

**Novel Coronavirus
Master Talking Points**

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*Note: This document is reviewed, updated and distributed weekdays. The day's updates and additions are in **green** text.*

“Coronavirus Disease 2019” or COVID-19

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TOP LINE MESSAGES

Evaluate before you celebrate

COVID-19 is still in our communities, and each of us has a role to play in reducing its spread. As you prepare to celebrate the Fourth of July holiday with families, friends and loved ones, we want you to consider the risks of your holiday activities.

COVID-19 cases are surging throughout Oregon since the state began its phased reopening. Recent modeling suggests the virus is continuing to spread rapidly in all age groups. COVID-19 is still in our communities, and each of us has a role to play in reducing its spread.

The safest choice this holiday is to celebrate at home. If you choose to celebrate in other ways, activities that take place outdoors, allow for enough room to maintain physical distancing and involve fewer people are lower risk than activities that take place indoors, don't allow for physical distancing and involve more people.

Indoor face covering requirement is extended statewide

Oregonians statewide will be required to wear face coverings in indoor public spaces, **beginning this Wednesday July 1**. The guidance applies to businesses and members of the public visiting indoor public spaces. Face covering requirements are already mandated in eight counties. Guidance on face coverings is available on the [OHA website](#).

For more information, [read the press release](#).

COVID-19 cases are surging in Oregon

On Friday, OHA released [new modeling that shows a considerable rise in COVID-19 in Oregon](#). The latest model by OHA and the Institute for Disease Modeling is based on data through June 18. It offers three projections – optimistic, moderate and pessimistic – predicting that daily case levels could rise as much as 20 percentage points. The entire report can be found [here](#).

Each of us can take action to slow the spread of COVID-19

Cases will slow – and Oregon will remain open – if we take the safe, simple steps to prevent the virus from spreading. Cases will continue to surge if we ignore health and safety precautions.

Steps you can take:

- **Avoid gatherings – and rethink your Fourth of July plans:** Think hard about getting together with people outside your household. In Oregon, cases accelerated after Memorial Day. We don't want the same thing to happen over the coming holiday.
- **Stay 6 feet apart:** If you do host or attend a gathering – or go to your local restaurant or bar – stay 6 feet apart. We've all been cooped up for a long time. We want to see friends and family again. If you do socialize, do it safely – maintain physical distancing.
 - Limit the number of people at the barbecue or picnic.
 - Make sure people can stay far enough apart.
 - Interact outside as much as possible.
- **Wear a mask or face covering:** Cover your face when you are in public. Masks and face coverings protect the people around you. You may feel great, but we know that people who are pre-symptomatic or asymptomatic can spread coronavirus. Don't put the people you know and love at risk.
- **Stay home if you're sick:** If you develop a fever, have a cough, start to experience shortness of breath or any other symptoms, stay home. Don't expose other people.
- **Answer the call:** If you get a call from a contact tracer to let you know that you may have been exposed, take their advice and stay home for the entire time they recommend. This is a tried and true way to halt the spread, and we need people to answer these calls.

The bottom line is that COVID-19 is circulating more widely in Oregon. Oregon can stay safe if we all do our part to keep COVID-19 under control. If we don't, our latest projections tell us we risk letting the virus spread fast across our state.

COVID-19 Update moving to interactive dashboard

Starting Monday, June 29, the [Oregon COVID-19 Update](#) will be published in a new, interactive format as part of OHA's COVID-19 data dashboard.

The new COVID-19 Update will contain the same information, will look similar, and will move from a static PDF to an interactive Tableau dashboard.

Here are a few things to note about the change:

- The COVID-19 Update dashboard will be updated Monday-Friday at noon. It will not be updated on Saturday and Sunday.
- On Monday the COVID-19 Update dashboard will report the cumulative total of statewide case counts and deaths, reflecting data from 12:01 a.m. Friday to 12:00 a.m. Sunday.
- The COVID-19 Update will be archived daily along with historic updates, on the OHA website.

FDA advises against using hand sanitizers with methanol

The FDA is advising consumers not to use any hand sanitizer manufactured by Eskbiochem SA de CV in Mexico, due to the potential presence of methanol (wood alcohol), a substance that can be toxic when absorbed through the skin or ingested. A list of Eskbiochem products is available on the [FDA website](#).

Methanol is not an acceptable ingredient for hand sanitizers and should not be used due to its toxic effects. Consumers who have been exposed to hand sanitizer containing methanol should seek immediate treatment, which is critical for potential reversal of toxic effects of methanol poisoning.

FDA recommends consumers stop using these hand sanitizers and dispose of them immediately in appropriate hazardous waste containers. Do not flush or pour these products down the drain.

To date, FDA is not aware of any reports of adverse events associated with these hand sanitizer products. FDA encourages health care professionals, consumers and patients to report adverse events or quality problems experienced with the use of hand sanitizers to FDA's [MedWatch Adverse Event Reporting](#) program.

Statewide Contact Tracing Staffing

[Contract tracing](#) is an important strategy for slowing the spread of COVID-19. As of June 15, the current statewide total of county and state contact tracers is now about 600 people, an increase of 359 from a prior survey conducted in late April.

Oregon counties now have 500 people able to carry out case investigations and contact tracing functions. In addition to county staff, OHA has just under 100 staff ready to assist counties with case investigation and contact tracing in the event of an outbreak.

OHA also recently announced funding opportunities for Community Based Organizations (CBOs) throughout the state as part of the COVID-19 response, including working on contact tracing.

For more information about the CBO funding and staffing reported by county, see [OHA's press release](#).

Building a Safe and Strong Oregon

Multnomah, Washington, Clackamas and Lincoln counties are in Phase 1 of reopening, and the rest of the state has entered Phase 2 of reopening under Governor Brown's framework for building a safe and strong Oregon.

A video presentation for counties and members of the public with questions about Phase 2 is available [here](#). A list of the status of each county can be found [here](#).

Phase 2 increases limits on gatherings to 50 people indoors and 100 people out of doors, increases the restaurant curfew to midnight, and allow pools and sports courts to open as well as several other changes.

For more details on statewide and Phase 2 reopening go to [Governor Brown's webpage](#). Sector guidance for reopening can be found under OHA Guidance and Signage on the [OHA website](#). Qualifying counties demonstrated that they met all of Oregon's safety and preparedness [prerequisites](#) for reopening.

PLAN TO STOP THE SPREAD OF COVID-19 AND REOPEN OREGON

Oregon needs to see **3 health signs** to reopen

1. We must see fewer Oregonians getting sick from COVID-19.
2. We must see fewer hospitalizations of people with severe symptoms from COVID-19.
3. We must have the resources to carefully investigate COVID-19 and where and how it is impacting our communities state-wide.

[Oregon's plan](#) to stop the spread of COVID-19 and to prepare the state for reopening includes:

- Expand **testing**.
- **Trace** those exposed to COVID-19
- Ask those who have symptoms or test positive to **isolate**.

[Actions](#) we will need to keep up after reopening are as follows:

- Vulnerable populations must still stay at home
- Limited visitation to nursing homes, hospitals
- Limited gatherings
- Limited travel
- Increased hygiene, cleaning & sanitation
- Stay home when sick
- Telework when possible

Information on the plan to reopen Oregon including guidance for healthcare providers is available on the [OHA COVID-19 News webpage](#).

Contact Tracing

What to expect if a contact tracer calls

Part of reopening Oregon includes building the capacity of local county health departments to make contact tracing calls to people who may have come into contact with someone who tested positive for COVID-19. We want everyone to feel safe answering the call from a contact tracer.

