

In most cases, the best referral will be to 2-1-1 or to the county’s specific helpline. This document is intended to help Contact Tracers learn more about the resources available in Oregon and easily search in one place by topic or keyword.

There are also fillable sections to allow for LPHAs, Tribes and organizations to add specific resources in their community.

Content, links and documents may change as pages are updated frequently. Visit the mail pages for links to get the most up-to-date information.

General COVID-19 Resources & Tools	
2-1-1 COVID-19 information and resources	https://covid19.211info.org/
OHA Facebook	https://www.facebook.com/OregonHealthAuthority/ (English) https://www.facebook.com/OHAespanol/ (Spanish)
COVID-19 Health Related FAQs (OHA)	https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx (Google Translate available on page for 100+ languages)
COVID-19 Advice for the Public: Mythbusters (WHO)	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters (English) https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters (Spanish)
Coronavirus Rumor Control (FEMA)	https://www.fema.gov/coronavirus/rumor-control (English) https://www.fema.gov/es (Spanish FEMA site - this page does not have a translated version at this time)
American Public Health Association COVID-19 page	https://www.apha.org/topics-and-issues/communicable-disease/coronavirus (English)

	https://www.COVIDGuia.org (Spanish)
Contact Tracing Resources	
Oregon COVID-19 Contact Collaborative	https://govstatus.egov.com/OR-OHA-Contact-Collaborative (English) https://govstatus.egov.com/OR-OHA-Colaborativo-de-Contacto (Spanish)
COVID-19 Contact Tracing Resources (OHA)	https://www.oregon.gov/oha/PH/Pages/Contact-Tracing-Resources.aspx (Google Translate available on page for 100+ languages)
Fundamentals of Contact Tracing (OHA - Video)	https://www.youtube.com/watch?v=cf7m32pgsMI
Overview of Contact Tracing (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing.html (Spanish)
ARIAS: At Risk Identification Alerting System (OHA):	https://www.oregon.gov/oha/PH/Pages/ARIAS.aspx (Google Translate available on page for 100+ languages) <ul style="list-style-type: none"> • ARIAS SYSTEM FAQ • ARIAS User Guide • Support contacts • Release notes
Updates on the Oregon COVID-19 Response	
OHA COVID-19 Updates	https://govstatus.egov.com/OR-OHA-COVID-19 (Google Translate available on page for 100+ languages)
Oregon Investigative Guidelines for COVID-19	https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/COMMUNICABLEDISEASE/REPORTINGCOMMUNICABLEDISEASE/REPORTINGGUIDELINES/Documents/Novel-Coronavirus-2019.pdf
Safe + Strong	https://www.safestrongoregon.org/ (Translation for Spanish and 10 additional languages available on page) <ul style="list-style-type: none"> • Community support resources • COVID-19 safety tools and tips
Governor's Office Coronavirus Support & Resources	https://govstatus.egov.com/or-covid-19 (Google Translate available on page for 100+ languages) <ul style="list-style-type: none"> • Executive orders • Statewide rules • Phase guidance • FAQs (by interest)
Oregon COVID-19 Interactive Data Dashboards	https://public.tableau.com/profile/oregon.health.authority.covid.19#!/ <ul style="list-style-type: none"> • Testing, cases, hospital beds, outcomes, etc.
Oregon COVID-19 Mask Requirements	https://govstatus.egov.com/or-oha-face-coverings (Google Translate available on page for 100+ languages) https://govstatus.egov.com/or-oha-cubre bocas (Spanish)

Continued Education Resources for Contact Tracers

Trauma Informed Oregon	https://traumainformedoregon.org/
Johns Hopkins Training: COVID-19 Contact Tracing	<p>https://www.coursera.org/learn/covid-19-contact-tracing (Subtitles available in 4 languages)</p> <p>https://www.coursera.org/learn/rastreo-contactos-covid-19 (Spanish)</p>
Race, Ethnicity, Language and Disability (REALD)	<ul style="list-style-type: none"> • Training Module: https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/COMMUNICABLE/DISEASE/REPORTING/COMMUNICABLE/DISEASE/Pages/REAL-D-Collection-Toolkit.aspx • OHA Office of Equity and Inclusion REALD Implementation page: https://www.oregon.gov/oha/OEI/Pages/REALD.aspx <p>(Google Translate available on page for 100+ languages)</p>
Addressing Racism and COVID-19 (University of Washington)	https://www.nwcphp.org/training/addressing-racism-and-covid-19
General Contact Tracing Phone Calls (TRAIN)	https://www.train.org/main/course/1091008/
Health Literacy for Public Health Professionals (TRAIN)	https://www.train.org/main/course/1078759/
Implicit Bias in Public Health Practice (University of Michigan)	https://www.mittrainingcenter.org/courses/ibpha1219
Guide to Providing Effective Communication and Language Assistance Services (HHS)	https://hclsig.thinkculturalhealth.hhs.gov/
COVID-19: Data Sharing for Public Health Surveillance, Investigation and Intervention (TRAIN)	https://www.train.org/main/course/1090857/
Quarantine & Isolation	
Self-Isolation & Self-Quarantine Home Assessment Checklist (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/self-quarantine_form.pdf
What's the difference between quarantine and isolation? (CDC)	https://www.youtube.com/watch?v=l3s75_X8Xjs&feature=emb_title (Closed Captioning translations available in over 100 languages)

