

LDH Medical Staff
Address to Lake County Residents
RE: COVID - 19

The Medical community of Lake County would like to address the public health issues around the COVID 19 Virus. This address discusses how you can not only help yourself, but also how you can help your family and our community.

1. This virus is very serious. Since it is a novel (“new”) virus NONE of us have immunity to it. Some people will have very mild symptoms, while others (even in the same household) will have very concerning symptoms. ANYONE with fever, sore throat, and cough should STAY AT HOME.
2. Anyone who is immunocompromised or over the age of 60 should stay at home. If you have prior health problems – diabetes, lungs issues, or any condition that compromises your immune system – you should STAY AT HOME.
3. If you develop symptoms – fever, cough, sore throat – you need to stay home for AT LEAST 14 days.
4. If your symptoms get severe – uncontrolled high fever, severe shortness of breath – call the hospital or your physician’s office. You will be instructed on what to do. If you feel that you are having a medical emergency go to the ER or call 911.
5. Young adults need to realize that they usually have a mild version of the virus, BUT they are the CARRIER SOURCE to other people and help spread the virus. YouTube has many videos from Italy’s young adults urging young people to learn from their mistakes and to understand the seriousness of this. Read below on some more ways you can help.

Please understand that the medical community is working very hard to contain this virus. IF isolation and containment fail we do have a Plan B, but we need your help. As of today, we have no vaccine or medication to treat this virus. As such, we feel that we will need to utilize passive immunity to beat this virus. This is where you can help! In the upcoming weeks we will need volunteers to have recovered from COVID 19 to simply give a blood donation, as your blood will have high levels of antibody to the virus. By donating 1 unit of blood you will likely save 5 or more lives. Since most teenagers and young adults recover quickly and easily from this virus our best source of antibody is YOU. If you feel you would be willing to donate your blood, we would like to know who you are. If you become sick you would be tested to see if you have COVID 19. Then after recovery we would contact you if we need you to come donate your blood. We are NOT currently looking for donors. At this time, we want you to consider being a donor and if you are willing, then let us know who you are by calling 541-947-2114, ext. 390.

Please, stay home, stay safe, and stay healthy.

Physicians of Lake County:

Dr. Foster
Dr. Gallagher
Dr. Graham
Dr. Hussey