First, you should know your information is strictly confidential and will be treated as a confidential public health record. Your information **will not be shared** with other agencies, including immigration officials.

We also understand you may not answer a call from a number you don't know. If a contact tracer is unable to reach you, they will leave a voicemail and request that you call back. The voicemail will not contain any health information.

If a contact tracer calls you, here's what they **will ask**:

- For your name, date of birth and where you live
- If you need an interpreter in a language other than English
- For race, ethnicity, language and disability information
- If you have any symptoms of COVID-19
- If you need a place to stay or have other needs to help you stay at home
- If they can contact you daily to monitor your symptoms and needs

Contact tracers will **not ask** for your:

- Social security number
- Immigration status
- Credit card number, bank account or billing information

If anyone calls you requesting this information, hang up. They are not part of local or state contact tracing efforts.

[Visit OHA's contact tracing website](#) to learn more about this important public health strategy to slow the spread of COVID-19.

GOVERNOR BROWN'S PHYSICAL DISTANCING ORDERS

Governor Brown has started a campaign called "Stay Home. Save Lives." More about this campaign can be found [at this link](#).

- For information on Governor Brown's executive orders please look on the [Governor's webpage](#).
- Please continue to practice physical distancing as outlined in Governor Brown's orders. By following Governor Brown's stay at home executive orders, Oregonians are preventing a surge in new infections that could overwhelm hospital beds if left unchecked.
- We have been using the term "social distancing" to describe staying 6 feet apart from others. Following the World Health Organization, we are now using the term "physical distancing" because it more clearly describes keeping physically separated from others – six feet apart. Physical distancing can prevent the virus from transferring to others, but it's important that we keep our social and community connections. We encourage people to keep social connection in ways that still maintain physical distance by connecting with each other through the internet and by phone.

Physical distancing is working

- Staying home and practicing physical distancing measures are intended to help us "flatten the curve" or slow the number of people who are ill at any given time to ensure our health systems continue to function well when we need them most.
- On April 22, OHA released [new projections](#) from health researchers at the Institute for Disease Modeling in Washington. The new projections estimate that Oregon's aggressive physical distancing measures have prevented more than 70,000 cases of COVID-19 and 1,500 hospitalizations.

WHAT TO DO IF YOU ARE SICK

Stay home except to get medical care

- People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency. If you do not have primary care provider, you may be able to visit a county clinic or a federally qualified health center. Call the clinic first to see if you can be seen there and to find out what the process is for getting an appointment. Some clinics will require an intake or registration for treatment.
- Avoid public transportation

Separate yourself from other people in your home, this is known as home isolation

- Oregon is not planning to create places for sick people to self-quarantine away from others in their household.
- Stay away from others: As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people

Call ahead before visiting your doctor

If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider’s office. It can be difficult to locate a mask or face covering; if you are unable to locate one, you can make your own using [these instructions](#). There are instructions for making masks or face coverings with or without sewing.
- It is of the utmost importance that you never put a mask or face covering on an infant or an adult that is not able to adjust or remove the mask themselves. This could compromise their ability to breath.

- If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Clean your hands often

- Wash your hands often with regular soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Ensure that children in your care are washing their hands correctly and frequently with regular soap and water.
- Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with 60% - 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching.

Avoid sharing personal household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Keep track of your symptoms

- Seek medical attention but call first: Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
- Call your doctor before going in: Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- Wear a facemask: If possible, put on a facemask before you enter the building. If you can't put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- Follow care instructions from your healthcare provider and local health department: Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: Notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

Clean and disinfect all “high-touch” surfaces everyday

- Routinely clean high-touch surfaces in your “sick room” and bathroom.
- Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- Clean and disinfect areas that may have blood, stool, or body fluids on them.
- Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed.

CLEANING AND DISINFECTING AT HOME

- For more detailed information about cleaning and disinfecting a home with an ill person see [CDC’s guidance at this link](#). Clean and disinfect high-touch

surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)

- For electronics follow the manufacturer's instructions for all cleaning and disinfection products. Consider use of wipeable covers for electronics. If no manufacturer guidance is available, consider the use of alcohol-based wipes or spray containing at least 70% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.
- Household cleaners and EPA-registered disinfectants that are appropriate for the surface can be used, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Find an EPA-registered disinfectant [here](#).
- Diluted household bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least 1 minute, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3 cup) bleach per gallon of water or
 - 4 teaspoons bleach per quart of water
- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.
- If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
- If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water

setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

- Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

HOW TO DISCONTINUE HOME ISOLATION AFTER ILLNESS

People with COVID-19 who have stayed home (home isolated) can leave home under the following conditions**:

- **If they have not had a test** to determine if they are still contagious, they can leave home after these three things have happened:
 - They have had no fever for at least 72 hours (that is three full days of no fever **without** the use of medicine that reduces fevers)
AND
 - other symptoms have improved (for example, symptoms of cough or shortness of breath have improved)
AND
 - at least 10 days have passed since their symptoms first appeared
- **If they have had a test** to determine if they are still contagious, they can leave home after these three things have happened:
 - They no longer have a fever (**without** the use of medicine that reduces fevers)
AND
 - other symptoms have improved (for example, symptoms of cough or shortness of breath have improved)
AND
 - they have received two negative tests in a row, at least 24 hours apart. Their doctor will follow [CDC guidelines](#).

People who DID NOT have COVID-19 symptoms, but tested positive and have stayed home (home isolated) can leave home under the following conditions**:

- **If they have not had a test** to determine if they are still contagious, they can leave home after these two things have happened:

- At least 10 days have passed since the date of their first positive test **AND**
- they continue to have no symptoms (no cough or shortness of breath) since the test.
- **If they have had a test** to determine if they are still contagious, they can leave home after:
 - They have received two negative tests in a row, at least 24 hours apart. Their doctor will follow [CDC guidelines](#).

Note: if they develop symptoms, follow guidance above for people with COVID19 symptoms.

For ALL people

- When leaving the home, **keep a distance of 6 feet from others** and **wear a [cloth face covering](#)** when around other people.

****In all cases, follow the guidance of your doctor and local health department.** The decision to stop home isolation should be made in consultation with their healthcare provider and state and local health departments. Some people, for example those with conditions that [weaken their immune system](#), might continue to shed virus even after they recover.

[Find more information on when to end home isolation.](#)

MENTAL AND BEHAVIORAL HEALTH

Stay home, stay healthy, stay connected. Oregonians have done a great job and it is working.

- **Stay home:** You can help. Physical distancing can be challenging, but by staying home you are helping to control the spread of this illness and protect people who are more vulnerable. You are showing how much you value and love your community when you do this.
- **Stay healthy:** During this time of increased uncertainty and disrupted routines, it's also important to care for yourself physically and mentally.
- **Stay connected:** Use whatever way you can to stay in touch with others (phone, smartphone, tablet or computer) on a daily basis. Isolation is

hard for many. Financial assistance for a mobile phone is available at Oregon Lifeline 1-800-848-4442 or on the [Oregon Lifeline webpage](#) for more information.