Quarantine If You Might Be Sick (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html (Spanish)
Isolate If You Are Sick (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html (Spanish)
How to discontinue isolation (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html
Staying Safe at Home	
Cleaning and Disinfecting for Households (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html (Spanish)
Care of and making your own face coverings (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html (Spanish)
EPA approved disinfectants for COVID-19	https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19
State of Oregon Assistance Programs and Services (GENERAL)	
Oregon Local Public Health Authority (LPHA) Directory	https://www.oregon.gov/oha/ph/ProviderPartnerResources/LocalHealthDepartmentResources/Pages/lhd.aspx (Google Translate available on page for 100+ languages)
Oregon Health Authority Programs and Services	https://www.oregon.gov/oha/Pages/Portal-Programs-Services-TB.aspx (Google Translate available on page for 100+ languages)
2-1-1	https://www.211info.org/ (English) https://www.facebook.com/211info (English) https://www.211info.org/espanol (Spanish) Dial 2-1-1 (English, Spanish and other interpretations available) Text your zip code to 898711 TTY: 7-1-1, dial 1-866-698-6155
Impact NW	https://impactnw.org/ (English) https://impactnw.org/es/ (Spanish) <ul style="list-style-type: none"> • Early Childhood and Family Services • Youth and Family Services • Housing and Safety Net Services • Senior Services

Healthcare Support

Oregon Health Plan (OHP)	https://www.oregon.gov/oha/HSD/OHP/Pages/index.aspx (Google Translate available on page for 100+ languages)
Oregon Healthcare – Find local help	https://healthcare.oregon.gov/Pages/find-help.aspx (Google Translate available on page for 100+ languages)
OHSU COVID-19 Hotline for Uninsured and without Primary Care	1-833-647-8222 (Multi-language accessibility through interpreters; does not ask for immigration status) <i>*8 AM to 8 PM, Monday – Sunday</i>
COVID-19 Testing in Oregon (OHA)	https://govstatus.egov.com/or-oha-covid-19-testing (English) https://govstatus.egov.com/or-oha-pruebas-de-covid-19 (Spanish)
<p>CAWEM Program (DHS): http://www.dhs.state.or.us/spd/tools/program/cawem.htm</p> <p>Citizen Alien Waived Emergent Medical (CAWEM): Anyone who is undocumented or has been a legal permanent resident (green card holder) for less than 5 years may be eligible for the Oregon Health Plan’s (OHP) CAWEM benefit, which includes emergency medical, hospitalization, dental and transport services. CAWEM also includes all services for the diagnosis and treatment of COVID-19.</p>	
Medicare & Coronavirus (Medicare)	https://www.medicare.gov/medicare-coronavirus (English) https://es.medicare.gov/medicare-coronavirus (Spanish)
Reproductive Health Access Project	https://www.reproductiveaccess.org/covid19/

Food and Nutrition Resources

Oregon Supplemental Nutrition Assistance Program (SNAP)	https://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/About-SNAP.aspx (Google Translate available on page for 100+ languages)
Need Food Oregon	https://govstatus.egov.com/or-dhs-food (English) https://govstatus.egov.com/or-dhs-alimentos (Spanish) (Google Translate available on page for 100+ languages)
Partners for a Hunger-Free Oregon	https://oregonhunger.org/covid-19/ (English) https://oregonhunger.org/covid-espanol/ (Spanish)

