

PeaceHealth requires COVID-19 vaccination

Unvaccinated caregivers with qualifying medical exemptions subject to heightened masking, distancing, and regular testing protocols

VANCOUVER, Wash.—PeaceHealth announced that starting Aug. 31, 2021, all caregivers will be required to be vaccinated against COVID-19 or submit a qualifying medical exemption.

Unvaccinated individuals will be subject to regular COVID-19 testing, as well as additional masking, potential reassignment to non-patient care settings, and other safety protocols. The policy will apply to all

caregivers, including providers, students, contractors, vendors, and volunteers.

“Though nearly 80 percent of PeaceHealth caregivers have already been vaccinated, the rise in hospitalizations in our communities is a stark reminder that we are facing a public health emergency and we must do more,” said Dr. Doug Koekkoek, PeaceHealth’s Chief Physician Executive. “We be-

lieve all healthcare workers who are medically able should get a COVID-19 vaccine to keep themselves, our patients, and our communities safe. Doing so is part of our mission to promote personal and community health and our vision to make sure that every person receives safe, compassionate care.”

While the organization has had high rates of voluntary caregiver vacci-

nation, after thoughtful deliberation and a formal ethical discernment, PeaceHealth joins many health systems across the country, and professional organizations including the Catholic Health Association, the American Hospital Association, the American Medical Association, the American Nurses Association, and others in ensuring public health by requiring vaccination.

Dr. Bob Pelz, Peace-

Health’s system medical director of Infection Prevention, noted that “New variants of COVID-19 pose a critical threat to those unable to be vaccinated, including children and the medically vulnerable. It is our moral obligation to first do no harm and act for the common good. COVID-19 vaccines are proven to be the best way to protect ourselves and reduce the likelihood of harming others.”

This new policy is a reflection of the organization’s shared commitment to ensure every patient receives safe care at PeaceHealth, the organization stated, and is part of a multi-measured approach to protect caregivers and patients, along with the supply of personal protective equipment, routine testing, masking, social distancing, diligent hygiene, contact tracing and proper quarantining.

High temperatures create potential for cyanotoxins in water

PORTLAND, Ore.—With the extreme heat continuing in the Northwest and more people seeking relief in the many waterbodies around the state, Oregon Health Authority (OHA) reminds people heading outdoors to be on the look-out for cyanobacteria blooms that can produce toxins when recreating in Oregon lakes, rivers and reservoirs.

Cyanobacteria are beneficial bacteria found in all freshwater worldwide. Under the right conditions—when sunlight, heat, water temperature, nutrients and water chemistry are ideal—cyanobacteria can multiply into blooms in any water body. Many blooms are harmless, but some can produce cyanotoxins that make people and animals sick.

People should avoid swimming, high-speed water activities, such as water skiing or power boating, and other water activities where incidental ingestion may occur in areas where it is believed a cyanobacteria bloom is present.

Ingestion is the major route of exposure. Toxins are not absorbed through the skin. However, if those with skin sensitivities you may get a puffy red rash.

DRINKING WATER

Drinking water directly from areas

affected by a bloom is especially dangerous. Toxins cannot be removed by boiling, filtering or treating water with camping-style filters. Contact campground management or the local health department with questions about water available at nearby campgrounds or day use areas.

Not all private treatment systems are effective at removing cyanotoxins. If not using a well or public water system and draw in-home water directly from an affected area, people are advised to use an alternative water source.

CHILDREN AND PETS

Children and pets are at increased risk for exposure because of their size and level of activity. Dogs can get extremely ill and even die within minutes to hours of exposure to cyanotoxins by drinking the water, licking their fur, or eating the toxins from floating mats or dried crust along the shore.

This is regardless of a recreational use health advisory in place.

Be aware that dogs can become ill and die from water intoxication after drinking excessive amounts of water while swimming or fetching objects for long periods of time.

Intoxication is a potentially fatal disturbance in brain function resulting from an imbalance of electrolytes

in the body.

Water intoxication and heat stroke can cause similar symptoms as exposure to cyanotoxins.

SYMPTOMS

Exposure to cyanotoxins can be serious and cause a range of symptoms.

Symptoms may be similar to food poisoning such as stomach cramping, diarrhea, nausea and vomiting. Symptoms may also be more serious, such as numbness, tingling, dizziness and shortness of breath. These symptoms may require medical attention.

Dogs can experience weakness, difficulty walking, seizures, lethargy, loss of appetite and more. If a dog exhibits symptoms, veterinary treatment should be sought as quickly as possible.

FISHING

Fish caught from areas where cyanobacteria blooms are present may pose unknown health risks.

Fat, skin and organs should be removed before cooking or freezing. Toxins are more likely to collect in these tissues.