- During this time of increased stress, it's important to prioritize your mental well-being. Our lives have been disrupted in ways both large and small. Be gentle with yourself, adjust your expectations and allow yourself time to get used to the new normal.
- It's OK if you are struggling to adapt or if you are feeling fearful or sad. These are natural reactions to an unusual situation. If you feel this way, reaching out to others can help. Try to build some social connection into your regular routine – it's best not to wait for sadness or loneliness to set in, since sometimes that can make it harder to reach out.
- People around the world are finding new ways to have fun with friends, family members, and even people they don't know from a distance. Some ways to do this include:
 - o Playing online games with others using smartphones, gaming consoles or computers
 - o Holding virtual play dates or hangouts
 - o Sharing videos of themselves singing or playing musical instruments
 - o Facebook live events
 - o Online story time
 - o Virtual powwows
 - o Online talent shows and dances
- You can help others while you help yourself: check in regularly with friends and neighbors to offer support, especially to those who might be struggling more during this time.

- Older adults, people who experience disabilities, parents with young children, and those living with mental health or substance abuse challenges might be feeling especially isolated right now. If there is someone in your life who you think might need a little extra connection, reach out to them.

- It's natural to struggle with feelings of sadness, frustration, fear, or anxiety during this time of increased isolation. Some additional tools that some have found helpful to cope with these feelings include:
 - o [Guided relaxation, meditation, or mindfulness exercises](#)
 - o Physical exercise
 - o Writing in a journal
 - o Creative expression like singing or making music, creative writing, or creating artwork

- If you're struggling now with your behavioral health, you are not alone. Help is available, please reach out. Find resources in the behavioral health section of [the OHA COVID-19 page](#).

- If you need support or just want someone to talk to, there are many resources available. Find resources in the behavioral health section of [the OHA COVID-19 page](#).

- If you need behavioral health services, telehealth care is available. Your health care providers may provide care to you using telephone or video platforms. This way, you can get the care you need while staying home. Contact your care provider or your health plan to learn more.

- Any aging adult who is experiencing loneliness, isolation, depression or anxiety can benefit from a confidential phone call with our Senior Loneliness specialists. Sometimes knowing there is someone who cares and wants to listen can be of great help. Follow [this link](#) for more information on the Senior Loneliness Line.
- Staying active is good for your mind and your body. Outdoor exercise, alone or with your household members, can be a fun way to relax and can help combat sad or anxious feelings. You can also exercise in your own home, alone or with online classes like yoga or Zumba.

What parents/caregivers can do to help

- **Keep your children safe! Lock up guns and medications even if you trust your child or teen and feel they are safe. It only takes a moment for someone to hurt themselves in a temporary moment of despair or anger.**
- Children react in part to what they see from adults around them. When parents and caregivers are able to deal with an event calmly and confidently, they can provide strong support for the children in their lives.
- Children often react to stressful events differently than adults. How the child in your life reacts will vary by age, their previous experiences and how the child typically copes with stress.
- Signs of Stress in Preschool Age Children:
 - Crying and/or screaming
 - Afraid to be separated by parents or caregivers
 - Not eating and/or losing weight
 - Having nightmares
- Signs of Stress in Elementary School Age Children:
 - Feeling guilt or shame
 - Trouble concentrating

- Not sleeping well
- Signs of Stress in Middle and High School Age Children:
 - Feeling depressed or alone
 - Harming themselves
 - Abusing alcohol or drugs
- Caregivers can help children by staying calm and reassuring them. Talk to children about what is happening in a way they can understand. Keep it simple and appropriate to each child's age.
- Provide children with opportunities to talk about what they are experiencing. Encourage them to share their concerns; ask questions.
- Help children find age-appropriate actions they can take related to the event. For example, have them help an older family member or friend feel connected through a phone call or virtual video call.
- Find more resources and learn more about how to support children of all ages by visiting [CDC's Helping Children Cope website](#).
- National Child Traumatic Stress Network (NCTSN) offers a [Parent/Caregiver Guide to Helping Families Cope](#).
- YouthLine provides help to teens who experience a mental health crisis. The YouthLine offers teen to teen crisis help with both a phone line and a texting support line through Lines for Life. Teens respond from 4:00 to 10:00 PM Monday through Friday. Adults are available 24 hours a day, 7 days a week
 - Call 1-877-968-8491
 - Text teen2teen to 839863

Safety and resilience tips from Oregon Health & Science University Child and Adolescent Psychiatry Fellows

These tips to promote resilience and maintain safety during this stressful time have been compiled by a group of doctors becoming Child & Adolescent Psychiatrists.

Resilience

Remember, children follow the lead of their parents. They look to you to see if they should be afraid, concerned, confident, calm or carefree. You can set the stage for their response to be concerned and confident by taking a moment to check in with yourself before you check in with them.

Consistency and structure can help establish a sense of normalcy and be calming.

- Try to establish a simple routine for your family in 60- or 90-minute chunks.
- Get your children involved in the planning process to give them a sense of control.
- Consider including routine mealtimes and consistent bedtimes and wake up times.

Physical activity has been shown to combat symptoms of anxiety and depression.

- Taking regular breaks to go outside for fresh air and exercise is great for mental health.
- Look for free online resources for youth-focused at-home workouts, such as [Fitness Blender Kids Workout - 25 Minute Fun Workout for Kids at Home.](#)

Relearn how to be present with your family.

- Being present and available for your family can be the best way to support and help during this stressful time.
- Consider working on tasks or projects alongside your children and set aside time to offer your family your full and undivided attention.

Maintain technologic well-being:

- The key to healthy screen use is awareness and open conversations with your children.

- Consume news judiciously from reputable journalism organizations, the [Oregon Health Authority](#) or the [Centers for Disease Control and Prevention](#).
- Participate in technology alongside your children, for example by engaging with them via social media apps or video games they frequently use.

Safety

Keep your children safe! Lock up guns and medications even if you trust your child or teen and feel they are safe. It only takes a moment for someone to hurt themselves in a temporary moment of despair or anger.

For those who experience or are at risk of experiencing suicidal thoughts:

- Restrict access to lethal means in your household - it has been proven to save lives!
 - Keep over-the-counter and prescription medications in a medication lockbox or locked cabinet.
 - Ensure firearms are kept in a gun safe with a trigger lock and store ammunition separately.
- Alcohol and other mind-altering substances can impair judgement and lower inhibitions.
 - Consider removing these from the home or keeping them in a locked cabinet.
- Sharps such as knives, razor blades, and scissors are frequently used to engage in self-injurious behaviors.
 - Limit access to these items when youth are unsupervised.
- Develop a safety plan with your child, such as this one: [Patient Safety Plan Template](#)
 - Discuss warning signs, coping strategies, and healthy activities that can distract your child from thoughts of self-harm when they do occur.
 - Have a list of names and contact information that your child can reach out to for distraction or help when needed.
- Entirely removing access to technology as a consequence can be very isolating for your child.
 - Cutting off a lifeline to a teen's friends can result in an emotional backlash and disruption in the parent-child relationship.

- When a lapse in judgement is related to phone use, ask your child about the behavior and consider limited privileges targeted to the problematic behavior.
- Aim to teach your children to manage their own relationship with technology.

