



**Public Health**  
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**NORTH CENTRAL PUBLIC HEALTH DISTRICT**

*“Caring For Our Communities”*

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## PSA

**Date:** March 12, 2020  
**To:** All Media  
**From:** Teri Thalhofer RN, BSN, Director  
North Central Public Health District  
**Subject:** **Social Distancing Measures for COVID-19**

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There are currently no cases of COVID-19 in Wasco Sherman and Gilliam counties. If a case is confirmed, North Central Public Health District will release that information to the public after receiving the result.

In an attempt to slow the spread of COVID-19, Oregon Gov. Kate Brown has announced a series of social distancing measures, including a requirement that all large gatherings over 250 people will be cancelled statewide effective immediately. The cancellation is in effect until April 8, 2020.

A large gathering is defined as any event in a space in which appropriate social distancing of at least three feet cannot be maintained. Gatherings include concerts, festivals, conferences, worship services, sporting events, etc.

It is strongly recommended that gatherings of just 10 or more people, if they represent a high-risk group, should be cancelled. High risk groups include adults 60 and older and those with underlying health conditions, including lung or heart problems, kidney disease, or diabetes, or anyone who has a suppressed immune system.

“Social distancing is an effective public health strategy to reduce the spread of infectious disease,” said Teri Thalhofer, director of North Central Public Health District. “Reducing the spread will help to ensure that our hospitals have adequate space to care for those most critically ill.”

Other community-wide measures like good hand hygiene, frequently cleaning high-touch surfaces, and staying home when ill are essential to decrease further community spread of the novel coronavirus.

The main symptoms of COVID-19 are fever, cough and shortness of breath.

Gov. Brown said workplaces should implement distancing measures including increased physical space between employees in offices and worksites, limited in-person meetings, limited travel and staggered work schedules where possible.

Oregon Health Authority has shifted its focus from closely tracking contacts of known COVID-19 cases to broader community-wide efforts such as social distancing that will slow transmission of the disease.

For more information, visit <https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

(For more information, please contact North Central Public Health District at 541-506-2600 or visit us on the web at [www.ncphd.org](http://www.ncphd.org) or our Facebook Page at <https://www.facebook.com/NorthCentralPublicHealth/>.)

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