

# Distancing measures are working in Oregon

Staying home does appear to be slowing the spread of COVID-19 in Oregon and in Deschutes County — and health authorities are urging that measures stay in place into May to keep numbers down.

The Oregon Health Authority (OHA) reports that new projections from health researchers estimate that Oregon's "aggressive" social distancing measures have prevented as many as 18,000 cases of COVID-19 and 500 hospitalizations. However, OHA states, these restrictions must be maintained into May to prevent new cases from rising above current daily levels. A link to the report on "COVID-19 intervention effectiveness and epidemic trends for Oregon: a model-based analysis" can be found with the online version of this story at [www.nuggetnews.com](http://www.nuggetnews.com).

Researchers "emphasize the urgent need for enormously increased testing capacity. It will not be possible to relax social distancing measures and avoid an epidemic rebound without significantly increased testing."

The latest model is based on actual COVID-19 infection, hospitalization and death data. Researchers lengthened their assumptions on hospital length-of-stay based on accumulation of additional data from Oregon cases. The results aid in planning the state's response. According to the latest report, which extends modeling until May 18:

- Under current social distancing conditions, the total cumulative infections with COVID-19 in Oregon on May 18 would be fewer than 20,000. If the state were to return to moderate social distancing (i.e., reopen non-essential businesses, keep schools closed), new infections would quickly climb to more than 60,000 by May 18.

- Active infections would stay at currently projected levels of more than 2,000 cases per day through mid-May and then begin to slowly subside, if the state maintains current social distancing. However, if the state were to return to moderate social distancing, the number of active infections each day would spike to more than 17,000 per day.

- The projected adult acute care and intensive care bed usage will remain below the available capacity in Oregon through the model period (through May 18).

The models were prepared by the Institute for Disease Modeling in Washington. Based on the data, researchers predict there are about 7,000

active infections in Oregon at this time.

Dr. Dean Sidelinger, state health officer at OHA, said: "Staying at home and maintaining physical distancing is difficult and has had serious economic impacts that have affected many people, but the data continue to show that Oregonians are saving lives by staying home. The latest projections are more conservative than previous versions of the model because they account for variables such as longer hospital stays or the likelihood that COVID-19 has been in Oregon longer than we initially estimated. However, even these estimates, show we can slow new COVID-19 infections and ultimately begin to drive them down if we can sustain today's social distancing measures."

According to the model released Saturday, the state should expect to see fewer than 500 hospitalizations per day due to COVID-19 if social distancing remains in place; Oregon hospitals would use fewer than 200 ICU beds per day. Nearly 2,000 beds per day would be needed by May 18 if current stay home orders were relaxed.



## Fit For Sisters

Andrew Loscutoff  
Columnist

### Ways COVID-19 shut in can promote a healthy lifestyle

Now is not a time to constantly consume the news. Focus on what CAN be done, not about the perils of the world around us. Here are a few ways that this shut in offers an opportunity to establish a healthier lifestyle.

- **Changing eating habits:** No longer is the excuse "I don't have time to eat healthy" valid. Cooking offers a pleasurable expression of creativity, flavor, and comfort. It doesn't have to be hard,

and it doesn't have to be gourmet. A staple in this household is a veggie stir fry with tofu, and a simple soy, brown sugar, and rice vinegar sauce. Simple, easy, and minimally messy.

- **Exercise snacks:** Snacks? Not literally snacks but, a break for a brief exercise does wonders after sitting for a while. First it gets blood moving, the muscles stay limber and active, and it helps clear the mind. A morning and evening walk have been a great opportunity personally to clear my head and re-write the inner tone, as it's easy to get down and depressed during this time.

- **Meditate, relax, decompress:** Is the inner voice tearing apart the positivity in the world? Is the mind racing back and forth from one thing to another constantly looking for distractions on social media? Is focus and serenity hard to come by? Meditation, sitting quietly, and journaling are all ways to improve one's mental state. Simply looking off into the distance and being quiet is

helpful.

- **Organize the environment for success:** It probably isn't apparent until now how much the things surrounding a person can influence their mindset. Look to build and adapt the household into a relaxing, cozy, and spacious area that promotes good vibes. Lighting, decor, soft spaces, all can create a comforting experience. A favorite here is a chair next to the back window with a warm lamp and a throw blanket.

- **Sleep for heaven's sake!** Wonderful sleep is possible, and there's no better time than now. Does staying up watching TV get anything accomplished? Will continuous scrolling through a phone help? Take this wellness opportunity to tune in sleep. A cool, blacked-out room will do best. Avoid any screens or TV watching in bed, and keep lighting low. It's amazing what a good night's sleep can do!

Shout out any ideas and let's continue to make the best of this situation!

**We are keeping our community safe by limiting operations to emergency treatment only.**

Trevor Frideres, D.M.D.  
Greg Everson, D.M.D.

**SISTERS DENTAL** 541-549-2011  
[www.sistersdental.com](http://www.sistersdental.com) 491 E. Main Ave. • Sisters

Hours: Mon., 9 a.m.-6 p.m.; Tues.-Thurs., 8 a.m.-5 p.m.; Fri., 7 a.m.-3 p.m.

**CUSTOM FENCES, DECKS & PAVERS**

**Sisters Fence Company**  
541-588-2062  
CCB#268388

**Locally Owned, Craftsman Built**

Residential & Commercial  
Custom Ranch & Domestic Privacy Fencing  
Decks • Pavers • Gates | Stain & Paint • Repair

**FREE ESTIMATES & COMPETITIVE PRICING**

[www.SistersFenceCompany.com](http://www.SistersFenceCompany.com)

**Ways you can support Thelma's Place:**

- Vehicle donations
- Cash donations
- Sponsorships
- Volunteer

**Your support makes a difference!**  
Redmond: 541-548-3049 | [www.thelmasplace.org](http://www.thelmasplace.org)  
Day Respite and Support Groups

**CURBSIDE PICKUP**

**SISTERS MEAT AND SMOKEHOUSE**

**RESTAURANT NOW OPEN FOR TAKEOUT!**

We are encouraging phone orders and curbside pickup but the store remains open.

**OPEN 9-4 DAILY...**  
**541-719-1186**  
**110 S. Spruce St., Sisters**

*We anticipated increased demand and are having no shortages on any product so far.*

**MEATS • CHEESES • EATERY • DRINKERY**