SUICIDE AND SUICIDAL FEELINGS

- We can expect this time of increased stress, economic impacts, and prolonged change of “normal” routines to impact Oregonians mental health. Sometimes isolation, anxiety and fear that we experience can feel confusing and overwhelming and may lead to thoughts of suicide.
- **Suicide is not inevitable, it is preventable** – there are steps we can take to support each other and increase safety for ourselves and those around us.
- COVID-19 has changed the way people access support and resources. Resources are still available, but new challenges exist because of requirements for physical distance. The **what** is the same, the **how** is different.
- Overall strategies to protect against suicide include increasing social connectedness, increasing feelings of belonging, and encouraging people to engage in their community.
- What you can do as a person supporting others:
 - Stay socially connected to friends or family, especially those who have or are experiencing thoughts of suicide
 - Listen without judgement, take all talk of suicide seriously, let them know that you care about them
 - Offer to help the person connect to resources
 -

Resources

- Lifeline number: 1-800-273-8255 or [online chat](#)

- Spanish Lifeline number 1-888-628-9454 or [online chat](#)
- Crisis Line for Veterans 1-800-273-8255, [online chat](#) or text 838255
- Visit OHA website for [local county crisis supports](#)

What you can do yourself:

- Remind yourself that you are not alone, and help/hope is available
- Reach out to positive friends and family
- Name how you are feeling – its ok to not feel ok
- Find ways to be involved in your community and help others
- Name and do the things that bring you joy, help you feel calm (examples: go for a walk, read a book, journal, practice mindfulness, getting plenty of sleep, create a routine with wellness practices in it)
- Have a plan for ways you can support yourself if/when thoughts of suicide come up for you. (Example: have crisis number and numbers for main support people in an easily accessible place)

We recognize some groups find it harder to get the support that they need. OHA is doing what we can to identify and address those barriers and adapting our work to support people who might be experiencing thoughts of suicide during this time.

Risk groups that we've identified:

- Families with young children
- People experiencing homelessness
- People living in rural communities
- Black, indigenous, people of color
- People in recovery from substance use or problem gambling disorders
- People whose first language is not English

- Immigrant and Refugee communities
- People who experience disability
- People with limited incomes
- People experiencing social isolation (seniors, people who live alone)
- Veterans
- LGBTQ+ community (especially youth)

Here are some ways that OHA is responding and working towards solutions:

- OHA is monitoring suicide specifically during the COVID-19 pandemic.
- Lifespan suicide prevention team has been embedded into the COVID-19 response structure.
- Engaging with behavioral health consumers and other partners to identify barriers and address needs as they arise.
- Increasing capacity for online suicide prevention training for providers and community members
- Created a remote suicide risk assessments and safety planning line to support K-12 schools.
- Adapting our existing suicide prevention efforts to meet the needs during this unique time.
- Redirecting funds to respond to identified barriers
- Working with local, state and national partners to align strategies and leverage resources.

STAYING WELL

It is important to keep your body resilient:

- Eat a healthy diet.
- Exercise.

- Get plenty of rest.
- Embrace your spiritual health in a way that works for you.
- Stay up to date on routine vaccines. This includes the flu vaccine. It is not too late to get a flu shot to protect yourself from the flu, which continues to cause illness in Oregon.
- Limit alcohol to stay healthy and keep your immune system strong. Drinking alcohol can also lead to feelings of depression. Seek help if you find that it is difficult to limit your drinking.
- Substance Abuse and Mental Health Services Administration (SAMHSA) has a National Helpline, or TTY: 1-800-487-4889, that is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
- Quit smoking and vaping. Initial research shows that people who smoke may be more likely to develop serious complications from COVID-19. If you'd like to quit, free help is available at 1-800-QUIT-NOW or www.quitnow.net/oregon.
- Stay home and travel only for essential activities that cannot be conducted remotely.
- Health care procedures such as scheduled surgeries may be postponed because of COVID-19. Contact your medical provider if you are unable to practice your daily routines because of physical or mental health reasons.
- For decades, the tobacco industry has targeted children, communities of color, and people who are stressed and struggling. This can lead to addiction and lifelong health conditions that make people more susceptible to a long list of illnesses, including COVID-19. People in Oregon have pushed back, creating smoke-free spaces and raising the age to buy tobacco. You might notice some new online ads and billboards inviting you to [stand up to the tobacco industry](#).
- For free help to quit tobacco, call 1-800-QUIT-NOW or visit www.quitnow.net/oregon.
- As we learn more about the virus that causes COVID-19, new information is coming at us fast. Unfortunately, so is misinformation. To combat this, the

World Health Organization (WHO) has created [a Myth-busters page](#) to address some of the rumors.

They continue to add information as new myths surface. For example, a hot bath will relax you, but no, it won't help fight the coronavirus. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. And, viruses cannot be spread through 5G mobile networks.

You can [download shareable graphics](#) for your social media accounts to help fight the spread of rumors.

STAYING WELL - CHILDREN

This is a stressful time for you and your children. Your doctor is here for you.

- Child health clinics have made their offices safe to see sick and well patients for appointments and can answer your questions. Call them.
- Children's well visits are still important. Delaying vital preventive or illness care may create problems for kids in the short and long term
- Many patients love the convenience of telemedicine. You can talk to your doctor from your own home by phone or video conference.
- Contact your doctor's office for newborn, child, and adolescent medical and behavioral health appointments for urgent, preventive, chronic, and specialist issues.
- Vaccines protect your child from preventable diseases. It is important to stay on schedule with your well child visits.

OUTDOOR RECREATION

Oregonians are asked to recreate responsibly to protect the health, wellness, and safety of themselves and others in local communities.

If you plan to recreate outdoors, here's a list of things to keep in mind:

- Visit parks and recreation areas close to the community where you live. Travel should still be reserved for essential reasons only.

- Limit your recreation activities and recreate only with people that you live with.
- Check to make sure your destination is open before you leave home.
- Plan and come prepared. There may not be as many services as you are used to.
- Restroom services may not be available. Plan to bring your own soap, water, hand sanitizer and toilet paper.
- Bring a water bottle and food.
- Bring a mask to cover your nose and mouth.
- Visit less-crowded areas, visit during off-peak times and have a back-up plan.
- If you're not feeling well, don't go. If you have symptoms of a fever, cough or shortness of breath, stay home.

More details on outdoor recreation reopening including a list of how to recreate responsibly while maintaining physical distancing are available on [Governor Brown's website](#).

RUNNING ESSENTIAL ERRANDS

If possible, continue to stay home. Only run errands that are necessary. It may help to make a list ahead of time to make sure you don't have to return to the store or business sooner than planned.

If you must go somewhere to run an errand the CDC offers the following guidance:

Stay home if sick.

- Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath.

Use touchless methods when paying

- If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

Order online or use curbside pickup.

- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.

Protect yourself.

- Stay at least 6 feet away from others while shopping and in lines.
- Come back at a different time if lines are too long or if people are not practicing physical distancing of at least 6 feet.
- It is required that individuals, including children between 2 and 12 years of age, wear a face covering at all times in settings like grocery stores or pharmacies, where it is likely that physical distancing of at least six feet from other individuals outside their family unit cannot be maintained, and vulnerable people must go.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Cover coughs and sneezes with a tissue or your elbow.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.

Use hand sanitizer when you leave. Wash your hands when you get home.

- After leaving the store, use hand sanitizer. When you get home, wash your hands with soap and water for at least 20 seconds.
- At home, follow food safety guidelines: clean, separate, cook, chill. There is no evidence that food or food packaging has been linked to getting sick from COVID-19.

Accepting deliveries and takeout orders

- Limit in-person contact if possible
- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.

Wash your hands or use hand sanitizer after accepting deliveries or collecting mail.

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

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More information on running essential errands is available on the [CDC webpage](#).

If you or a member of your household has signs of COVID-19, call your doctor first, instead of going to the office or the emergency department. Call 911 if you believe it is an emergency.

