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# COVID-19 Health Talking Points

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Updated on Friday, 10/16/2020, at 9:26 a.m.

*Note: This document is updated and distributed regularly on Tuesdays and Fridays with occasional updates on other days as needed. There were no updates or additions today.*

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## How to use the COVID-19 Health Talking Points:

There are two easy methods to find what you need in this document.

1. The Table of Contents contains sections with topics listed under each topic. Topics that have been revised or added are shown in purple. You can navigate to a topic by holding Control (ctrl) or Command on your keyboard and then clicking your mouse.
2. Use the PDF Search Function by pressing Control (ctrl) or Command and the letter F on your keyboard at the same time.

Next, type the word you're looking for in the search box. Hit Enter and you will see the words that match what you are looking for highlighted in the document. You can navigate by clicking Previous or Next in the Find tool bar.

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# Top Line Messages

## Flu shots more important than ever – don't wait to vaccinate!

Especially as COVID-19 continues to spread

- OHA is urging everyone 6 months and older to get an annual flu shot, especially as COVID-19 cases increase in Oregon, and the pandemic persists.
- "Flu vaccines are safe and effective, and with ongoing COVID-19 outbreaks, it is more important than ever to get a flu shot to keep the people around you healthy," said Paul Cieslak, M.D., public health physician at the Oregon Health Authority.
- While it is unclear how the pandemic will affect the flu season, OHA and the Centers for Disease Control and Prevention (CDC) are preparing for COVID-19 and seasonal flu to spread at the same time. A "twindemic" of two potentially fatal viruses circulating at the same time could burden the state's health care system and result in many illnesses, hospitalizations and deaths, Cieslak said. Getting a flu vaccine is something easy people can do to protect themselves and their loved ones and help reduce the spread of flu this fall and winter.
- Flu vaccine is available from health care providers, local health departments and many pharmacies. The vaccine is free or low cost with most health insurance plans. To find a flu vaccine clinic, visit <http://www.flu.oregon.gov/> and use OHA's flu vaccine locator tool.
- Getting vaccinated is the best way to prevent the flu. Additional ways Oregonians can help prevent the spread of flu include:
  - Staying home from work or school when you are sick and limit contact with others.
  - Covering your nose and mouth with a tissue when you cough or sneeze.
  - Washing hands frequently with soap and water. Use an alcohol-based hand rub if soap and water are not available.
  - Avoiding touching your eyes, nose and mouth.
  - Cleaning and disinfecting surfaces and objects that may have flu germs on them.
  - Avoiding getting coughed and sneezed on.

- The flu vaccine may take up to two weeks to become effective, so getting it earlier in the season – like now is ideal. That’s why OHA is promoting a “Don’t Wait to Vaccinate” campaign with social media cards and other messaging starting today.
- Check out these [infographics](#) about flu shots and share them with your friends and family on your Facebook and Instagram accounts.

### Highest number of COVID-19 cases in Oregon

- Over the past few weeks, Oregon has seen a steady rise in daily cases. Sadly, on October 8, we saw the highest number of COVID-19 cases reported in Oregon.
- During a media briefing, Deputy State Health Officer and State Epidemiologist Dr. Tom Jeanne said that cases have been caused by infections passed along at social gatherings, workplaces and long-term care facilities.
- This increase in cases has reversed the progress we made in the late summer, and our most recent modeling shows the virus is spreading more rapidly just as we enter the fall and winter when Oregonians will spend more time indoors.
- COVID-19 is in communities across Oregon. When the virus is in the community, it will spread if people don’t take precautions.
- If people don’t wear masks and socialize frequently with people outside their households and gather in groups, the virus will enter our workplaces and nursing homes.
- Dr. Jeanne reminds us: Every one of us needs to continue to take this threat seriously. The choices we make affect not only us and our families but our neighbors, our communities and the most vulnerable people among us.
- You have worked hard to limit the spread of COVID-19. Keep it up: Wear face coverings, keep physically distant, frequently wash your hands, and avoid gathering in groups.

