



Jefferson County



Public Health
Prevent. Promote. Protect.

Central Oregon Public Health Monthly Update

August 30, 2024

The Central Oregon Public Health Newsletter is now available in Spanish!
To receive it in your mailbox click [here](#).

Immunization Awareness



**Before heading
back to school**

**MAKE SURE YOUR
CHILD IS UP TO DATE**
WITH RECOMMENDED VACCINES



National Immunization
Awareness Month



As we head back to school, it's a great time to ensure that you and your loved ones are up to date with your immunizations. Staying current with vaccinations helps protect not only you and your family but also our entire community.

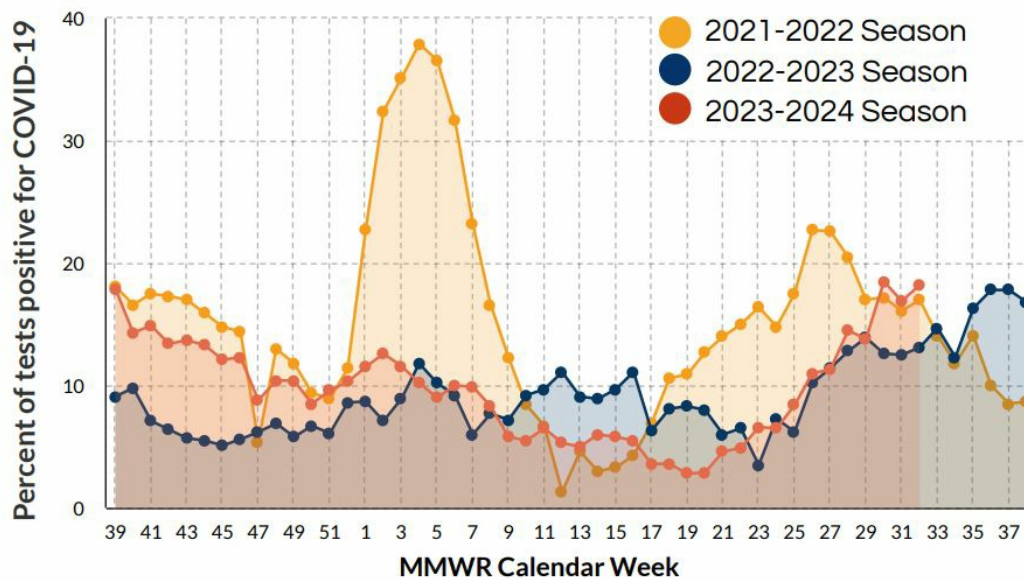
In Oregon, we've seen some cases of Whooping Cough, Measles, and other vaccine-preventable diseases. Being fully vaccinated is one of the best ways to prevent these illnesses from spreading. If someone is unvaccinated or under-vaccinated, they might need to stay home for an extended period if there's an outbreak in a school or workplace.

As we approach flu and COVID vaccine seasons, it's especially important to start thinking about where and when you'll get your flu and COVID vaccines once they become available.

Your local public health department is here to help keep our community a safe and enjoyable place to learn, work, and play. If you're unsure about your vaccination status or need assistance, feel free to reach out to us. Let's work together to keep everyone healthy and protected!

Flu and COVID-19 Trends in Central Oregon

Percent of reported COVID-19 tests positive by MMWR week, 2021-2024



Note: For the 2023-24 season, calendar week 39=09/24-9/30/23; MMWR=Morbidity & Mortality Weekly Report (CDC)

Flu:

Recent data shows that after an unusual spike that peaked in early June, flu test positivity returned to low levels in our community. Currently, about 1.7% of flu tests are positive, with almost all cases being Type A flu.

COVID-19:

COVID-19, on the other hand, has a higher rate of positivity, with 18.5% of tests positive last week. Emergency room visits for COVID-19 are mostly seen in people aged 65 and older. Trends in test positivity and hospitalizations are mirrored by surveillance of viral trends in wastewater. Recent data indicates increased levels of the virus detected in wastewater in Bend, with high levels reported throughout the western United States.

Click [here](#) to view current and past respiratory reports.