FOOD AND RENT RESOURCES

Many of us need support accessing food right now, and there are new and expanded resources to help meet these needs. To make it easier to see what resources are available, the Department of Human Services has developed a new website to help connect Oregonians with:

- Local school meal programs
- Food banks and pantries
- Meals for older community members

- Applications for food assistance programs

You will also find downloadable flyers about Oregon’s food resources in 11 languages. Go to needfood.oregon.gov.

Financial support available to replace meals children usually get at school.

The Department of Human Services (DHS) and the Oregon Department of Education (ODE) announced that children eligible for free or reduced-price meals will get cash benefits for the meals they would have received at school.

Households can receive \$5.70 per child for each normal school day for the months of March, April, May and June. This is the equivalent of one lunch and one breakfast.

Families who have experienced significant income loss may now be eligible for free or reduced-price school meals. [Apply online](#) or contact your local school.

DHS will continue to work with federal partners to provide help to Oregonians in need. To apply for Nutrition Assistance, visit needfood.oregon.gov or call 2-1-1.

[Full details are available here.](#)

1. **[Oregon Food Bank \(OFB\)](#)**: All Oregon and Clark County, Washington food assistance sites along with other food resources.
 - Call for assistance: 503-505-7061
 - Email for assistance: gethelp@oregonfoodbank.org
2. OFB needs volunteers to box and deliver food. [Volunteer to help](#) - sign up for individual shifts, if you are under the age of 60 and don’t face higher risks for COVID-19.
3. **[Partners for a Hunger-free Oregon](#)**: Resources and information to access basic food needs including locations where families can get meals for kids during the school closure.
4. **[211 Food Information](#)**: Information and referrals to food (and other) resources across Oregon and Southwest Washington.

Rent relief available

Oregon Housing and Community Services' COVID-19 Rent Relief Program (OHCS) has allocated \$8.5 million through a needs-based formula to [regional Community Action Agencies \(CAAs\)](#). The funds were allocated statewide to local communities. See [the Governor's blog](#) for the full list and contact information.

OREGON DEPARTMENT OF HUMAN SERVICES (DHS) RESOURCES

DHS is open to help Oregonians navigate this public health crisis together. There are online applications and, if you are able, you can call or email a local DHS office. DHS offices are practicing physical distancing to keep the public and staff safe. All branch offices, but one, are open to serve customers at this time.

Note: The Warm Springs branch office has closed, and customers should go to Madras if they do not have access to phone or online services. Tribal members are given a bus pass to the Madras office in addition to phone support.

- Families and single adults without a disability can apply for services at DHS. Here is a [directory of the 70+ Self-Sufficiency branch offices around the state](#) or a link to [apply online](#).
- Here is a link for [seniors and people with disabilities](#).

RESOURCES FOR PEOPLE WITH DISABILITIES

Oregon Deaf and Hard of Hearing Services has published [a page of ASL coronavirus resources](#).

The page includes:

- Links to ASL videos about COVID-19
- Communication resources
- Emergency resources (e.g., food, housing)

- Mental health and resources for emotional well-being

More resources for people with disabilities are available at www.healthoregon.org/coronavirus under “Community Resources for Specific Groups.”

Both sites feature communication cards, including a new one designed to help people who are deaf and hard of hearing communicate about COVID-19 symptoms. [The card](#) includes graphics about symptoms and duration and is intended for someone who is deaf or hard of hearing to use to communicate when they think it’s most appropriate.

The card was adapted from a tool created by the state of Wisconsin.

PUBLIC HEALTH RESPONSE EFFORTS

- We continue to work with our local trusted community partners like faith communities, clinics, hospitals, schools, tribes, non-profits, and other groups to adjust our COVID-19 response strategies to meet community need.
- OHA has activated its agency operations center and has a response team dedicated to COVID-19.
- OHA and our partners are reviewing cases to identify people who had close contact with an ill person, so that we can take appropriate actions.
- The Oregon State Public Health Lab is conducting laboratory testing of prioritized samples sent to us, using CDC’s and OHA’s guidance.
- We provide health resources, guidance, and technical assistance to partners as needed to support their response to COVID-19.
- Many people are worried about the way COVID-19 is affecting our communities. The disruptions to daily life are challenging for all of us, yet important to slowing the spread of COVID-19.
- Slowing the spread helps protect our most vulnerable community members and will help keep our health system working when we need it most.
- Governor Kate Brown’s #StayHomeSaveLives order was announced on March 23rd. By following the executive orders, researchers estimate that together we have prevented as many as 70,000 cases and 1,500 hospitalizations. We know we have asked a lot of Oregonians. Because of the role you have played in this response, Oregon is on the right path to help stop the spread of COVID-19. We

will continue to provide you with the information you need to stay safe and healthy as Oregon begins taking steps to lift the orders.

- Oregon is providing \$8 million to the Oregon Food Bank, filling an urgent need for Oregon families seeking food assistance during the COVID-19 public health crisis. The state will pay Oregon Food Bank weekly, as needed over eight weeks starting mid-April, to meet the increased demand. The state expects to receive a 75% reimbursement from FEMA, in accordance with the federal emergency declaration.
- The Oregon National Guard will distribute approximately 395,000 pieces of personal protective equipment (PPE) to all long-term care facilities across Oregon. The rapid distribution of approximately 177,000 surgical masks, 127,000 gloves, 55,000 N95 masks, 33,000 face shields, and 2,500 gowns will supplement efforts by the Department of Human Services and Oregon Health Authority to support facilities by helping prevent the spread of COVID-19 to residents and staff. Members of the Oregon National Guard began deliveries of this equipment Saturday.
- **Governor Brown and OHA launch Safe + Strong outreach campaign in 12 languages**

To get through COVID-19 together, all of us need access to information and resources that allow us to be safe, healthy and strong. This crisis has been particularly challenging for people who already face barriers to health and well-being, including our family, friends and neighbors who don't have access to life-saving information in the language they speak.

On April 23, Governor Brown and Oregon Health Authority launched the [Safe + Strong campaign](#). Safe + Strong will support communities in Oregon through partnerships with community organizations and outreach.

Many people face barriers to staying healthy. Many face economic and systemic barriers to following the “Stay Home. Save Lives.” executive orders. These barriers mean many Oregonians do not have equal opportunity to follow the orders. This includes seasonal and migrant farmworkers, immigrants, refugees, communities of color, non-English speaking Oregonians, hourly wage essential workers, people with chronic health conditions, and older Oregonians. The Safe + Strong campaign includes a website with culturally relevant information in 12 languages.

Supporting organizations in communities will expand our reach. The campaign will also include technical assistance, materials and capacity grants to support community organizations across the state who are working in communities across Oregon to reach people who need it most.

For more information, see [Governor Kate Brown and OHA's press release](#) and visit safestrongoregon.org.

OUTBREAK INFORMATION

- We will continue to gather information about COVID-19 and share what we learn. Our goal is to inform the public and share how, as a community, we can limit the effects of COVID-19. To do this, OHA will share:
 - The number of positive (lab evidence of COVID-19 disease) and negative (no evidence of disease) tests. Positive test results will be reported as received.
 - Total number of people who have died from COVID-19 in Oregon.
 - Aggregated demographic information on cases.
- You can find up to date numbers on cases of COVID-19 in Oregon at healthoregon.org/coronavirus or by calling 211.
- Oregon has cases that have no known link to someone who has COVID-19 or travel to an affected region. This is often referred to as community spread.
- We expect to find more cases in the community.
- OHA and local public health authorities are working with people who had direct contact with known cases, including on cruise ships or airplanes. Public health lets these folks know what symptoms they need to watch for and how to seek medical care, should they need it, in a way that avoids exposing others.
- Public health will not be announcing the locations of where people might have been exposed. At this point, we are all at risk and need to take precautions to prevent spread. From what we know about how this virus spreads, that information would not change what is being asked of all people in Oregon, to follow Governor Brown's executive order and take steps to prevent the spread of infection. For information on Governor Brown's executive order please look on the [Governor's webpage](#).