## Health care providers: Apply for new round of federal Provider Relief Fund payments

Providers can [apply for new Provider Relief Fund payments](#) until Nov. 6, 2020. The federal Department of Health and Human Services (HHS) expects to distribute approximately \$20 billion to eligible providers, including previous applicants and recipients, behavioral health providers and providers who began practicing in the first quarter of 2020. [Learn more on the HHS website.](#)

## OHA tips for a safe (but still spooky and fun) Halloween

- The COVID-19 pandemic is reshaping how Oregonians celebrate holidays, and that includes Halloween. But it doesn't mean Halloween this year can't still be spooky and fun!
- People in Oregon are creative, they care about their community and they know it's important to celebrate safely. This year, it's more important than ever to put safety first because COVID-19 cases have risen recently and holiday gatherings on Memorial Day, July 4th and Labor Day led to increased case counts.
- This Halloween be extra mindful of your choices. Choosing low risk Halloween plans can help to prevent the spread of COVID-19 illness, decrease the impact on Oregon's health care system and save lives.
- This Halloween, the **Oregon Health Authority is recommending that Oregonians avoid traditional door-to-door trick or treating and "Trunk or Treat"** events because these are high risk activities for crowding among people outside your household. This recommendation aligns with the Centers for Disease Control and Prevention (CDC), which also recommends families avoid traditional trick or treating.
- Some ideas for safer, low-risk activities include holding an online costume contest, watching a scary movie online, carving pumpkins with people in your household, decorating your house or apartment, or touring the neighborhood to look at decorated houses with members of your household.

- “If you dress up in a costume, be careful to plan a costume that allows you to wear a face covering,” said State Health Officer Dr. Dean Sidelinger. “Halloween masks will not protect you or others from coronavirus. Wearing a cloth or disposable face mask that fits snugly and covers your mouth and nose is still required while wearing a costume, no matter how scary or silly your costume is.”
- For more tips to stay safe this holiday, [check out these infographics about Halloween activities](#) and how to safely visit a pumpkin patch or farm, and then share them with your friends and family on your Facebook and Instagram accounts.

## Reopening Oregon

Governor Kate Brown asks people in Oregon to “come together and be smart. Reopening any part of our state comes with risk. This virus is still very dangerous, and it still poses a great threat.

“Please follow safety measures we are putting in place to help these businesses reopen—we’ve had the best doctors and public health experts guide us on how to safely and gradually reopen Oregon. It’s up to us to follow their advice if we want to keep Oregon safe and strong.”

These safety measures include:

- Wear face coverings.
- Maintain physical distancing.
- Wash or sanitize hands frequently.
- Vulnerable populations should still stay at home.
- Limit visitation to nursing homes and hospitals.
- Limit gatherings.
- Limit travel.
- Increase hygiene, cleaning and sanitation.
- Stay home when sick.
- Telework when possible.

The following links provide details on Oregon's reopening:

- The reopening plan with phases are available on [Governor Brown's webpage](#).
- Sector guidance for reopening can be found under OHA Guidance and Signage on the [OHA website](#).

Status of individual county reopening phases is available at [this link](#).

## Contact tracing

### What to expect if a contact tracer calls

Contact tracers call people who may have had 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.

**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.

## Masks and face coverings

In Oregon, face coverings are required statewide, for all people who are five (5) and over in indoor spaces open to the public, and outdoors when at least six (6) feet of distance cannot be maintained between others outside of an individual's household.

Face coverings are also required when exercising indoors, plus outdoors when a physical distance of at least six (6) feet of distance cannot be maintained.

Face coverings are required for employees in private and public office spaces, including building hallways, bathrooms, elevators, lobbies, break rooms and other common spaces, unless employees are at individual workspaces or in meeting rooms where six (6) feet of distance from other people can be maintained.

Full guidance on face coverings is available at [this link](#).

OHA has a [webpage on face covering and masks](#). The webpage includes information on face covering requirements in Oregon, FAQs, social media cards and other helpful information.

- Cloth face coverings help prevent people who have COVID-19 from spreading the virus to others.
- Wearing a cloth face covering will help protect people around you, including those at [higher risk of severe illness](#) from COVID-19 and workers who frequently come into close contact with other people (e.g., in stores and restaurants).
- Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- The spread of COVID-19 can be reduced when cloth face coverings are used along with other preventive measures, including physical distancing, frequent handwashing, and cleaning and disinfecting frequently touched surfaces.

