

On The Record

Lane County Public Health urging communities to protect against measles

Numerous cases of measles in Southwest Washington have prompted Lane County Public Health (LCPH) to issue a health alert to health professionals, as well as the general public.

At present, 22 cases are confirmed, all Washington residents. Because the cases traveled widely in the Portland metro area during their communicable period, additional cases may occur in Oregon.

Known public exposures continue to be updated on Clark County's site, linked below. Check this website for the most up to date list of public exposures: www.clark.wa.gov/public-health/measles-investigation

"Given the proximity of these cases to Lane County, the amount of travel that happens daily between us and the greater Portland Metro area, and the particularly contagious nature of measles, we are concerned about the risk of exposure," said Lane County Senior Public Health Officer, Dr. Patrick Luedtke.

Measles is a potentially severe viral infection which in rare cases can cause encephalitis (infection of the brain), pneumonia and low birth weight in babies born to infected women.

The symptoms of measles generally appear about seven to 14 days after a person is infected. Measles typically begins with a high fever, cough, runny nose (coryza), and red, watery eyes (conjunctivitis).

Two or three days after symptoms begin, tiny

white spots (Koplik spots) may appear inside the mouth.

Three to five days after symptoms begin, a rash breaks out. It usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet. Small raised bumps may also appear on top of the flat red spots. When the rash appears, a person's fever may spike to more than 104° Fahrenheit.

After a few days, the fever subsides and the rash fades.

"Fortunately, we have a very good vaccine to protect against measles (MMR), and there is no shortage of that vaccine here in Lane County," added Luedtke.

The MMR vaccine protects against three diseases: measles, mumps, and rubella. LCPH recommends children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age.

Teens and adults should also be up to date on their MMR vaccination.

The MMR vaccine is very safe and effective. Two doses of MMR vaccine are about 97 percent effective

at preventing measles; one dose is about 93 percent effective. Children may also get MMRV vaccine, which protects against measles, mumps, rubella and varicella (chickenpox).

This vaccine is only licensed for use in children who are 12 months through 12 years of age.

In addition to vaccination, community members can help prevent the spread of measles by staying home if they're sick, covering their cough or sneeze, washing hands frequently, and disposing of tissue paper used for coughing or sneezing.

In order to decrease exposure to others, anyone who might show symptoms of measles should call for medical advice before going to an emergency department, doctor's office, urgent care office, or the public health department.

For more information about measles, visit www.cdc.gov/measles/about/signs-symptoms.html.

Lane County to increase number of curve warning signs

Lane County continues to be among the counties with the highest number of annual traffic fatalities in the state.

Most traffic fatalities in Lane County occur on rural roads or highways where excessive speed and distracted driving are especially dangerous on curving roads.

In an effort to increase driver safety and comply with new Federal Highway Administration (FHWA) standards, Lane County is in the process of upgrading curve warning signs on several of its roads.

"We know that most fatalities are roadway departures that involve excessive speed," said Lane County Supervising Traffic Engineer Steve Gallup. "Making curves more visible — especially at night — can help us save lives."

The upgrade includes more frequent use of reflective "chevron signs" at corners to better delineate the curve of the road. Signs like these have been shown to reduce fatal and injury collisions by 20 to 35 percent.

In 2015, 57 people died

in traffic collisions in Lane County; a 35-percent reduction would have resulted in 19 fewer deaths that year.

Examples of the upgraded curve warning signs can be found at:

- Deerhorn Road, especially from milepost 5.12 to milepost 5.93
- River Loop #2 at milepost 0.27
- North Fork Siuslaw Road, especially from milepost 2.02 to milepost 2.87

Transportation safety is a significant public health issue and priority in Lane County. In 2017, Lane County joined the National Strategy on Highway Safety, known as Toward Zero Deaths, and adopted a countywide Transportation Safety Action Plan to proactively respond to fatal and severe-injury collisions. Most fatal collisions are roadway departures involving excessive speed and are preventable.

More information about Lane County's efforts to improve road safety can be found at lanecounty.org/towardzerodeaths.

Vacancies open on Lane County Transportation Advisory Committee

The Lane County Board of Commissioners is seeking applications from community members to fill two current vacancies on the Transportation Advisory Committee (TrAC).

"Members of our Transportation Advisory Committee play an incredibly important role in our efforts to improve road safety," said Transportation Planning Supervisor Sasha Vartanian. "Serving on the Committee means that you get to help prioritize and provide direct input on important safety measures for Lane County roads."

The vacant positions are for District 1 in West Lane County and an at-large position.

To qualify, applicants for the District 1 position must live or own property within District 1. Applicants for the at-large position must live or own property within Lane County. Preference will be given to applicants from the coastal area.

The TrAC acts as a forum for public input into the County's transportation system and serves as a liaison group in representing transportation concerns of the community to the Board of County Commissioners.

The Committee meets in the evening of every fourth Wednesday of every other month.

There are a total of seven members — one from each commissioner's district and two at-large members.

Applications are due by 5 p.m. on Thursday, Jan. 31. Applications are available at www.lanecounty.org/volunteer and in the Board of Commissioner's Office located at the Lane County Public Service Building, 125 East Eighth Ave. in Eugene.

For more information about TrAC, visit www.lanecounty.org/cms/one.aspx?pageId=5832100.

WEATHER DATA			
DATE	HIGH	LOW	RAIN
Jan. 15	50	38	0.00
Jan. 16	50	38	0.13
Jan. 17	51	45	0.65
Jan. 18	55	44	0.93
Jan. 19	46	40	0.69
Jan. 20	48	32	0.05
Rainfall			Week: 2.75"
Month: 5.40"			Year: 5.40"
<i>Courtesy of Roger Cunningham</i>			

BIRTH

HAMILTON—Lois Ann Hamilton, a female weighing 7 lbs., 6 oz., was born to Amanda Johnson and David Hamilton on Jan. 22, 2019 at Peace Harbor Hospital.

APPLY NOW TO SERVE ON LANE COUNTY'S TRANSPORTATION ADVISORY COMMITTEE

Help provide and gather community input into the County's transportation system and its safety improvements.

Two volunteer positions available – [preference given to coastal residents](#).



Apply by 5:00 p.m. on January 31, 2019.
www.lanecounty.org/volunteer

2019 STATE of the CITY ADDRESS
January 30, 2019
5:30—7:00 pm
5:30 pm Reception | 6:00 pm Address
Florence Events Center (715 Quince Street)
www.ci.florence.or.us

The City of Florence would like to invite you to attend the:

2019 State of the City Address

January 30, 2019 • From 5:30 – 7:00 p.m.
At the Florence Events Center, 715 Quince Street

Come share some refreshments, learn more about the accomplishments of the City over the past year, and share in what's next for our 'City in Motion'.

For more information, visit the City of Florence website at www.ci.florence.or.us

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JANUARY 25, 26, 27, 2019

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WMFFlorence@gmail.com

The Friends of the Florence Events Center
715 Quince St., Florence, Oregon