fill a glass with crushed ice and water.
2. Wait three minutes, then insert the thermometer; it should read 32°F.
3. If not, calibrate it accordingly.

Insert the thermometer into the thickest part of the meat for an accurate reading. Wash the thermometer tip before rechecking.

Annually, foodborne illnesses affect 1 in 6 Americans, causing 128,000 hospitalizations and 3,000 deaths. Symptoms range from mild discomfort to

severe complications, especially for vulnerable groups.

Handle and cook food properly to protect yourself and your family. For more information on foodborne illness, visit the [FDA's Bacteria and Viruses webpage](#). If you suspect foodborne illness, seek medical attention promptly. Report concerns to Deschutes County Environmental Health [here](#).

**FOOD SAFETY MYTHBUSTERS**

**MYTH:** My chicken or turkey is done and safe to eat when it's no longer pink on the inside.

**FACT:** Looking at color and texture is not a reliable way to tell if food is safe to eat. The only way to know that food has been cooked to a safe internal temperature is to use a digital food thermometer. Poultry should be cooked until the internal temperature reaches 165°F on a digital food thermometer.

fightbac.org/mythbusters

Partnership for Food Safety Education

The graphic features a blue header with the title 'FOOD SAFETY MYTHBUSTERS'. Below the header, there are two columns of text. The left column has a red 'X' icon and a 'MYTH' statement about poultry. The right column has a green checkmark icon and a 'FACT' statement about using a digital food thermometer. In the center, there is an illustration of a man in a wheelchair and a woman sitting at a table with a roasted turkey and bowls of salad. A digital food thermometer is shown with a callout bubble pointing to the turkey. At the bottom right, there are logos for 'fightbac.org/mythbusters' and 'Partnership for Food Safety Education'.

## Child and Youth Preparedness

It's common to hear the phrase “children are our future” ...but how can we help them plan and prepare for emergencies that might happen at any moment?

**Children are more vulnerable in emergencies**

Because they breathe in more air for their size than adults, children absorb harmful materials from the air more readily.

Because they need vaccines, medicines, and specially designed equipment for emergency situations that are different from adults.

Because they spend more time outside, are lower to the ground, and they put their hands in their mouths more often than do adults.

Because they may not be able to communicate their symptoms or feelings.

The infographic is set against a light green background. In the center is a dark grey rounded rectangle with the text 'Children are more vulnerable in emergencies'. Surrounding this central box are four text blocks, each with an icon. Top: 'Because they breathe in more air for their size than adults, children absorb harmful materials from the air more readily.' with a green silhouette of a child's torso showing lungs. Right: 'Because they spend more time outside, are lower to the ground, and they put their hands in their mouths more often than do adults.' with a green silhouette of a child playing with a ball. Bottom: 'Because they may not be able to communicate their symptoms or feelings.' with a green silhouette of a child and an adult talking. Left: 'Because they need vaccines, medicines, and specially designed equipment for emergency situations that are different from adults.' with a green silhouette of a medicine bottle and a pill.

While they have unique risks, children and youth can play an important role during emergencies. It is important that children know what to do in an

emergency and it is our job as a community to ensure they are confident to use their skills when it matters most. Here are some ways we can help engage children and youth in emergency preparedness:

1. **Talk with your kids about emergency preparedness.** It may sound obvious, but often families will create emergency plans without involving the kids. It is important that kids know where the emergency kits are located and what the plan is if they need to evacuate the house. Children who are prepared may experience less anxiety and feel more confident during actual emergencies and disasters. Tip: if using the words ‘disaster’ or ‘emergency’ cause too much anxiety, use the term ‘disruption’. Kids actually handle disruptions all time – they just need to be confident in how to use their everyday skills to handle a bigger disruption such as a power outage.
2. **Build emergency preparedness kits together.** Again, the more kids are involved in the planning, the more confident they will be if they need to use the emergency kits during a disaster. In addition to common items in emergency kits (e.g. flashlights, batteries, clothes) have kids pick out a comfort item that’s special for their emergency kit (e.g. stuffed animal, cozy sweatshirt). You can also go shopping together and pick out items at the grocery store or Dollar Tree for kit building. [Sesame Workshop](#) is also a great resource that has several fun videos on making emergency kits.
3. **Play games together.** There are a number of [games](#) developed specifically to help kids engage in preparedness and think about what to do during a disruption (or disaster). Even some [catchy songs](#) might interest younger children.
4. **Stay Informed:** Keep up-to-date with local emergencies in Deschutes County. If your kids have cell phones, sign them up for [Deschutes Alerts](#) so they receive notifications about local emergencies. As a parent or caregiver, you can add multiple addresses to your Deschutes Alerts profile, including your child’s daycare or school address.
5. **Be Prepared with HERO Kids Registry.** Help first responders help your kids by registering them with the [HERO Kids Registry](#) This secure system lets families record important health details that emergency responders and hospital staff can access quickly during an emergency. It’s free and ensures better care when every moment counts.

By helping our kids prepare for potential disruptions, they can become positive influences in our community and contribute to its resilience.