To minimize the risk of infection when removing a face mask:

- Wash hands before and after touching your mask, and
- Wash cloth masks daily.
- Masks should never be worn when wet or damp. After laundering, make sure your face covering is completely dry before wearing.

Here are some reminders about how to safely remove your face covering:

- Untie the strings behind your head or stretch the ear loops. Handle only by the ear loops and ties. Fold outside corners together.
- Be careful not to touch mouth, eyes or mouth when removing.
- Place covering in washing machine or washtub. Throw away if covering is disposable.
- Wash hands immediately.

Some people are unable to wear face coverings for medical reasons. When a person with a disability is unable to wear a face mask for medical reasons, they should be offered a reasonable accommodation. Medical exemptions, though, are not permitted.

Reasonable accommodation examples may include a grocery store offering personal shopping for someone who cannot wear a face mask, or a medical appointment conducted over the telephone.

For more information on ADA COVID-19-related requirements, please read the [Disability Issues Brief on the ADA and Face Mask Coverings](#).

## County Watch List

The County Watch List is a list of Oregon counties where COVID-19 cases are growing at the fastest rate and where there is an alarming rate of community spread.

Counties are placed on the watch list on the watch list when they have the following:

- Counties are placed on the watch list when they have a sporadic case rate of 50 or more cases per 100,000 and more than 5 sporadic cases in the last two weeks.

- Counties remain on the watch list for at least three weeks and stay on it until their sporadic case count drops below 50 per 100,000 or to 5 or fewer cases in the previous two weeks.
- Sporadic cases are cases that are not connected to a source such as a workplace or a birthday party, so they are harder to trace. Sporadic cases mean there is community spread.
- The Watch List is not intended as a punishment and it does not mean that a county is being moved back a phase in reopening.

How does the Watch List help?

- OHA increases communication with the county so that they can determine what technical assistance and resources will help slow the spread in the county.
- Resources and assistance are prioritized to the counties that have the broadest spread of COVID-19.
- Examples of resources that may be provided are training for workers, epidemiological support, case investigation, contact tracing or testing resources.
- Some counties that have been on the Watch List have been able to reduce the spread of the virus and been removed from the list.

For more information about the Watch List go to [this link](#).

## Testing

### Testing locator

The Oregon Health Authority has published a COVID-19 test site locator to help people in Oregon find testing sites in their community. The interactive map is available on pages in both English and Spanish and can be toggled into multiple other languages:

[healthoregon.org/covid19testing](https://healthoregon.org/covid19testing) or [healthoregon.org/pruebasdecovid19](https://healthoregon.org/pruebasdecovid19) (Spanish)

People who experience COVID-19 symptoms, including fever, cough or shortness of breath, should contact a health care provider to discuss whether to be tested. Health care providers determine whether testing is appropriate based on symptoms and test availability in their area.

Oregon's testing guidance encourages testing for anyone with symptoms in consultation with a health care provider. If testing resources are limited, the following groups should be prioritized:

- Healthcare workers and first responders (EMS, public safety workers)
- Residents, staff, children, and others in non-hospital congregate settings (e.g., residential care facilities, group homes, schools, agricultural workplaces, food processing plants, jails or prisons, shelters)
- Workers who provide direct care or services in multiple group facilities or who provide in-home services (e.g., hospice care workers, physical or occupational therapists, in-home personal care workers)
- Essential front-line service workers who have regular contact with large numbers of people (e.g., those working in grocery, pharmacy, transit, delivery, and other critical infrastructure services)
- People 65 years of age or older
- People with underlying medical conditions, including, but not limited to, hypertension, diabetes, cardiovascular disease, lung disease, obesity and immunocompromising conditions
- People who identify as Black, African American, Latinx, American Indian/Alaska Native, Asian, Asian American or Pacific Islander
- People who identify as having a disability
- People whose first language is not English
- Pregnant women
- People whose condition requires hospitalization
- People who, within 14 days of their symptom onset, had close contact with a confirmed or presumptive COVID-19 case

The data on the testing locator was submitted to Castlight by both the OHA and local public health authorities. OHA cannot guarantee that people will be able to get tested at one of the sites. It is always best to contact a health care provider about getting a COVID-19 test.

