

COVID ...

Continued from A-1

Other immunocompromised conditions that you may have heard of include; lupus, Addison's disease, tuberculosis, rheumatoid arthritis, irritable bowel disease, Hashimoto's, fibromyalgia, chronic obstructive pulmonary disease (COPD), multiple sclerosis, celiac disease, Crohn's disease, hepatitis, Graves disease and Lyme disease.

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases. Symptoms may appear 2-14 days after exposure. Symptoms

include: fever (may be subjective or confirmed), cough, shortness of breath, or person perspiring and thermometer indicates fever.

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face.

Those who are at higher risk for severe illness from COVID-19 may develop increased stress, fear and anxiety, causing strong emotions. Here are a few things you can do to support yourself:

- Take breaks from watching,

reading, or listening to news stories and social media;

- Hearing about the pandemic repeatedly can be upsetting;
- Take care of your body- take deep breaths, stretch, or meditate and avoid alcohol and drugs;
- Make time to unwind;
- Try to do some other activities you enjoy;
- Connect with others (make use of the Caring Caller Program from IV Wellness Resources);
- Talk with people you trust about your concerns and how you are feeling;
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a

row; or if you, or someone you care about, is feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you/they want to harm yourself/themselves or others.

The best way to prevent illness is to avoid being exposed to this virus and staying healthy helps your immune system fight off infection should it occur.

Follow these recommendations:

- Take everyday precautions to keep space between yourself and others, about 6 feet, which is about two arm lengths;
- Clean your hands often by washing with soap and water or using an alcohol-based hand sanitizer;

• If someone in your home is sick, have them stay away from the rest of the household to reduce the risk of spreading the virus in your home;

- Avoid sharing personal household items such as cups and towels;
 - Eat healthy;
 - Get at least 8 hours of sleep;
- and
- Reduce stress as much as possible.

Pat Jenkins, RN MSN is the board vice president of I.V. Wellness Resources. You can reach her at 541-592-9781 or email ivwellnessresources@gmail.com.

APP ...

Continued from A-1

Chancey wants *Illinois Valley News* readers to know, "We are moving toward making improvements to the existing service in Cave Junction. We have added two runs per day, which brings the total trips per day to seven. I am also negotiating with SW Point and ODOT to allow our passengers to ride their service to and from O'Brien for free or for a fare of \$2 per trip. We have plans to improve our visibility within Cave Junction with new signs and benches at stops. I know I've been talking about that for a long time, but I still intend on getting it done. This new technology, if proven workable, might be the solution for service within Cave Junction and the surrounding areas. That won't be known until we move through this pilot project, so in about a year or so."

IVHS ...

Continued from A-1

When asked about graduation, Tanner said, "I am hopeful that by April 28 we can get everybody back in the building and walking across the stage for graduation and get back to some sort of normalcy. We're considering a lot of options on how to accommodate the down time. All district superintendents have filed a petition to ask for forgiveness of days missed, like snow days. There's a rumor going around that the kids are going to have to go to school all summer to make up for the mandatory school closures but that's not true at this point. I'm going forward with the idea that school will resume after April 28." He urged people to check the website, threeivers.k12.or.us, for up-to-the-minute, accurate and authoritative information on closures, the meal program, and other important news. "Don't use Facebook as your source of information," he added.

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