Sewershed: 932

Sampling Location: Treatment plant

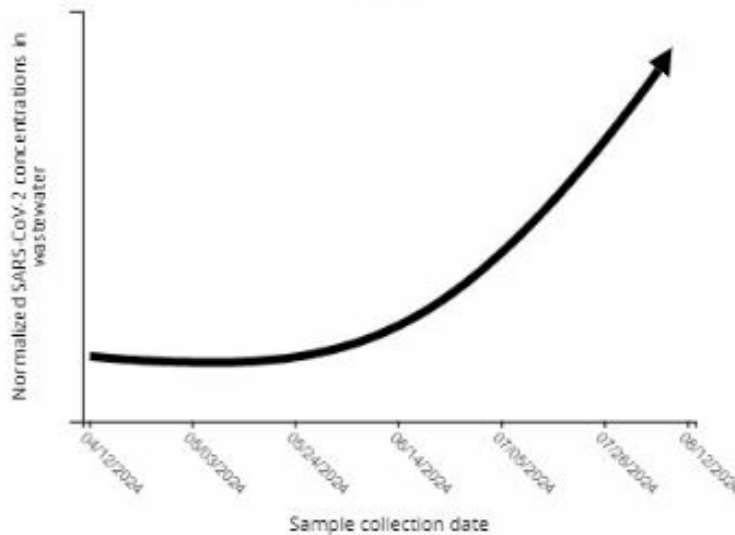
Sewershed Jurisdiction: Oregon

Counties: Deschutes

Sewershed Population: 92,850

First sampling date: 2020-09-04

SARS-CoV-2 Concentrations in Wastewater Over Time



Centers for Disease Control and Prevention. COVID Data Tracker. Atlanta, GA: U.S. Department of Health and Human Services, CDC; 2024, August 22
<https://covid.cdc.gov/covid-data-tracker>

Click [here](#) to view this report

Community Partner Highlight: Latino Community Association (LCA)



Latino Community Association (LCA) is on a mission to empower Latino families to thrive in this tri-county area of Oregon. As we approach Hispanic Heritage Month, September 15 - October 15, LCA is gearing up for its [Central Oregon Latino Fest](#). Everyone is welcome to attend this free festival and encouraged to stroll, dance, eat, and learn about the Hispanic cultures of Central Oregon. Events like Latino Fest inspire a sense of community belonging, a strong determinant of health and health outcomes.

When people get preventive care and treatment, they experience more success in school and the workplace, two of LCA's priorities. LCA's Healthy Families Program connects people with affordable insurance and directs them to local health care resources. For several years, LCA team members have enrolled people in the Oregon Health Plan (OHP) and helped them renew their coverage and navigate healthcare systems.

In July 2023, the state rolled out its Healthier Oregon Plan (HOP). HOP allows Oregon residents of any immigration status to qualify for full OHP benefits if they meet the income requirements. In collaboration with Pacific Source, Mosaic Community Health, and Volunteers in Medicine, LCA's Healthy Families team has expanded its outreach by attending community events and recording Spanish radio and TV spots to ensure everyone is aware of the new eligibility requirements. From July 1, 2022, through June 30, 2024, LCA has enrolled 1,514 people into OHP.

LCA also assists the Spanish-speaking community respond to health emergencies. During the pandemic, LCA partnered with Mosaic and the tri-county health departments to set up testing and vaccination clinics. LCA also provided wrap-around care for people with COVID who lost workdays, and also provided masks and hand sanitizer in their offices and at events. Currently, LCA is helping update the Spanish-speaking community about smoke and wildfires. In response to the Mile Marker 132 Fire in early August,

LCA opened its Bend office for Spanish-speaking community members who were evacuated from their homes. In partnership with the Red Cross and NeighborImpact, LCA collected water to distribute to mobile home park residents whose water was shut off during the evacuation. LCA is also distributing air conditioners and air filters from the Oregon Health Authority (OHA) from their Bend Office to help vulnerable people cope with heat and smoke.

To reach LCA's Healthy Families Program, call (541) 788-4835. First-time OHP applicants should call (541) 788-2050. We serve the tri-county area at these locations:

Bend: 2680 NE Twin Knolls Drive #110. (541) 382-4366.

Hours: 10 am-5 pm Monday, Wednesday and Thursday. 10 am-7 pm Tuesday.