## 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](#).
- 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](#).

## What to do if you are tested

If you get a **positive test**:

- Act like you're infected.
- COVID-19 tests are typically accurate in identifying people who have the disease. False positives are uncommon.
- Take these steps immediately:

- Talk to your doctor.
- Isolate yourself for at least 10 days since you felt ill and, past that point, at least 24 hours since you felt better, or your fever is gone.
- Avoid interacting with other people.
- And always answer the call if you hear from a contact tracer.

If you get a **negative test**:

- Continue to act like you might have COVID-19. Continue to act like you are still at risk of getting or spreading the virus.
- False negative tests are common with all types of COVID-19 tests, including rapid antigen tests. If you get a negative test result, don't change your behavior.
- You should still:
  - Wear a mask
  - Physically distance
  - Wash your hands
  - Avoid large gatherings

## Testing capacity

Oregon will receive 60,000-80,000 new point of contact, rapid antigen tests from the federal government each week through the end of this year. These tests will help diagnose more people who have COVID-19, so they can get the care and support they need and reduce transmission by identifying more people so they can isolate themselves.

About the tests:

- Abbot BinaxNOW antigen test can diagnose COVID-19 in just 15 minutes.
- Provide accurate positive results.
- Like other COVID-19 tests, false negative tests are common. A negative test result does not rule out the possibility of COVID-19 infection.

- These tests must be administered by a medical professional or at a location that is operating under a Clinical Laboratory Improvement Amendment Certificate or Waiver-- federal standards that regulate laboratory testing.

#### Expanded testing guidelines:

- Test everyone who has symptoms of COVID-19, regardless of the severity of the symptoms.
- Test all close contacts of people who are infected, regardless of whether a close contact has symptoms.
- Support testing with robust case investigation and contact tracing.

#### Test distribution plan:

- Prioritize counties and long-term care facilities that have been affected by wildfire.
- Deploy tests statewide to outpatient or mobile locations that are currently performing COVID-19 testing.
- Prioritize testing for all symptomatic persons and all close contacts of those cases, regardless of their symptoms.
- Prioritize testing for the communities who've been hardest hit and most and disproportionately affected by COVID-19 including:
  - Migrant and seasonal farmworkers
  - Communities of color and tribal communities, and
  - People living in congregate care settings.
- Focus on places where people are most vulnerable by working to expand licensed testing sites including the following:
  - Congregate care or living facilities
  - Department of Corrections facilities
  - Other community testing locations

- Increase testing for students and staff at schools. This additional testing does not replace our metrics for opening schools
- Maintain a strategic reserve of tests to address outbreaks and maintain beyond December, in the event the federal government is not able to continue sending rapid antigen tests to us.

## Testing data

- Testing totals for the prior week, test positivity statewide for the prior week, and cumulative test positivity statewide are available at [this link](#).
- Oregon's COVID-19 Weekly Report Summary will continue to give details on the number of Oregonian's tested and the percentage of tests that are positive. [View all COVID-19 Weekly Reports here.](#)
- Other testing-related announcements or issues, such as changes in the national testing supply chain, will be noted in daily press releases on an as-needed basis. OHA's most recent [testing guidance for healthcare providers can be found here](#).

## Public health

### Outbreak information

Data and reports are available on [OHA's webpage](#).

- 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](https://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.

## 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.
  - Governor Kate Brown's #StayHomeSaveLives order was announced on March 23<sup>rd</sup>. By following the executive orders, researchers estimate that together we have prevented as many as 70,000 cases and 1,500 hospitalizations.
- **Governor Brown and OHA launch Safe + Strong outreach campaign in 12 languages**

On April 23, Governor Brown and Oregon Health Authority launched the [Safe + Strong campaign](#). Safe + Strong supports 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 people in Oregon do not have equal opportunity to follow the orders. This includes seasonal and migrant farmworkers, immigrants, refugees, communities of color, non-English speaking people, hourly wage essential workers, people with chronic health conditions, and older people. The Safe + Strong campaign includes a website with culturally relevant information in 12 languages.

For more information, visit [safestrongoregon.org](https://safestrongoregon.org).

