

March 29, 2020



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### *COVID-19 Response*

## Third Positive Case of COVID-19 Reported in Tillamook County

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The Tillamook County Public Health Department announced Sunday, March 29 that it has been informed of the third positive case of COVID-19 coronavirus in the county.

The individual is a south-county resident over the age of 65-years-old. The individual is currently hospitalized in the Portland area and is being monitored.

The county's second COVID-19 case was reported Saturday, March 28. The individual is a first responder and a north-county resident. The individual was reported to be convalescing at home under quarantine.

The county's first COVID-19 case was reported Thursday, March 26. This individual is a health care provider between 35 and 54 years of age and is convalescing at home under quarantine.

The second individual is not reported to be a contact of Thursday's first positive case.

Following the report of the first case Thursday, Public Health staff moved immediately according to its established case investigative process to contact the individual to gather information on others the individual had come in contact with, and in turn to contact those people about self-quarantine guidelines. Department staff check twice daily with positive-case contacts to ensure they are properly self-isolating. The department will follow the same process for all future cases.

COVID-19 is a highly infectious illness. Local and state health officials continue to urge all Oregonians to take steps to protect those who are most vulnerable to complications from COVID-19. Those considered "high risk" include adults 60 and older, or anyone with a serious health condition, including lung or heart problems, kidney disease, or diabetes, or anyone who has a suppressed immune system.

To help control the spread of the illness the public is urged to follow Oregon Gov. Kate Brown's March 23 executive order to stay home to the maximum extent possible.

Every resident should take these basic steps to protect those most at risk:

- Cover your mouth and nose when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Stay home if you feel ill.

For information on the most current cases in Oregon, including future positive cases in Tillamook County use the link at the Oregon Health Authority site:

<http://healthoregon.org/coronavirus>

#### **About Tillamook County Community Health Centers**

Tillamook County Health Department is part of Tillamook County Community Health Centers which has been a Federally Qualified Health Center since 1994, providing medical, dental, behavioral and public health services. Please visit our website at <https://tillamookchc.org/> or on Facebook at TillamookCHC.