

# HEALTH: '... We can help keep ourselves and our loved ones healthy and safe'

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ing, said OHA, nor is believed to have had a close contact with another confirmed case — the two most common sources of exposure — public health officials are considering it a likely community-transmitted case, meaning that the origin of the infection is unknown.

The individual spent time in a school in the Lake Oswego School District and OHA states that they may have exposed students and staff there. Public health officials are investigating potential exposures there and will contact employees and families of children to let them know next steps, said OHA.

The Hood River County School District sent out an email to parents after the first case was confirmed, stating that custodial staff have put increased emphasis on cleaning high-contact areas and that the district is coordinating with local health officials. Parents were also reminded to keep their children home if they are sick.

"We understand that it is a concern and would like to reiterate that at this time, again, HRCSD does not have any reports of infected individuals but we need everyone's help to maintain a healthy and safe school and community," said Superintendent Dr. Sara Hahn-Huston in the email.

The second case is a Washington County resident who is an adult household contact of the initial presumptive positive case, said OHA in a statement

released March 1. The individual was identified as a contact of the first person during the public health investigation. The individual did not require medical attention and remains isolated at home, said OHA.

A third presumptive positive case, confirmed Monday, March 2, is an adult Umatilla County resident hospitalized in Walla Walla, Wash. The case was one of Oregon's pending cases and is not linked to travel to a part of the world with known cases of COVID-19, said OHA. As with the other two confirmed cases, it is considered a case of community transmission.

Preliminary reports indicate the Oregon resident attended a youth basketball game at a gymnasium at Weston Middle School on Saturday, Feb. 29, and Athena-Weston School District officials have since closed the gym and will conduct a deep cleaning "out of an abundance of caution," said OHA in an official release. Oregon and Washington health experts are working together to determine if there are other locations where the individual may have interacted with other people in recent days, after symptoms of COVID-19 first appeared.

Health officials will announce if there are any additional locations where people may have been exposed, if they are determined, said OHA.

"My thoughts are with the Oregonians who have contracted this virus, as well as their families. The developments

of the last 48 hours in Oregon and across the globe are concerning, and we are taking this extremely seriously," said Governor Kate Brown in an official statement released Sunday evening, before the third case was confirmed. "State and local health professionals are working around the clock to identify, treat, and contain each case of this disease. My commitment to Oregonians is that our state agencies will be as accurate, transparent, and swift as possible in conveying the information we have to the public, especially when new cases of the coronavirus are identified," Brown said.

"Oregonians have a history of bringing out the best in each other in uncertain times," she continued. "By staying calm and, yes, by doing the same simple things that protect us during cold and flu season — washing our hands, properly covering our coughs and sneezes, and staying home from school or work if we're feeling sick — we can help keep ourselves and our loved ones healthy and safe."

Brown convened a Coronavirus Response Team on Friday, before any cases had been confirmed in Oregon, and Brown stated Sunday that OHA's COVID-19 incident management team has been working with state agencies and local health authorities to prepare for this scenario since January.

General questions and concerns regarding the coronavirus and the state's response

can be directed to the state's helpline by dialing 211.

For more information, and to check for updated information about the coronavirus, visit the websites for OHA, [www.oregon.gov/oha](http://www.oregon.gov/oha) or the World Health Organization,

[www.who.int/westernpacific/emergencies/covid-19](http://www.who.int/westernpacific/emergencies/covid-19). Links to the Center for Disease Control and Prevention (CDC). Only after the results of the second test are received can the presumptive case be confirmed.

(for the County Health Department's page, click "Health Department" under the County Departments tab).

## HOW TESTING WORKS

The testing process is two tiered, according to Oregon Health Authority: The first test is done by the Oregon State Public Health Laboratory and a second test to confirm is conducted by the Centers for Disease Control and Prevention (CDC). Only after the results of the second test are received can the presumptive case be confirmed.

Testing is only done upon request of a health care provider and is based on symptoms (fever, cough, shortness of breath, etc.), travel to an affected area and exposure to a person or persons who have traveled to an affected area. Testing only occurs in state public health labs and at the CDC.

The Oregon State Public Health Laboratory has materials to process up to 80 tests a day and is building surge capacity if needed, according to OHA. Supplies are on hand to perform approximately 1,500 tests, and CDC has pledged to replenish Oregon's capacity as needed.

As of March 1 (most recent update), 11 tests came back negative, two came back positive, and six tests are pending; 86 people are under monitoring, meaning that they individuals do not have COVID-19 symptoms but who may have been exposed through close contact with a confirmed case or from travel to mainland China. A total of 231 people under monitoring completed monitoring without developing symptoms since January 24, according to OHA data.