## 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.

## Pediatric COVID-19 data report

OHA updated the Pediatric COVID-19 Report on September 15, 2020. For this report, pediatric refers to people under age 18, and adult refers to people age 18 and older.

- As of 12:01am on Tuesday, September 15th, there have been 29,662 COVID-19 cases reported in Oregon. Of these, 3,264 (11.0%) are in pediatric patients.
- Of the 3,264 pediatric cases, 2,995 (91.8%) cases are confirmed and 269 are presumptive.
- There are two cases of Multisystem Inflammatory Syndrome in Children (MIS-C) reported in Oregon.

View the full report [here](#).

## Confidentiality

- 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.

## 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.
- 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.](#)

- 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 health care provider 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:

#### Person-to-person spread

**The virus is thought to spread mainly from person-to-person.**

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

#### **The virus spreads easily between people.**

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

**The virus that causes COVID-19 is spreading very easily and sustainably between people.** Information from the ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious. In general, **the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.**

**The virus may be spread in other ways.**

It may be possible that a person can get COVID-19 by **touching a surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

**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:

- Maintain physical distance of six (6) feet or over from others.
- 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.
- Cover your mouth and nose with a face covering when around others.
- 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.
- 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 health care provider. 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 call their providers with any concerns they may have.

**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.

## 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. Stay home and away from public areas, except to get medical care.

- Stay in touch with your health care provider. 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 a 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.**

- 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 health care provider.**

If you have a medical appointment, call your health care provider’s office or emergency department. 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 face covering when you are around other people and before you enter a healthcare provider’s office. 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 breathe.
- 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.**

- Individuals should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with one another.

#### **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 health care provider before going in. Before going to the health care provider's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- Wear a face covering.
- 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.

### [What to do if a parent or a sole caregiver has COVID-19](#)

Everyone in the home should [practice everyday preventive actions](#). Those in the home who are sick with COVID-19 should follow CDC’s guidance for [what to do if you are sick](#) and [when it is safe to end your isolation](#).

If a child’s parent or caregiver is sick with COVID-19, follow the steps below to help protect the child from infection.

#### **Older children**

The child should avoid physical contact with the sick parent or caregiver until all sick people have [ended their home isolation](#). For the child to safely have no

interaction with the parent or caregiver, the child should be old enough to legally be home alone and mature enough to care for themselves.

### **Younger children**

If the parent or sole caregiver will be caring for the child while sick, they should contact the child's healthcare provider for advice on how to best protect the child from infection.

Young children should be supervised at all times.

If the parent or the sole caregiver is too ill to care for the child, they should see if there is a caregiver outside of the home with whom the child can stay.

The caregiver should not be someone who is [at higher risk for severe illness](#) from COVID-19, as the child has likely been exposed to the virus. The caregiver will need to help the child quarantine for 14 days since they last had close contact (less than 6 feet away from someone for more than 15 minutes) with the sick person.

### **Children staying in the home with the sick parent or caregiver**

If the child will stay in the home with you (the parent or caregiver who is sick), you should:

- [Wash your hands](#) frequently with soap and water for at least 20 seconds. If soap and water is not available, use hand sanitizer containing at least 60% alcohol and rub your hands together until they are dry.
- Try to [stay 6 feet away](#) from the child, if possible and if safe.
- Wear a [cloth face covering](#) if you are in a room where the child may come into contact with you.
- Note that cloth face coverings should not be placed on:
  - Children younger than 2 years old
  - Anyone who has trouble breathing or is unconscious
  - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance
- Increase ventilation by opening a window in a room that you are in.
- When you need to bring items to the child, [disinfect the items](#) before giving them to the child.
- However, do not disinfect food when you need to bring food to the child.
- Watch for symptoms.

- During this time the caregiver should monitor themselves for symptoms.
- Check the child’s temperature twice a day and watch for [symptoms](#) of COVID-19, such as fever, cough or shortness of breath or [symptoms specific to children](#).\*
  - If the child does develop symptoms, call the child’s healthcare provider for medical advice and follow the steps for [caring for someone who is sick](#).
- If possible, the child should stay away from people who are at [higher-risk](#) for getting very sick from COVID-19.