Redmond: 636 NW Cedar Ave. (541) 316-5456

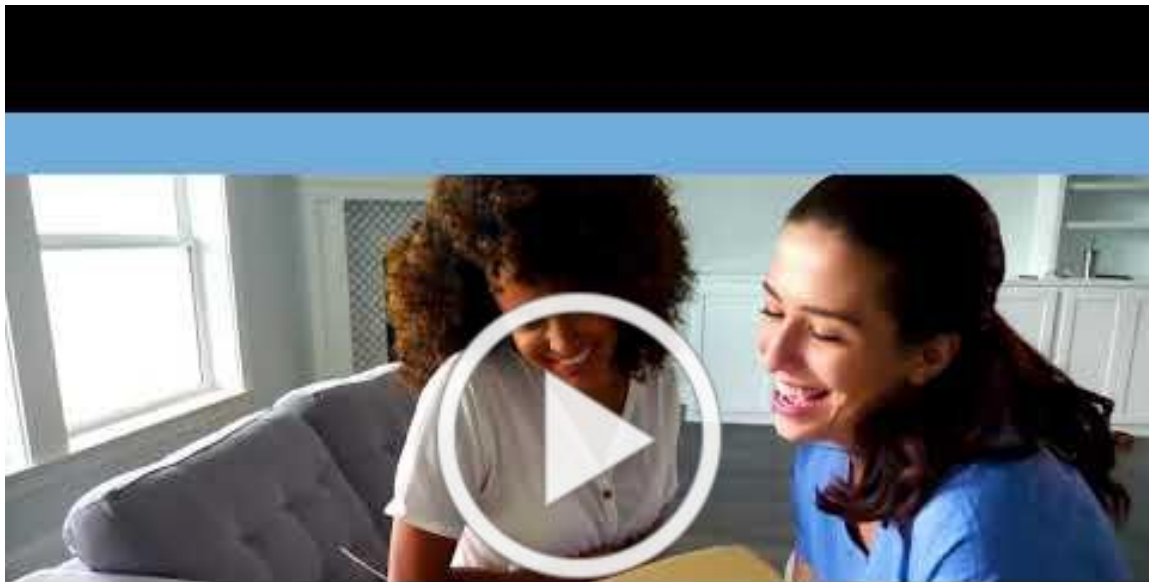
Hours: 10 am-7 pm Monday. 10 am-5 pm Tuesday-Thursday.

Madras: 231 SE 6th St., (541) 615-1996

Hours: 10 am-5 pm Monday, Tuesday and Thursday. 10 am-7 pm Wednesday.

Prineville: 185 NE 4th St. (541) 350-8910

Hours: 10 am-5 pm Monday-Wednesday. 10 am-7 pm Thursday.



LLAME AL 541-322-7475 PARA MÁS INFORMACIÓN.

We are always striving to ensure our services are accessible to all. In addition to creating this newsletter in Spanish (see link above to receive this newsletter in Spanish directly to your email!), we are excited to bring to you a brief video in Spanish that outlines Deschutes County Health Services available to the public. This video will soon be available on our website where Spanish-speakers will always have the ability to gain an understanding of our services.

Mythbusters: Food Safety Edition!



FOOD SAFETY MYTHBUSTERS

MYTH: I left some perishable food out all day. If I put it in the fridge now, the bacteria will die.

FACT: Throw away perishable food that's been left out all day. The fridge can slow the growth of bacteria in food but will not kill the bacteria. Bacteria can multiply rapidly in perishable food left at room temperature or in the "danger zone" between 40°F and 140°F, which can make you and your loved ones sick.

fightbac.org/mythbusters

Partnership for Food Safety Education

Late summer picnics and fall potlucks are a great time to share our favorite dishes. But what about those leftovers? Is it safe to put them back in the fridge and enjoy them the next day?

Myth: I left some food out all day but if I put it in the fridge now, the bacteria will die and it will be fine to eat.


Fact: It depends what kind of food was left out. **For perishable foods:** Throw away perishable food that's been left out all day. The fridge can slow the growth of bacteria in food but will not kill the bacteria. Bacteria can multiply rapidly in perishable food left out in temperatures that fall in the "danger zone", which is between 40-140F, and could make you and your loved ones sick (more information on the temperature danger zone below). **For non-perishable foods:** The food may be safe, but you should consider potential ways the food was contaminated. Was the food covered to protect it from bugs, dust, splatters and drips of other foods, and sneezing potluck guests? Were there tongs or serving utensils to protect it from people's hands? If so, it may be safe to save for another day. If not, throw it away, (or better yet, compost it!)



Temperatures of 40 °F or below will slow the growth of foodborne bacteria, which can grow rapidly at warmer temperatures. It's important to chill foods promptly and properly to prevent the growth of harmful microbes.

Keep Home Refrigerator at 40 °F or Below

- A constant home refrigerator temperature of **40 °F or below** is one of the most effective ways to reduce the risk of foodborne illness and slow the growth of harmful bacteria.
- Use a **refrigerator thermometer** to ensure the temperature is consistently 40 °F or below. Refrigerator thermometers are tools that stay in your refrigerator to display actual temperatures (separate from refrigerator dials).
- **Don't go too low:** As temperatures approach 32 °F, ice crystals can form and lower the quality of foods.
- **Keep your refrigerator clean, too:** To prevent the spread of harmful bacteria, wipe spills immediately. Regularly clean the inside of your fridge with hot water and liquid soap, and dry with a clean cloth or paper towels.
- For more information on safe refrigeration temperatures, check out our **Go 40 °F or Below fact sheet** and special brochures for **expecting mothers** and **seniors** at fightbac.org.



1. Follow thermometer manufacturer instructions for ideal placement.
2. Make sure the thermometer reads 40 °F or below. Some events may cause temporary readings over 40 °F, such as:
 - Initial placement
 - Door open for an extended time
 - Hot foods recently placed inside
 - Automatic defrost cycles: Check temperature as soon as it turns on, when it's at its highest temp.