Oregon Food Bank	https://www.oregonfoodbank.org/find-help/find-food/ (Translation available in 10 languages) <i>*Locate food banks by location/area</i>
Application for Free and Reduced-Price Meals (ODE)	https://www.ode.state.or.us/apps/FRLApp/Default (English and Spanish) <i>*For families with children</i>
Summer Meals Map	https://www.summerfoodoregon.org/map/ (English) https://www.summerfoodoregon.org/es/map/ (Spanish) <i>*For children ages 1-18</i>
Oregon Women Infant and Children (WIC)	https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/index.aspx (Google Translate available on page for 100+ languages)
Home-delivered Meal Programs (ADRC)	https://adrcforegon.org/consite/explore-home-meal-programs.php (Google Translate available on page for 100+ languages) <i>*Search by zip code for local programs</i> 1-855-673-2372
Meals on Wheels (Multnomah and Washington counties)	https://www.mowp.org/what-we-do/meals-on-wheels/ 1-503-736-6325
Family Meal	https://www.familymealpdx.org/ <i>*Financial relief to Oregon's food service and agricultural workers in a medical debt crisis</i>

Support & Resources for SENIORS

Oregon Aging and Disability Resource Connection (ADRC)	https://adrcforegon.org/ (Google Translate available on page for 100+ languages) https://www.facebook.com/ADRCofOregon 1-855-673-2372
Council on Aging of Central Oregon	https://www.councilonaging.org/ https://www.facebook.com/CouncilonAgingofCentralOregon/
Senior Health Insurance Benefits Assistance (SHIBA)	https://healthcare.oregon.gov/shiba/pages/index.aspx (Google Translate available on page for 100+ languages)
AGE+	https://ageplus.org/ (Translation available in 6 languages) https://www.facebook.com/AgePlus/
Oregon Senior Loneliness Line	http://seniorlonelinessline.org/ 1-503-200-1633 or 1-800-282-7035 <i>*Language interpreters available</i>
COVID-19 Guidance for Older Adults (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html (English)

	https://espanol.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html (Spanish)
COVID-19 Checklist for Older Adults (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/checklist.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/community/retirement/checklist.html (Spanish)
Senior Shopping Hours by Store (Council on Aging of Central OR)	https://www.councilonaging.org/senior-shopping-hours-services/
Support & Resources for TEENS	
Youthline	1-877-968-8491 Text “teen2teen” to 839863 <i>*Teens respond from 4 PM – 10 PM Monday through Friday. Adults available 24/7</i>
Youth Era	https://www.youthera.org/home https://www.facebook.com/TheYouthERA/ <ul style="list-style-type: none"> • Peer support • Virtual drop-ins
Oregon Family Support Network & Parent to Parent Peer Support Warmline	https://www.ofsn.org/ https://www.facebook.com/OregonFamilySupportNetwork/# 1-833-732-246 (phone, chat, email and Facebook messaging) <i>*Tuesdays, Wednesdays & Thursdays 12 PM – 7 PM</i>
Support & Resources for PARENTS/FAMILIES	
COVID-19 Resources: Supporting Families Prenatally to Age 5 (OHA)	https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/DATAREPORTS/Pages/COVID-19-Resources.aspx (Google Translate available on page for 100+ languages)
Urgent Resources for Families (Portland Public Schools)	https://www.pps.net/coronavirus (Google Translate available on page for 100+ languages)
Early Learning Division (OR Dept. of Education)	https://oregonearlylearning.com/COVID-19-Resources (Translation available in 6 languages)

Helping Children Cope (CDC)	https://www.cdc.gov/childrenindisasters/helping-children-cope.html (English) https://www.cdc.gov/childrenindisasters/es/helping-children-cope.html (Spanish)
Parent caregiver guide for helping families cope (NCTSN)	https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019
Supporting Families During COVID-19 (Child Mind Institute)	https://childmind.org/coping-during-covid-19-resources-for-parents/ (English) https://childmind.org/enfrentar-el-covid-19-recursos-para-padres/ (Spanish)
Talking with children about Coronavirus (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html (Spanish)
Disability & Accessibility Support	
Oregon Deaf and Hard of Hearing Services	https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SPPD/Pages/COVID19-ASL-Resources.aspx (Google Translate available on page for 100+ languages)
FACT Oregon (Special Education, Developmental Disability Services)	https://factoregon.org/ (English) https://factoregon.org/en-espanol/ (Spanish) https://www.facebook.com/FACTOregon/ Peer Support Line: 1-503-786-6082 or toll free at 1-888-988-3228
COVID-19 Resources for People with Disabilities	https://www.aahd.us/covid-19/
Coronavirus Recommendations for Persons with Disabilities (OHA)	https://youtu.be/veY9kiKzocQ (Closed Captioning translations available in over 100 languages)
Behavioral Health and Mental Health Services	
Oregon Behavioral Health Services (OHA)	https://www.oregon.gov/oha/HSD/AMH/Pages/Addictions.aspx (Google Translate available on page for 100+ languages)