### Children staying outside the home with a temporary caregiver

If the child will stay outside of their own home with a temporary caregiver, the new caregiver should help the child to [quarantine](#) and do the following:

- The child should stay inside the caregiver’s home until 14 days after their last close contact with the sick person.
- Watch for symptoms.
  - During this time the caregiver should monitor themselves for symptoms and practice [everyday preventive actions](#).
  - Check the child’s temperature twice a day and watch for [symptoms](#) of COVID-19, such as fever, cough or shortness of breath, or [symptoms specific to children](#).\*
  - If the child does develop symptoms, call the child’s healthcare provider for medical advice and follow the steps for [caring for someone who is sick](#).
- If possible, the child should stay away from people who are at higher-risk for getting very sick from COVID-19.

The caregiver should then quarantine for 14 days after the last day the caregiver had contact with the sick child.

\*COVID-19 [symptoms](#) can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems. [More information on children and COVID-19](#).

## 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 24 hours (that is one full day 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 health care provider 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 health care provider 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 health care provider and local health department. The decision to stop home isolation should be made in consultation with a 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.](#)

## 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. 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.
- 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.
- 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.
- Try to 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](http://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. You can look on the page to see if something you learned is a myth.

## Child wellness

- This is a stressful time for you and your children. Your healthcare provider is here for you.

- Child healthcare 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
- Contact your health care provider’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.

Many patients love the convenience of telemedicine. You can talk to your health care provider from your own home by phone or video conference.

## Mental and behavioral health

### Safe + Strong Helpline

Oregon-based nonprofit [Lines for Life](#) and OHA have launched the Safe + Strong Helpline at 800-923-4357 (800-923-HELP). The line offers free, 24-7 emotional support and resource referral to anyone who needs it – not only those experiencing a mental health crisis.

The Safe + Strong Helpline is a response to the need for emotional support around disasters like COVID-19 and wildfires and was funded by the CARES Act. Callers are routed to a counselor who can provide emotional support, mental health triage, drug and alcohol counseling, crisis counseling or just connection.

OHA has also expanded its Safe + Strong education and outreach campaign to include behavioral health resources. A [behavioral health landing page](#) offers mental and emotional support information and resources as well as guidance for how to have conversations with loved ones who may be struggling.

Resources:

- Safe + Strong Helpline: 800-923-4357 (HELP)
- Safe + Strong: [www.safestrongoregon.org/](http://www.safestrongoregon.org/)

- National Suicide Prevention Lifeline: 800-273-8255

## Self-care

Stay home, stay healthy, stay connected. People in Oregon 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.
- 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.
- Some additional tools that some have found helpful to cope with their feelings during this time of uncertainty include:
  - Guided relaxation, meditation, or mindfulness exercises
  - Physical exercise
    - Writing in a journal
    - Creative expression like singing, writing, making music or art

### Stay connected

- It's natural to struggle with feelings of sadness, frustration, fear, or anxiety during this time of increased isolation. 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.
- 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.

- 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:
  - Playing online games with others using smartphones, gaming consoles or computers
  - Holding virtual play dates or hangouts
  - Sharing videos of themselves singing or playing musical instruments
  - Facebook live events
  - Online story time
  - Virtual powwows
  - 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.

### Suicide and suicidal feelings

- We can expect this time of increased stress, economic impacts, and prolonged change of “normal” routines to impact people’s 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. 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
- 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.

## Help is available

- If you're struggling with your behavioral health, need support, or just want someone to talk to, 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 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.
- Resources
  - Lifeline number: 1-800-273-8255 or online chat
  - Spanish Lifeline: 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
  - Senior Loneliness Line: 503-200-1633 or [seniorlonelinessline.org](http://seniorlonelinessline.org)

## Child and adolescent behavioral health

### What parents/caregivers can do to help

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. Here are some signs of stress in different age groups:

- Preschool Age Children:
  - Crying and/or screaming
  - Afraid to be separated by parents or caregivers
  - Not eating and/or losing weight
  - Having nightmares

- Elementary School Age Children:
  - Feeling guilt or shame
  - Trouble concentrating
  - Not sleeping well
- 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.