Partnership for Food Safety Education

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

WWW.FIGHTBAC.ORG

 facebook.com/FightBAC

 twitter.com/FightBAC

What is perishable food?

Perishable foods can spoil or grow harmful bacteria when not stored properly, with temperatures falling into the danger zone.

Sometimes it's clear when a food is perishable — most of us know not to keep raw meat in the kitchen cabinet and that canned goods don't need to be refrigerated. But sometimes, you may find yourself looking at an item, thinking, *is this safe to leave out?*

According to the USDA, examples of perishable foods include:

- [meat](#)
- poultry
- fish
- [eggs](#)

- dairy products
- [cooked leftovers](#)
- any fruit or vegetable that has been cut or chopped

Examples of non-perishable foods include:

- canned foods
- [Uncooked rice](#)
- Uncooked pasta
- [flour](#)
- sugar
- [spices](#)
- oils
- jerky
- processed foods in uncontaminated, sealed packaging

What is the temperature danger zone?

The temperature danger zone is a range of temperatures between 40-140F. Between 40-140F, bacteria can grow in food very quickly and can cause foodborne illness in people. Perishable foods can be stored in the refrigerator or freezer to keep them below 40F. Alternatively, perishable foods can be stored on the stove (with the burner on) or in a crock pot to keep them above 140F. Always use a thermometer to check that the temperature is cold or hot enough.

If perishable foods are kept in the [temperature danger zone](#) for any period of time, bacteria will begin to grow. They can multiply in as little as 15 minutes. As a general rule of thumb, perishable foods like meat, poultry, fish, eggs, dairy, cooked foods, and cut foods should never be left in the temperature danger zone for more than two hours.

Why can't I just put the food back in the refrigerator, or cook it really hot to kill bacteria that might have grown when the food was left out?

Refrigerators can slow the growth of bacteria in food but will not kill the bacteria. Similarly, freezers do not kill bacteria in food.

Cooking food also won't make the food safe after it was left out. When foods have been in the danger zone more than two hours, they can have unsafe levels of bacteria. Some of those bacteria make toxins that are "heat-stable" meaning that the toxins cannot be cooked out of the food. The only safe thing to do after perishable foods have been left out is to discard them – throw them in the trash, (or, even better, in the compost!)

A reminder about foodborne illnesses:

The Federal Food and Drug Administration estimates that there are about **48 million cases of foodborne illness annually**—the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

Symptoms of foodborne illness usually cause relatively mild discomfort, such as abdominal cramps, watery diarrhea, nausea, fever and vomiting. However, sometimes food poisoning can cause very serious, life-threatening illness, such

as bloody diarrhea, kidney failure, respiratory failure, meningitis or death. Young children, the elderly, and people with weakened immune systems have the greatest risk of serious consequences from most foodborne illnesses.

If you think you have foodborne illness, seek appropriate medical care. If you would like to inform Deschutes County Environmental Health about a public health concern related to foodborne illness, please feel free to submit your concern on our webpage: Report a [public health concern | Deschutes County Oregon](#).

Safe food handling and proper food storage will help keep you and your family safe from bacteria and foodborne illness.



The graphic features a large, stylized microphone in the background. Overlaid on the microphone is the text "INSIDE DESCHUTES COUNTY" in a bold, sans-serif font. "INSIDE" and "COUNTY" are in white, while "DESCHUTES" is in yellow. A blue audio waveform graphic is positioned behind the text. In the center of the microphone is a white-bordered photograph of two women, Caroline Suiter and Bethany Kuschel, smiling and sitting at a desk with a professional microphone. At the bottom left of the graphic is the Deschutes County logo, which depicts a mountain range, a river, and a sun. To the right of the logo is the text "DESCHUTES.ORG/PODCAST" in a white, sans-serif font.

September is Suicide Prevention Awareness Month. In this episode, we chat with Caroline Suiter and Bethany Kuschel from the Deschutes County Prevention and Health Promotion Team in Health Services. They explain the events that are happening throughout the month of September and how suicide prevention awareness is having an impact throughout our region.

Tune in wherever you listen to your podcasts or at [Deschutes.org/podcast](#). Don't miss out!

September events:

Health and Wellness Fair



WELCOMING
WEEK

Free
Entry

BOOTHS • MUSIC

FREE TACOS FOR THE FIRST 200 PEOPLE
BOUNCY HOUSE • ZUMBA • HENNA • SOCCER



• Basic dental exams and extractions • WIC appointments
• Blood pressure checks and more

Sept. 22, 2024

11 a.m. – 3 p.m.

AT PONDEROSA PARK

225 SE 15th St, Bend, OR 97702



Official beverage sponsor: Bigfoot Beverages

Health Services hosts numerous classes and special events each month!

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

Public Health Resources:

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

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