National Alliance on Mental Illness (NAMI) Oregon	https://namior.org/ (Google Translate available on page for 100+ languages) <ul style="list-style-type: none"> • Online Support Groups • Helpline 1-503-230-8009 or toll-free at 1 800-343-6264 *9 AM – 5 PM, Monday – Friday
Warmline (Peer to peer counseling hotline)	1-800-698-2392 *9 AM – 11 PM, Monday – Sunday
Peer Galaxy: Oregon's Peer Support Directory	https://www.peergalaxy.com/ https://www.facebook.com/PeerGalaxy/
National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/ (English) https://suicidepreventionlifeline.org/help-yourself/en-espanol/ (Spanish) <i>*Support available via private chat</i> 1-800-273-8255 (English) 1-888-628-9454 (Spanish) 1-800-799-4889 (Deaf/Hard of Hearing)
Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak (SAMHSA)	https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007 <i>*Services in Spanish available by calling 1-877-696-6775</i>
How Right Now (CDC)	https://howrightnow.org/ (English) https://howrightnow.org/es/ (Spanish)
Substance Abuse Support	
Oregon Recovery Network	https://oregonrecoverynetwork.org/ (English) https://oregonrecoverynetwork.org/recursos-de-recuperacion/ (Spanish) <ul style="list-style-type: none"> • Meeting listings • Treatment • Peer supports • Financial support • Housing
Alcohol & Drug Helpline (Lines for Life)	1-800-923-4357 TEXT “RecoveryNow” to 839863
Alcohol and Other Drug Services Directory (OHA)	https://www.oregon.gov/oha/HSD/AMH/Pages/Addictions.aspx (Google Translate available on page for 100+ languages) 1-503-945-5763
Recovery Now: Treatment Access Line (OHA)	1-855-612-5576

Naloxone/Narcan Rescue Resources (OHA)	*CALL 911 IF SOMEONE IS HAVING A DRUG OVERDOSE https://www.oregon.gov/oha/ph/preventionwellness/substanceuse/opioids/pages/naloxone.aspx (Google Translate available on page for 100+ languages)
Harm Reduction Resources (OHA)	https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SUBSTANCEUSE/Pages/harm-reduction.aspx (Google Translate available on page for 100+ languages)
Crisis Lines	
Oregon Crisis Lines by County (OHA)	https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDE/PREVENTION/Pages/crisislines.aspx (Google Translate available on page for 100+ languages)
National Lines for Life (General/main line)	https://www.linesforlife.org/ https://www.facebook.com/linesforlife 1-800-273-8255 (English)
National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/ <i>*Support available via private chat</i> 1-800-273-8255 (English) 1-888-628-9454 (Spanish) 1-800-799-4889 (Deaf/Hard of Hearing)
National Domestic Violence Hotline	https://www.thehotline.org/ (English) https://espanol.thehotline.org/ (Spanish) <i>*Support available via private chat</i> 1-800-799-7233 Text "LOVEIS" to 1-866-331-9472
Oregon Coalition Against Domestic & Sexual Violence *NOT a crisis hotline or direct service provider	https://www.ocadsv.org/find-help (Local resources by county/location) <ul style="list-style-type: none"> • Emergency shelters • Support groups • Culturally specific services • Legal advice
National Sexual Assault Hotline (RAINN)	https://hotline.rainn.org/online (English) https://hotline.rainn.org/es (Spanish) <i>*Support available via private chat</i> 1-800-656-4673 (English and Spanish)
Poison Control Hotline	*CALL 911 IF SOMEONE HAS BEEN POISONED 1-800-222-1222
Oregon Problem Gambling Helpline	https://www.opgr.org/ (English and Spanish) <i>*Support available via private chat</i> 1-877-695-4648