## TIPS FOR STAYING HEALTHY

Novel coronavirus (2019-nCoV) is a respiratory illness that can spread from person to person when in close contact with an infected person exhibiting symptoms. Common symptoms in an infected person who has coronavirus (COVID-19) include a fever, cough, shortness of breath, or difficulty breathing.

Health officials recommend following the same prevention protocols you would use for the flu:

- Cover your coughs and sneezes with a tissue and then throw the tissue in the trash.
- Wash your hands often with soap and water for 20 seconds: If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean and disinfect surfaces that are often touched.
- Take care of your health overall: Staying current on your vaccinations, including flu vaccine, eating well and exercising all help your body stay resilient.
- If you feel sick, or develop a cough or fever, stay home from work or school.
- Consult the Center for Disease Control (CDC)'s travel website ([www.cdc.gov/travel/notices](http://www.cdc.gov/travel/notices)) for any travel advisories and steps to protect yourself if you plan to travel outside of the U.S.



Photo by Kirby Neumann-Rea

## LOST LAKE WATER LINE DAMAGED

The City of Hood River water boil notice for areas south of Summit Drive was lifted as of 2:30 p.m. Feb. 29 after test results confirmed no evidence of harmful bacteria in the water system following the damage to the water line on Lost Lake Road by a private construction crew. City of Hood River water is safe for drinking, city officials stated. Crestline Construction and City Public Works crews repair the line on Friday, two miles from the Dee Highway intersection. The city advises affected water customers to flush all household plumbing prior to consuming water as a precaution. Resulting air in the lines is normal. Indications of air in your water lines include spitting or burping at the faucet, cloudiness in the water that rapidly dissipates when allowed to settle (i.e., in a glass set on the counter) and bubbles or foam. Some sediment may be present. Continue flushing your household plumbing until the sediment is removed. In addition, discard ice from ice-makers and thoroughly sanitize the machine. Water filters should be replaced and any other appliances that use water that will later be consumed should be sanitized according to the manufacturers' directions.

## FFA: State Convention is March 19-22

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Show Team. If elected to state office, Brun will spend the next year traveling the country as an Oregon FFA Foundation Ambassador and will attend Eastern Wyoming after her term ends.

"FFA helped me find out other aspects of myself, like public speaking, and it's definitely a huge aspect of my life," Brun said. "It's helped me find my path to my future career."

The LDE requires competitors to prepare a 6-8 minute speech on a current agricultural-related topic. Students research a topic of interest and then put together "a creative, informative speech," that is then presented to a panel of judges, who score the student based on the speech's content, composition and delivery.

Advocating for a local issue in her speech was important to Brun, and after researching issues in the Hood River Valley area, she decided she wanted to do something about orchardists and water, ultimately combin-

ing the two.

"It's really fun to research a topic and dive deep into those topics," Brun said. "It's fun to advocate for topics you're interested about."

Brun competed with her speech, titled "Allowing Agriculture and Fish to Coexist in the Hood River Valley," at Mount Hood District-level competition and placed second, advancing to the Feb. 24 sectional competition. There, she placed first, qualifying her for the FFA State Convention in Redmond later this month.

Her research involved interviewing local stakeholders throughout the region, and it's something she's continuing to do between stages of competition.

"It's really cool talking to local stakeholders because you never really know until you find the deep down facts and you never really stop learning," Brun said.

Meeting with stakeholders is one aspect of the Oregon FFA

Foundation Ambassador position that interested Brun.

The election takes place during the state convention, with several rounds of interviews and eliminations at the end of each round. The finalists present a 2-3 minute speech on a topic of their choice.

Ambassadors serve as FFA's representatives to the agriculture and business industry, attending trade shows and conferences, participating in business and industry tours, and speaking at various functions within the industry, and helping mentor FFA members.

Brun continues to mentor members of her old 4-H club and takes joy in watching them learn leadership skills and grow in confidence.

"It's really exciting to see people that you helped mentor grow into the people they're meant to be," she said.

See related photos, page A8.

### group fitness works

meet Kathy





"The great thing about cycle class is YOU are in charge of how much tension is on the wheel. I often say in class, "your bike, you ride- you decide." —Kathy Pothier

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Kathy is from Massachusetts and has grown up with fitness a big part of her life. She works as a photographer- [kathypothierphoto.com](http://kathypothierphoto.com), is married and has 3 boys. She became a spinning instructor when she knew it would keep her coming to the gym. She finds it an important part of her overall health, both mental and physical. **Try a class today!**

**Gorge Athletic Club**  
The Dalles | Hood River  
[GorgeAthleticClubs.com](http://GorgeAthleticClubs.com)

**CYCLE THE DALLES - MON + FRI 8:15 AM + WED 5-6PM**  
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- Mt. Goat
- Rocky Mt. Elk (Typical & Non-Typical)
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