### **Tips for safety and resilience**

These tips to promote resilience and maintain safety during this stressful time have been compiled by a group of Oregon Health & Science University health care providers becoming Child & Adolescent Psychiatrists.

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 and suicidal feelings

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

- **Keep your children safe! It only takes a moment for someone to hurt themselves in a temporary moment of despair or anger.** 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.

### Help is available

- 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

# Away from home

## 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 need to 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.
- Customers and visitors of businesses and of indoor and outdoor spaces open to the public are required to wear a mask, face shield, or face covering unless the individual is under 12 years of age.

- Individuals 12 years of age and older are required to wear a mask, face shield or face covering when outdoors when at least six (6) feet of physical distance from others outside of the individual's household, cannot be maintained.
- It is strongly recommended that children between two (2) and 12 years of age, wear a mask, face shield, or face covering at all times in all indoor and outdoor spaces open to the public, particularly in places where it is likely that physical distancing of at least six (6) feet from other individuals outside their household unit cannot be maintained, and where vulnerable people may go. For more information on face covering requirements see [Statewide Mask, Face Shield, Face Covering Guidance](#).
- 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](#).
- Avoid touching your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you need to 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.

- 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.

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

## 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](#).

## Travel

Currently there are no restrictions on travelers entering or leaving Oregon. For more information on traveling during the pandemic see the [CDC website](#).

# How to stay safe if you must travel

## Before you go

- Pack alcohol-based hand sanitizer (containing 60-95% alcohol) and cleaning supplies.
- Bring a face covering to wear in public places (and pack a couple of extras).
- Prepare food and water for your trip to help limit having to go into stores along the way.
- When booking a room online, make sure you know what their COVID safety precautions are or call and ask.

## Along the way

- Make sure to wear your face covering when stopping for gas, food or bathroom breaks.
- Maintain physical distancing when making stops.
- Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing or sneezing, and before touching your face or eating. If soap and water aren't available, use hand sanitizer.

## When you get there

- Stay at least 6 feet apart from other people.
- Avoid crowded places.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- If you're staying in a hotel, consider limiting or opting out of daily housekeeping service to reduce the number of people entering your room.

## A few tips for flying

- Try to limit contact with frequently touched surfaces like kiosks, touchscreens and turnstiles, handrails, restroom surfaces and elevator buttons.
- Try to limit your exposure to others in the airport.
- Wear your mask in the airport and during the flight.
- Continue to practice good hand hygiene.

## Food, rent and unemployment

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 people in Oregon 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](https://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 people in Oregon in need. To apply for Nutrition Assistance, visit [needfood.oregon.gov](http://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](mailto: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.

## Renters

### Eviction moratorium extended through Dec. 31

Governor Kate Brown issued a new Executive Order ensuring that Oregon renters are protected from eviction until Dec. 31, 2020. Landlords cannot evict tenants for nonpayment during this time. Landlords also cannot use most kinds of no-cause notices until the end of the moratorium.

Find out more about this moratorium on the [Governor's website](#).

### Rent Relief

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.

## Unemployment

The Oregon Employment Department now has a new website focused on helping people in Oregon to:

- Easily find information about resources and programs to help them through the COVID-19 pandemic.
- Submit unemployment claims and avoid unnecessary delays.
- Get their questions answered without having to call the hotline.

Resources are now available at <https://unemployment.oregon.gov>.

## Oregon Department of Human Services (DHS) resources

DHS is open to help people in Oregon 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 link to [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](#).

## Paid leave for COVID-19 quarantine or isolation

People who work in Oregon and need to quarantine or isolate due to COVID-19 exposure, but do not have access to COVID-19-related paid sick leave may now be eligible for paid leave.

The COVID-19 Temporary Paid Leave Program was created with \$30 million received from the federal government to help Oregon respond to the coronavirus pandemic.

People who qualify will receive a \$120 per-day payment for up to 10 working days (\$1,200 total) for the time they are required quarantine.

The application form is available in English, Spanish and Russian. Those who do not have access to electronic applications can call 833-685-0850 (toll-free) or 503-947-0130. Those who need help in a language other than these three can call 503-947-0131 for help.

Employees can learn more about the program and apply for it at [this link](#).