Military Helpline (Lines for Life)	1-888-457-4838
Veterans Crisis Line	https://www.veteranscrisisline.net/ *Support available via private chat 1-800-273-8255 1-800-799-4889 (Deaf/Hard of Hearing) Text anything to "838255"
Trevor Project (LGBTQIA+) Hotline	Call or text 1-866-488-7386 *Support available via private chat
Trans Lifeline	1-877-565-8860 (Press 2 for Spanish) *7 AM – 1 AM PST
Report Child/Elder/Vulnerable Adult Abuse (DHS)	https://www.oregon.gov/DHS/ABUSE/Pages/index.aspx (Google Translate available on page for 100+ languages) 1-855-503-7233
Housing Support	
Oregon Housing and Community Services	https://www.oregon.gov/ohcs/Pages/index.aspx (Google Translate available on page for 100+ languages) <ul style="list-style-type: none"> • Housing assistance <ul style="list-style-type: none"> ○ Renters ○ Veterans ○ Seniors ○ Affordable housing ○ Mortgage relief resources • Homelessness service programs • Homeowner support • Housing counselors
<p>House Bill 4213 extends the statewide eviction moratorium on nonpayment and no-cause terminations. Tenants will have until March 31, 2021 to pay rent owed for April through September 2020. Landlords cannot evict, impose late fees or report delinquency to credit reporting agencies due to failure to pay during this time.</p> <p>Oregon Law Center’s fact sheet and FAQs: https://govsite-assets.s3.amazonaws.com/7j3RHcxdSky0LKVXnnRe_OLC-LASO-Eviction-Moratorium-Updates-7-1-20.pdf</p>	
CARES Act: Support for Homeowners in Oregon (OHCS)	https://www.oregon.gov/ohcs/homeownership/pdfs/06-01-2020-Public-Notice-Consumer-Homeowner.pdf
Oregon Energy Fund	http://www.oregonenergyfund.org/energy-assistance/ (Google Translate available on page for 100+ languages)
National Homeless Shelter Directory	https://www.homelesshelterdirectory.org/oregon.html

Resources to Support People Experiencing Homelessness (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/index.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/index.html (Spanish)

Employment, Leave & Income Resources

Oregon Unemployment Services	https://www.oregon.gov/EMPLOY/Unemployment/Pages/default.aspx (Google Translate available on page for 100+ languages)
Oregon COVID-19 Temporary Paid Leave Program	https://www.oregon.gov/dcbs/covid-pl/pages/index.aspx (English) https://www.oregon.gov/dcbs/covid-pl/Pages/index-s.aspx (Spanish) (Google Translate available on page for 100+ languages)
Families First Coronavirus Response Act: Employee Paid Leave Rights (US Dept Labor)	https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave
National Employment Law Project	https://www.nelp.org/ https://www.facebook.com/NationalEmploymentLawProject
Oregon Occupational Health and Safety - COVID-19 (OSHA)	https://osha.oregon.gov/covid19/Pages/default.aspx (Google Translate available on page for 100+ languages)

Undocumented Residents & Seasonal Workers

COVID-19 Resources for Undocumented Communities	https://docs.google.com/spreadsheets/u/1/d/18p9OSILpSYanIoUC-gEbhVbRMYVUfw4wyrixa9ekGdc/htmlview?fbclid=IwAR2hdwS7cr3Q5q3LzrzcBQ9ADQNDdacnZGsPZ3tAvP8D4Ydg4nrqjfw_s (English and Spanish tabs)
State of Oregon Food Security & Farmworker Safety	https://www.oregon.gov/oweb/fsfs/Pages/index.aspx (Google Translate available on page for 100+ languages)
COVID-19 Farmworker and Landscaper Rental Relief Fund (Oregon Human Development Corporation)	https://www.ohdc.org/covid-19-farmworker-rental-relief-fund.html (English) https://www.ohdc.org/covid-19-fondo-de-alivo-de-renta-para-trabajadores-de-agricola.html (Spanish) 1-855-215-6158
National Center for Farmworker Health	http://www.ncfh.org/ (English) http://www.es.ncfh.org/ (Spanish)

	https://www.facebook.com/NCFHTX/
FAQ: Immigrant Workers' Rights and COVID-19 (National Employment Law Project)	https://www.nelp.org/publication/faq-immigrant-workers-rights-and-covid-19/
Pet Resources	
Animal Poison Control (ASPCA)	https://www.aspca.org/pet-care/animal-poison-control 1-888-426-4435
COVID-19 If You Have Pets (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/pets.html (English) https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/pets.html (Spanish)
COVID-19 FAQs for Pet Owners (American Veterinary Medical Foundation)	https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19/covid-19-faqs-pet-owners
Caring for your pets during the COVID-19 pandemic	https://vcahospitals.com/covid-19
Portland Animal Welfare Team	https://www.pawteam.org/ <ul style="list-style-type: none"> • Pet food/Supply Bank • Veterinary services for those in the Portland area experiencing homelessness or those living below the federal poverty line