Fillets should also be rinsed with clean water.

For health information or to report an illness, contact OHA at 971-673-0482.

Genealogical Society reopens library

The Cottage Grove Genealogical Society Library, located in the Community Center, will be reopening Wednesday through Friday starting Aug. 4, 1 p.m. to 4 p.m.

“We are excited to reopen and show the public our new space,” said Debbie Monsive, assistant librarian

for the Cottage Grove Genealogical Society.

The library can be found in the Community Center at 700 Gibbs Avenue.

Volunteer opportunities are available and the society encourages those interested to call 541-942-9570 for more information.

London Road becomes ‘Safety Corridor’

The “Safety Corridor” designation on London Road became effective on July 4.

Both “Safety Corridor” and “Fees Double” signage have been installed. Public education postcards have been mailed to the entire Cottage Grove ZIP code inviting people to complete an on-line survey to help

develop a DUII prevention tool kit.

For more information, contact Lane County Senior Transportation Planner Becky Taylor by emailing becky.taylor@lanecountyor.gov or by calling 541-682-6932.

Visit the project website at www.lanecountyor.gov/LRSC.

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Exploring dental crowns

Many people visit their dentists and learn they have a tooth that requires a crown. In many instances, dental crowns are necessary for proper tooth care.

Crowns were once widely referred to as “caps.” A crown is a permanent cover for a tooth that would otherwise require a very large filling after dental decay has been removed. Crowns also may be used to repair cracked or broken teeth so that extraction is not necessary. Sometimes crowns are used for cosmetic modifications or to hold a dental bridge in place.

The crown itself can be made from different materials, like stainless steel, gold or metallic alloy, porcelain, porcelain fused to metal, and resin. A dentist will determine which material will work best depending on the application and tooth location.

Understanding your appointment(s)

Crowns are typically installed in two appointments. The first appointment requires prep work so the tooth can hold the crown. This is typically a painless procedure, and one in which the dentist will anesthetize the tooth and gum tissue and then file down the tooth along the chewing surface and sides to make room for the crown covering. If the tooth was decayed or insubstantial, the dentist may have to “build up” the tooth instead of filing it down. Again, these determinations are made by the dentist who has the expertise to gauge how much workable tooth is left.

Once the tooth has been prepared, an impression will be made of the bite area. That’s because the permanent crown will be fabricated

in a laboratory and the fit/color will need to be exact for comfort — and also to ensure that bacteria and food debris do not get caught between the crown and tooth.

The final component is a temporary cap that will keep the prepared tooth clean. This is molded in the office and will be worn only until the custom-made crown is ready.

When the permanent crown is delivered, the patient will return to the office to have it checked for fit and then cemented into place.

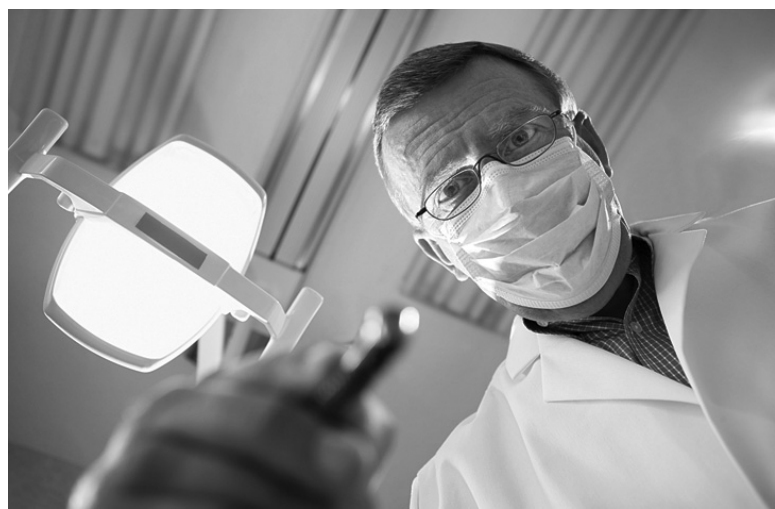
Full and partial crowns

A partial crown may be used if only a portion of the tooth needs to be covered. Dentists will often rely on full crowns to get maximum coverage and strength.

Cost factor

Crowns can be expensive. According to the resource CostHelper, crowns can range from \$500 to \$3,000 depending on the material used and the patient’s insurance coverage. Dental insurance may cover a predetermined percentage of the cost when the crown is medically necessary, but insurance may not cover anything if the procedure is only cosmetic.

It’s always a good idea for patients to express their concerns and ask questions about crowns prior to starting the procedure. Understanding the potential out-of-pocket costs is essential as well.



Dental crowns can last several years and represent the best way to salvage a tooth that is cracked or damaged.

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