OREGON COVID-19 DAILY UPDATE

- Oregon Health Authority releases a [daily update](#), which is produced jointly with Oregon Office of Emergency Management. It details the overall picture of the COVID-19 response across government agencies.
- The data reflects the best picture of the COVID-19 situation over the past 24 hours and is updated daily.

COVID-19: DISEASE INFORMATION

This new coronavirus often causes mild illness but, in some people, can cause severe illness in the lungs. In rare cases, it can cause death.

Symptoms: People who are ill with the virus may have a fever, cough and difficulty breathing.

Incubation: With other coronaviruses, signs of illness usually show up 2–14 days after a person is exposed to the virus. This also appears to be true with COVID-19.

Level of Risk:

- Many people who have COVID-19 will have mild to moderate flu-like symptoms, like a fever and cough.
 - If the symptoms are not severe enough to need medical treatment, these individuals should stay home, rest and monitor their symptoms for care.
 - Older adults and people who have serious chronic medical conditions (such as heart disease, diabetes, and lung disease) are at higher risk of getting very sick from COVID-19.
 - People who need non-emergency medical care should call their health care provider before showing up at a clinic.
 - If they are physically able, individuals who need emergency care should tell 911 and the hospital about any known exposure to someone with COVID-19 and travel to any affected areas.
- We don't know the mortality rate at this time. The situation changes daily.
- Older adults and people with underlying health conditions can help stay safe and healthy if they take steps to protect themselves. In addition to taking everyday precautions, these individuals should avoid public gatherings, people who are sick, cruise ships and non-essential air travel.

- There is no racial or ethnic group that is any more likely to get COVID-19 or spread it to others.
- Early information suggests that older adults and people with underlying health conditions may have a higher risk of severe illness. Underlying health conditions that may increase the risk of serious COVID-19 for individuals of any age:
 - Lung disease including asthma or chronic obstructive pulmonary disease (chronic bronchitis or emphysema) or other chronic conditions associated with impaired lung function or that require home oxygen
 - Compromised immune system (immunosuppression) (e.g., seeing a doctor for cancer and treatment such as chemotherapy or radiation, receiving an organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medications, HIV with a CD4 count <200)
 - Blood disorders (e.g., sickle cell disease or on blood thinners)
 - Chronic kidney disease
 - Chronic liver disease
 - Current or recent pregnancy (in the last two weeks)
 - Endocrine disorders (e.g., diabetes)
 - Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
 - Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
 - Neurological and neurologic and neurodevelopment conditions

Transmission: COVID-19 infection appears to be spread when ill people cough or sneeze. If they cough on something or cough on their hand and then touch something, the virus might be on that object. If someone then touches that object a short time later, and then touches their eyes without cleaning their hands, that could lead to infection as well. Cleaning often-touched surfaces with disinfectant helps prevent this.

- New research shows that this COVID-19 is detectable in the air for up to three hours. It can also survive up to four hours on copper, up to 24 hours

on cardboard and up to two to three days on plastic and stainless steel, although there is no definitive evidence that people can acquire the infection this way.

Face coverings:

Consistent with the Centers for Disease Control and Prevention (CDC) [recommendations](#), the Oregon Health Authority recognizes the use of face coverings may reduce the spread of COVID-19 among Oregonians. This includes viral spread from people who have the infection, but no symptoms.

As businesses and public spaces reopen in Oregon, it may be difficult to always keep 6 feet between people. Therefore, OHA recommends that the public use face coverings in businesses and public settings.

More information on using face coverings is available [here](#).

* For recommendations on masks and face coverings in health care settings, see related guidance from [Oregon Health Authority](#) or from [Centers for Disease Control and Prevention](#).

Prevention: The best way to protect yourself is to avoid exposure to the virus. There are easy steps you can take to prevent the spread of COVID-19 and many types of illness - including the flu - especially to older adults and those with underlying chronic diseases:

- 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% 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.
- Try to maintain space between yourself and others.
- Follow the governor's orders on physical distancing.
- Follow CDC's travel guidance.

Nebulizers/Inhalers: There has been concern in the community about the safety of using nebulizers and inhalers.

- Review of the available evidence to date suggests that use of inhaled steroids does not increase your risk of complications from COVID-19.
- Stopping inhaled steroids can double your chances of having an asthma attack in the next 6 months.

Vaccine/immunization: There is no vaccine or immunization that can prevent COVID-19.

Deciding if you need medical care: Many people with fever, cough, and mild illness can recover at home. They don't need to seek medical care.

- If you are feeling reasonably well, you might not need to go to visit a clinic or hospital. That allows healthcare providers to focus on care of people who most need care.
- If you are very ill or have trouble breathing, those are important reasons to be seen. In this case, call 911 or call your doctor. Tell them if you've traveled to an area affected by COVID-19 or had close contact with someone confirmed to have COVID 19, within the last 14 days. If you let them know, they can take precautions and plan to see you without exposing others.
- Older adults and those with chronic underlying disease should have a low threshold for calling their providers with any concerns.

Allergies: A cough this time of year could be because of seasonal allergies.

- Ask yourself: Is this how you usually feel this time of year? Do your symptoms improve after taking your regular allergy medication?
- If you are coughing more than usual, have a fever or shortness of breath, call your healthcare provider to ask if you should be seen.

Diagnosis and testing: Your healthcare provider will determine whether you need to be tested for COVID-19 or other illnesses.

- Commercial labs are receiving specimens for COVID-19 testing at clinicians' discretion, including in the outpatient setting. This does not require Public Health approval.

Treatment: Most people get better by staying home, resting and treating their symptoms. Treatment for patients with COVID-19 is supportive. It helps the

person deal with the symptoms until the immune system kicks in and kills the infection.

- There are no US Food and Drug Administration (FDA)-approved drugs specifically to treat patients with COVID-19. Researchers are studying drugs approved for other conditions and new experimental drugs are in hundreds of clinical trials across the globe.

Pediatric multi-system inflammatory syndrome, a rare but emerging condition in children that is believed to be associated with COVID-19 infection.

Little is known about the syndrome. Boston Children’s Hospital, citing a recent health alert out of the United Kingdom, noted symptoms that include fever, inflammation, and poor function in one or more organs. It is reportedly similar to Kawasaki disease, which causes fever, rash, swelling of hands and feet, redness of the eyes, swollen lymph glands, and inflammation of the mouth, lips and throat.

For more information, [read OHA’s press release.](#)

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LARGE EVENTS AND PUBLIC GATHERINGS

For information on Governor Brown’s executive orders please look on the [Governor’s webpage.](#)

- We know it is hard to cancel events and gatherings that you have been planning for a long time. Physical distancing measures, such as canceling or postponing gatherings, can reduce opportunities for person-to-person virus transmission and can help slow the spread of the disease and save lives.
- Together we can minimize the impact of COVID-19 on our most vulnerable community members and help ensure our health systems will work for all of us when we need it most. We appreciate your help in this effort.
 - Consider web-based attendance, televising events without a live audience or providing other remote attendance options.
 - Communicate to your staff and attendees that the event is canceled and why.

- Consider how you might reimburse attendees.