## Quarantine fund for farmworkers

Farmworkers who need to quarantine may qualify for the Quarantine Fund which provides financial support of up to \$ 1,290 to farmworkers who have been exposed to COVID-19 at work or at home and who quarantine for three weeks (21 days).

Who is eligible to apply to this fund?

- All Oregon agricultural workers, 18 years of age or older;
- Has had exposure to COVID-19 for which self-quarantining is recommended;
- Is practicing self-quarantining; and
- Is seeking health care assistance during the period of self-quarantine.

Call 1-888-274-7292 to apply for this fund. More information is available on the [Oregon Worker Relief Fund 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:

- i. Moving out of state for a reason not related to COVID-19
  - ii. Request by member to close benefits
  - iii. Incarceration
  - iv. Deceased
  - v. Youth previously enrolled in Cover All Kids turned 19 years old (aged out) and now only eligible for CAWEM benefits (emergency coverage)
  - vi. Other reasons impacting eligibility
- 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.](#)

## 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](http://www.healthoregon.org/coronavirus) under “Community Resources for Specific Groups.”

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## Immigrants and refugees

### Medical care

- You can still see a health care provider 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.

## 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.

## Guidance

### Workplace safety

COVID-19 can easily spread in places where people live and work close together. Agricultural workers, food processors, service industry workers and others who work in close contact and shared spaces are at high risk for workplace outbreaks.

Workers have the right to a safe work environment. Employers are required to follow workplace health and safety rules that are available on [Oregon OSHA](#) and [BOLI](#) websites. CDC Guidance for employers can be found on the [CDC website](#).

## Reporting a violation

People have been asking what to do if they witness a violation of Governor Brown's orders. The best way to respond to these violations is to file a complaint with Oregon Occupational Safety and Health (Oregon OSHA). You can file online at [Oregon OSHA's webpage](#).

## Large events and public gatherings

For current 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 orders 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](#).

## School Health and Safety Metrics

Governor Brown and leaders from OHA and the Oregon Department of Education (ODE) [announced](#) new guidance about schools and how they might operate this fall. There is no simple, statewide answer for every school in Oregon. It is important to get students back to class, but how we do that depends on a number of important factors. Oregon public health officials have developed evidence-based metrics to help school boards and school districts make decisions about how they can safely reopen schools. Visit ODE's [Ready Schools, Safe Learners web page](#) for more information.

## Colleges and universities

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

## Long-term facilities

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

## Foster care and group homes

There is a [new toolkit](#) available for foster care or group home providers that operate homes with five or fewer residents.

## 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 people in Oregon that 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](#).

# Resources for more information

## Oregon Health Authority

- [www.healthoregon.org/coronavirus](http://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](http://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.htm](https://www.osha.gov/SLTC/novel_coronavirus/index.htm)external icon

## References

- OHA Emerging Respiratory Disease page: [www.healthoregon.org/coronavirus](http://www.healthoregon.org/coronavirus)
- CDC COVID-19 page: [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)
- CDC travel notice: [wwwnc.cdc.gov/travel/notices/alert/novel-coronavirus-china](http://wwwnc.cdc.gov/travel/notices/alert/novel-coronavirus-china)
- WHO page: [www.who.int/westernpacific/emergencies/novel-coronavirus](http://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/2020-01/21/c_75990.htm)
    - [http://en.nhc.gov.cn/2020-01/22/c\\_75997.htm](http://en.nhc.gov.cn/2020-01/22/c_75997.htm)

- Chinese CDC: [www.chinacdc.cn/en/](http://www.chinacdc.cn/en/)
- Wuhan Municipal Health Commission: [wjw.wuhan.gov.cn/front/web/main/xwzx.html](http://wjw.wuhan.gov.cn/front/web/main/xwzx.html)
- Center for Health Protection (Hong Kong): [www.chp.gov.hk/en/features/102465.html](http://www.chp.gov.hk/en/features/102465.html)
- Washington State Department of Health 2019-CoV update page: [www.doh.wa.gov/Emergencies/Coronavirus](http://www.doh.wa.gov/Emergencies/Coronavirus)
- White House Briefing, January 31, 2020: [www.whitehouse.gov/briefings-statements/press-briefing-members-presidents-coronavirus-task-force/](http://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>