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**August is National Fentanyl and Overdose  
Awareness Month**



*Naloxone (also known as “Narcan”), is a life-saving medication used in drug overdoses*

In recent years, the issue of drug overdoses has gained significant attention worldwide. By focusing on awareness, education, and support, we can make a real difference on the impact of overdose in our communities.





*Photo taken of DCHS Harm Reduction Program and Mosaic Mobile Clinic in the field, providing services together.*

**Education and Awareness - Empowering Our Community:** Knowledge is power. By educating ourselves and others about the signs of overdose and the importance of quick action, we can save lives. Deschutes County offers free training on how to recognize an overdose and use naloxone (also known as “Narcan”), a life-saving medication that can reverse the effects of an opioid overdose.

**Support Systems - Building a Network of Care:** One of the most powerful tools we have in combating overdoses is the strength of our support networks. Encouraging open conversations about addiction and mental health reduces stigma and makes it easier for individuals to seek help. Local support groups, hotlines, coalitions, and community centers provide opportunities for support. Together, we can create an environment where everyone feels supported and understood.

**Innovative Solutions - Embracing Change:** Innovation plays a crucial role in addressing the overdose crisis. From new treatment methods to harm reduction strategies, there are many exciting developments in the field. For example, some communities have 24/7 access to Naloxone, Community Recovery Centers, and centralized resource pages – all of which foster positive change.

**Community Involvement - Making a Difference Together.** Everyone has a role to play in overdose awareness and prevention. Volunteering with local organizations, participating in awareness events, and advocating for policy changes are just a few ways to get involved.

Let's Move Forward with Hope. While the challenge of overdose is significant, so too is our capacity for compassion, innovation, and action. By focusing on

education, support, and community involvement, we can turn the tide and create a brighter, healthier future for everyone.

For more information please contact:

- Deschutes County Health Services: (541) 322-7400
- Crook County Health Department: (541) 447-5165
- Jefferson County Health Department: (541) 475-4456

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## **!Noticias en Espanol!**



Last month we debuted the Spanish version of this newsletter. If you or someone you know would like to receive this newsletter in Spanish, please direct them here to read this month's newsletter. You can also sign up [here](#) to have the Spanish newsletter emailed directly to you each month. Please send this opportunity along to anyone you believe would appreciate this option. You can view the Spanish version [here](#).

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# INSIDE DESCHUTES COUNTY



[DESCHUTES.ORG/PODCAST](https://deschutes.org/podcast)

Episode 31 is now live! Summer is a busy time of year for Deschutes County Environmental Health. From restaurants to swimming pools to drinking water, inspectors are working to keep you and your family safe. We talk to Environmental Health Supervisor Eric Mone about the work they do.

You can listen to the full episode at [Deschutes.org/podcast](https://deschutes.org/podcast) or wherever you listen to your podcasts.

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## August events:

### [8/6 National Night Out at Centennial Park, Redmond from 6pm - 8pm](#)

Last year, over 2,000 community members attended this event! This year, we will be returning to share how to prepare for an emergency, introduce the first steps to our behavioral health services through the Access team, answer any general questions about our programs, and raffling a Red Cross emergency backpack for free! Many of our Behavioral Health programs will also be present, highlighting Redmond's School-Based Health Centers, The Drop, the Stabilization Center, and more.

### [8/10 DPL Summer Together at Healy Heights, Bend from 10am - 12pm](#)

We're heading to Healy Heights Apartments to chat with residents about back-to-school immunizations, how to stay safe in extreme heat and smoke, answering any general questions about our programs, and raffling a Red Cross emergency backpack for free!

### [Estamos Listos at Obsidian Middle School, Redmond from 5pm - 8pm](#)

At this 100% in Spanish event organized by the Redmond School District & Better

Together, we will talk to families about immunizations, school-based health centers, answer any general questions about our programs, raffle a free Red Cross emergency backpack, and share our new DCHS Spanish newsletter.

[8/17 DPL Summer Together at Sam Johnson Park, Redmond from 10am - 12pm](#)

At Sam Johnson Park in Redmond, we will chat with families about our immunization program, how to stay safe in extreme heat and smoke, prevent climate-related incidents, answer any general questions about our programs, and raffle a Red Cross emergency backpack for free!

[8/20 ServSafe Certified Food Manager Course at the Deschutes County Public Health Building, Bend from 8am - 5pm](#)

Deschutes County Environmental Health will offer a ServSafe course at the Deschutes County Services Building in downtown Bend. **Cost of the course is \$125 for the Book, Class + Exam**

[8/24 Westside Church Annual School Supply Giveaway at Westside Church, Bend, Time TBD](#)

We will be at Westside Church engaging with families about our immunization program, school-based health centers, answering any general questions about our programs, raffling a free Red Cross emergency backpack, and sharing our new DCHS Spanish newsletter.

[8/28 BPL School District 2nd Annual Resource Fair at Caldera High School, Bend from 2:30pm - 4pm](#)

We will engage with Bend-La Pine schools' district-wide staff at this unique event to increase awareness on vaccine requirements for the upcoming school year.

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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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