Large events and public gatherings: Oregon State agencies

- Stay informed of the Governor's orders and your agency's guidance regarding essential services, events and public gatherings. Follow that guidance.

Large events and public gatherings: Local Public Health Authorities

- Stay informed of the Governor's orders and your agency's guidance regarding essential services, events and public gatherings. Follow that guidance.
- Be aware of events happening in your jurisdiction.
- A virus can spread quickly among event workers and attendees.

Recommendations for hosting events: Alternative options

- Follow Governor Brown's orders. For information on Governor Brown's executive order please look on the [Governor's webpage](#).
- You may be able to follow the orders by holding your event virtually.
Modifications to consider:
 - Use webinar platforms.
 - Use video conferencing.
 - Post recordings and other content online.

SMALLER GATHERINGS

- Follow Governor Brown's orders. For information on Governor Brown's executive order please look on the [Governor's webpage](#).

SCHOOLS AND CHILDCARE CENTERS

- For information on Governor Brown's executive order related to childcare centers, find a list of resources [here](#).

Oregon Department of Education released Ready Schools, Safe Learners Guidance

The Oregon Department of Education today shared [Ready Schools, Safe Learners](#), the initial guidance for how public and private schools will develop an operational blueprint for the 2020-21 school year.

Governor Kate Brown also announced that she will be convening a Healthy Schools Reopening Council to advise her and the Oregon Department of Education (ODE) during the [Ready Schools, Safe Learners](#) K-12 schools reopening process. The council will ensure all community voices—especially those representing school employees and Oregon’s Black, Indigenous, Latinx, and other communities of color—have a forum to give feedback as school districts develop their plans for a safe return to school for Oregon’s students.

For more information on the council, see [Governor Brown’s press release](#).

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COLLEGES AND UNIVERSITIES

For information on Governor Brown’s executive orders please look on the [governor’s webpage](#).

CAREGIVER SUPPORT FOR OLDER ADULTS AND PEOPLE WITH UNDERLYING HEALTH CONDITIONS

Many people want to know how they can support older adults and people with underlying health conditions.

- Older adults and people with underlying health conditions are at higher risk for complications from COVID-19. To protect them always maintain physical distancing of at least 6 feet when interacting with people who are not members of your immediate household.
- Caregivers should make sure they know what medications your loved one is taking and see if you can help them have extra on hand.
- Monitor food and other medical supplies; make a backup plan.

- Stock up on non-perishable food items to have on hand to minimize trips to the store.
- If your loved one is living in a care facility, ask about the health of residents frequently, follow visitor restrictions and know what the protocol of the facility will be if there is an outbreak at the facility.

Transportation

- Public transportation should be reserved for essential workers and essential travel. When taking public transportation maintain 6 feet between yourself and others, avoid touching your eyes, nose and mouth, cover coughs and sneezes with a tissue or your elbow, and wash your hands after riding.
- When riding public transit, an individual must wear a face covering unless the individual:
 - Is under two years of age.
 - Has a medical condition that makes it hard to breathe when wearing a face covering.
 - Has a disability that prevents the individual from wearing a face covering.
- If you need to transport someone in your vehicle remind passengers of the need to "cover their cough" and any passenger with a cough illness should wear a mask. Wipe down surfaces afterwards with an approved disinfectant.

Detailed information on transportation is available on the [CDC webpage](#).

INTERIM SHELTER GUIDANCE

Minimizing the spread of communicable disease among individuals in shelters for people experiencing homelessness is priority. You can find guidance for operating shelters on the [OHA webpage](#).

LABORATORY TESTING IN OREGON

[Oregon Health Authority \(OHA\) guidance](#) for COVID-19 testing prioritizes populations who are disproportionately impacted by COVID-19 and all frontline workers. The guidance continues to allow healthcare providers to make clinical decisions about their patients.

More information about OHA's strategic testing plan is available at the following links:

- [COVID-19 Strategic Testing Plan for Oregon](#)
- [Oregon COVID-19 Testing and Contact Tracing Strategies](#)

Testing and insurance

- Most health insurance companies in Oregon will waive co-pays, co-insurance, and deductibles for COVID-19 testing.
- The agreement means consumers with fully-insured health plans will not be charged co-payments, co-insurance, or deductibles related to COVID-19 for the following:
 - COVID-19 laboratory testing done consistent with guidelines issued by the United States Centers for Disease Control and Prevention.
 - An in-network provider office visit or a visit to an in-network urgent care center for COVID-19 testing.
 - An emergency room visit for COVID-19 testing.
 - Immunization for COVID-19, once it becomes available.

Outside of these instances, regular terms of insurance such as co-payments, co-insurance, and deductibles will still apply. Visit the Department of Consumer and Business Services' [website](#).

OREGON HEALTH PLAN

- If you have the Oregon Health Plan and need to be tested for novel coronavirus (COVID-19), it's covered. If you are hospitalized because of COVID it's covered.

The 3/31 Oregon Medicaid waiver includes the following:

- OHP members will not lose or have a reduction in benefits during the COVID-19 crisis. There are a few exceptions to this rule and those are:
 - Moving out of state for a reason not related to COVID-19
 - Request by member to close benefits
 - Incarceration
 - Deceased
 - Aged out
- Current OHP members will not lose coverage during this crisis. This includes Cover all Kids coverage that is a state-funded only benefit, unless they turned 19 years old and aged out of the program and will be enrolled in CAWEM.
- You can apply for OHP without having to verify income (submit a pay stub) with your application. You can self-attest, which will help you get access to OHP coverage more quickly.
- Sign up at [ONE.Oregon.gov](https://one.oregon.gov) – you may be eligible for get OHP even if you have been denied in the past.
- Federal stimulus payments and increased unemployment payments will not affect OHP eligibility. They will not be counted during the application process or when members report a change in their household income.
- If you don't want to apply for OHP, we encourage you to see a clinician through your county health clinic or through a federally qualified health clinic (FQHC). [Here is a list of FQHCs in Oregon.](#)

IMMIGRANTS AND REFUGEES

Medical care

- You can still see a doctor if you don't have medical insurance. This includes care in the emergency room, at community and migrant health centers, free clinics, and public hospitals.
- If you have CAWEM, CAWEM plus, OHP, or private insurance, you won't be charged for a test or treatment for COVID-19, including going to the hospital.

- The Governor has reached an agreement with insurers so that people will not have to pay anything out of pocket for COVID-19 tests or hospitalizations from COVID-19.
- If the applicant is undocumented or has been a legal permanent resident (green card holder) for less than 5-years, they may be eligible for the Oregon Health Plan's (OHP) Citizen/Alien Waived Emergency Medical (CAWEM) benefit includes emergency medical, dental and transport services including services at a hospital emergency room and being hospitalized if needed. CAWEM also includes all services for the diagnosis and treatment of COVID-19. This coverage is not limited to emergency rooms and hospitals. OHA can reimburse providers for COVID-19-related services regardless of service location. Coverage includes non-emergency settings such as medical offices and urgent care.
- The receipt of emergency Medicaid, such as CAWEM, cannot be counted under U.S. Citizenship and Immigration Service's (USCIS) public charge rule. Additionally, on March 13, 2020 USCIS issued an alert on its website stating that the agency will not consider testing, treatment, or preventive care (including vaccines, if a vaccine becomes available) related to COVID-19 as part of a public charge determination. You should seek the medical treatment or preventive services you need to protect your health and the health of others. This includes if your care is paid for in whole or in part by Medicaid, also known as the Oregon Health Plan.
- If you do not have Oregon Health Plan (OHP) coverage or Citizen/Alien Waived Emergency Medical (CAWEM), you can [apply for it here](#). If you don't want to sign up for OHP because of the public charge rule, you can see a clinician through your county health clinic or through a federally qualified health clinic (FQHC). You can find a list of these clinics in Oregon by [clicking here](#). If you have any important medical, mental health or medication needs be sure to mention this when you call.
- Anyone, regardless of their immigration status, can go to one of these clinics. They will have a sliding scale for payment for general primary care services, and all tests and treatments related to COVID-19 are covered without any cost. Call the clinic first to see if you can be seen there and to find out what the process is for getting an appointment. Some clinics will require an intake or registration for treatment. If you are worried about payments for services, talk to your clinic.

Public charge and COVID-19

- If you are a Legal Permanent Resident (have a green card) applying to become a U.S. naturalized citizen, USCIS issued an alert on its website saying they will not consider testing, treatment, or preventative care (including vaccines, if a vaccine becomes available) related to COVID-19 as part of a public charge determination.
- If you have symptoms that resemble Coronavirus/COVID-19 (fever, cough, shortness of breath), you should get medical treatment. This will not negatively affect you as part of a future Public Charge analysis.

LONG-TERM CARE FACILITIES

Information and guidance for long term care facilities can be found in the [“LTCF COVID-19 Response Toolkit.”](#)

TRAVEL GUIDANCE

- **CDC has issued travel advisories related to the COVID-19 outbreak. The situation is changing quickly, and CDC’s travel advisories may continue to change.** Travelers should check [CDC’s website for travel information](#) for their destination prior to travel.
- If you’ve been to an affected area in the past 14 days or you’ve been in close, face-to-face contact with someone ill with COVID-19 and are ill with fever, cough or difficulty breathing you could have COVID-19.
- Many people have mild illness and don’t need to see a doctor. Once you recover, stay home until 72 hours after you no longer have a fever and cough and have not taken fever reducing medicine.
- If you have trouble breathing or feel sick enough to be seen, contact your healthcare provider before going in. They will identify the safest way for you to seek care without exposing others. If you are severely ill, call 911.
- Public health officials in Oregon and all other states are working with returning travelers, asking them to check their temperatures, watch for signs of illness, and to take steps that will avoid exposing others. These steps are being taken to slow the spread of COVID-19 to communities in the US.

- Self-monitoring or self-quarantine can be inconvenient. American travelers coming home from affected areas are encouraged to comply with public health recommendations. These include Americans returning home to Oregon.
- 50% of Oregon hospitals report the ability to screen for international travel when a patient arrives at the emergency room or is admitted.

GUIDANCE FOR HEALTH CARE PROVIDERS

Information and guidance for health care providers can be found at [OHA's COVID-19 Healthcare Partner Resources](#).

For information on healthcare settings look under the heading [Guidance for Healthcare Settings](#) on the OHA COVID-19 webpage. The page contains the most current information on the resumption of non-emergent and elective procedures in the following:

- Medical and dental offices
- Hospitals
- Ambulatory surgical centers
- Veterinary offices
- Other health care settings

Oregon health and safety officials advise medical professionals to **stop using KN95 respirators**, in accordance with the Food and Drug Administration (FDA) guidance, which cites poor quality.

The Oregon Health Authority (OHA) and Oregon's Occupational Safety and Health Administration (OSHA) want to inform Oregonians this guidance applies only to the use of KN95 respirators. The FDA announcement does not impact other personal protective equipment, including N95 masks, which are safe to use.

More information is available on the [OHA website](#).

CONFIDENTIALITY OF A PUBLIC HEALTH INQUIRY

- In the course of our work in public health, the Oregon Health Authority (OHA) and local public health authorities are entrusted with sensitive health information.

- Protecting this information is required by law except in very special circumstances. It promotes our ability to conduct effective public health inquiries, protect the public’s health and maintain the confidence and cooperation of individuals participating in public health inquiries.
- Under Oregon Revised Statute (ORS) 433.008(1), any information obtained by OHA or a local public health administrator in the course of an inquiry of a reportable disease or disease outbreak is confidential. Such information is not subject to disclosure under the public records law.
- OHA may, in limited circumstances, disclose reportable disease or disease outbreak information to state, local or federal agencies authorized to receive the information under state law or federal law, but OHA and local public health administrators may only release the ***minimum amount of information necessary to carry out the purpose of the release***. ORS 433.008(2)(a) and (4).
- OHA may release statistical compilations that do not identify individual cases or sources of information; in that spirit, on a regular basis OHA will release a standard set of information about COVID-19 cases, persons under monitoring and persons under inquiry.
- Some local health authorities and healthcare providers are bound by the Health Insurance Portability and Accountability Act (HIPAA). OHA is sensitive to our partners’ limitations and obligations to protect patient information under HIPAA.
- OHA’s Public Health Division itself is not HIPAA-bound; we protect patient information shared with us based on Oregon statutory obligations and to maintain the cooperation of patients and positive working relationships with our healthcare partners.
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RESOURCES FOR MORE INFORMATION:

Oregon Health Authority

- www.healthoregon.org/coronavirus
- Oregon Health Authority Spanish language Facebook page - [OHA en Español](#).

Department of Human Services – apply for Food or Cash help, Childcare, Employment

- <https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>

CDC Guidance

- www.cdc.gov/coronavirus/2019-nCoV
- [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 \(COVID-19\) Exposure in Travel-associated or Community Settings](#)
- [Health Alert Network](#)
- [Travelers' Health Website](#)
- [National Institute for Occupational Safety and Health's Small Business International Travel Resource Travel Planner](#)
- [Coronavirus Disease 2019 Recommendations for Ships](#)

Other Federal Agencies and Partners

- OSHA Guidance:
https://www.osha.gov/SLTC/novel_coronavirus/index.htmexternal icon

References

- OHA Emerging Respiratory Disease page:
www.healthoregon.org/coronavirus
- CDC COVID-19 page: www.cdc.gov/coronavirus/2019-ncov/index.html
- CDC travel notice: wwwnc.cdc.gov/travel/notices/alert/novel-coronavirus-china
- WHO page: www.who.int/westernpacific/emergencies/novel-coronavirus
- CDC HAN archive (latest 2020-01-17):
<https://emergency.cdc.gov/han/2020.asp>
- National Health Commission of the People's Republic of China:
<http://en.nhc.gov.cn/>
 - News updates: <http://en.nhc.gov.cn/news.html>
 - Latest updates
 - http://en.nhc.gov.cn/2020-01/21/c_75990.htm
 - http://en.nhc.gov.cn/2020-01/22/c_75997.htm
- Chinese CDC: www.chinacdc.cn/en/
- Wuhan Municipal Health Commission:
wjw.wuhan.gov.cn/front/web/main/xwzx.html
- Center for Health Protection (Hong Kong):
www.chp.gov.hk/en/features/102465.html

- Washington State Department of Health 2019-CoV update page: www.doh.wa.gov/Emergencies/Coronavirus
- White House Briefing, January 31, 2020: www.whitehouse.gov/briefings-statements/press-briefing-members-presidents-coronavirus-task-force/

Additional SNS resources:

- US Department of Health and Human Services:
<https://www.phe.gov/about/sns/Pages/default.aspx>
- Association of State and Territorial Health Officials:
<https://www.fda.gov/EmergencyPreparedness/Counterterrorism/MedicalCountermeasures/AboutMCMi/ucm431268.htm>