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COVID-19 Health Talking Points

Updated on Tuesday, 03/16/2021, at 4:00 p.m.

Note: This document is updated and distributed regularly on Tuesdays and Fridays with occasional updates on other days as needed.

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 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

Facebook Live Q&A: Mental health, suicide prevention and in-person learning

Every loss to suicide is a tragedy. While preliminary data appears to show that Oregon has not seen increased deaths by suicide during the pandemic in 2020, we know many parents have concerns as students return to in-person education in the coming weeks. Join the Oregon Health Authority on Facebook on [Wednesday, March 17 at 11:30 a.m.](#) to speak with our experts directly about how to help protect your child's mental health as they return to the classroom.

Vaccine safety tool available in several languages

V-safe — one of the Centers for Disease Control and Prevention (CDC) tools to monitor COVID-19 vaccine safety — is now available in English, Spanish, Vietnamese, Korean and simplified Chinese. Get vaccinated, then participate in personalized health check-ins to let CDC know how you're feeling and if you have any side effects.

Help keep vaccines safe and register for v-safe after your COVID-19 vaccination: <https://bit.ly/3gNkdpZ>.

Safer ways to enjoy St. Patrick's Day

This is the second St. Patrick's Day since the first case of COVID-19 was diagnosed in Oregon. Some people may be weary of taking precautions, but it is not yet time to relax them. While knowing that some of our most vulnerable community members are vaccinated provides hope, there are still many more of us waiting to be vaccinated in the next few months.

That means the safest way to celebrate this year is to celebrate with the people you live with, to gather virtually or to gather outside while wearing face coverings and maintaining 6 feet of physical distance.

Here are some ideas for celebrating safely:

- Decorate your home in St. Patrick's Day colors, shamrocks and leprechauns.
- Celebrate by making Irish-inspired recipes.
- Have a small outdoor St. Patrick's Day celebration with everyone at least 6 feet apart and wearing masks.
- Watch a virtual St. Patrick's Day celebration.

And don't forget to wear green.

Oregon Health Authority launches blog

OHA launched a new blog March 16 which features stories and information about COVID-19 vaccines in Oregon. It is another place to read and share some of the content from the [Oregon Coronavirus Update newsletter](#). You can find it on the vaccine page at covidvaccine.oregon.gov or at covidblog.oregon.gov

Other new vaccine resources:

- [COVID-19 Vaccine Side Effects](#)
- Translations:
 - [Difference between the tools on covidvaccine.oregon.gov](#) in [Spanish](#)
 - [Johnson and Johnson Vaccine Fact Sheet](#) in [Arabic](#) [Hmong](#) [Korean](#) [Russian](#) [Simplified Chinese](#) [Spanish](#) [Traditional Chinese](#) [Vietnamese-VI](#)
 - [COVID Testing in Oregon Schools](#) in [Spanish](#)

OHA response to President Biden's accelerated vaccine timeline

On March 11, President Biden directed all states to open vaccine eligibility to all adults by May 1.

In response, Director of the Oregon Health Authority Patrick Allen, noted that the state has the capacity to double the current number of doses per day if it receives enough doses from the federal government.

Oregon is on track with current timelines, he said, and would like to accelerate them but will do so only if enough vaccine is sent from the federal government.

“We need to know when more vaccine vials will arrive in Oregon . . . before we can tell a frontline worker or anyone else that we are adjusting our timelines.”

He added: “Until we get more clarity, we need to keep our current timelines in place.”

Pregnant people (16 and older) will be eligible for COVID19 vaccine starting March 29

This is an addition to the groups that OHA had previously announced will become eligible on March 29.

Things to know about the Johnson & Johnson vaccine in Oregon

Johnson & Johnson was 100 percent effective in preventing COVID-19 deaths during clinical trials, which were conducted in parts of the world where new variants were already circulating.

Some counties are using the more flexible one-dose vaccine to vaccinate harder to reach seniors and other groups of people.

It's important for people in Oregon to understand that all our vaccines are the safest and most effective way to stop the spread of the virus.

- The best COVID-19 vaccine is the one you can get.
- Different vaccines were measured through clinical trials conducted at different times, in different places, measuring different outcomes.
- All our vaccines are proven to be safe and reduce your risks from COVID-19.

Oregon is deploying the Johnson & Johnson vaccine in all settings, to protect people and communities in all parts of the state.

New guidance for the 'fully vaccinated'

The [Centers for Disease Control and Prevention \(CDC\)](#) has [new guidance](#) for people who are fully vaccinated. People are considered fully vaccinated:

- Two weeks after their second dose in a two-dose series, like the Pfizer or Moderna vaccines, or
- Two weeks after a single-dose vaccine, like the Johnson & Johnson vaccine

In non-healthcare settings, there are some things you can do if you are fully vaccinated:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing

If you are fully vaccinated, you should still take steps to [protect yourself and others](#) in many situations, like wearing a mask, staying at least 6 feet apart from

others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:

- In public
- Gathering with unvaccinated people from more than one other household
- Visiting with an unvaccinated person who is at [increased risk of severe illness or death from COVID-19](#) or who lives with a person at increased risk

It's also important to get tested if you have COVID-19 symptoms, follow guidance issued by individual employers, and follow CDC and health department travel requirements and recommendations.

OHA has updated its [face covering guidance](#), [gathering guidance](#) and [travel recommendations](#) to align with these changes.

Latest COVID-19 forecast

OHA estimates that the transmission rate of the virus declined slightly from early February through Feb. 24, with an estimated reproductive rate of .83.

If that level of transmission holds, Oregon can expect further declines in daily cases to an estimated daily average of 170 cases and six new daily hospitalizations between March 17 and March 30.

However, if the more contagious variants take hold or if we relax our vigilance and transmission increases by 30% to a reproductive rate of 1.1, we could see average daily cases of 265, with 10 more daily hospitalizations.

OHA pilot program that enables Federally Qualified Health Centers(FQHCs) to vaccinate all their patients 16 or older, expands

Starting the week of March 15,OHA will increase dose allocations to FQHCs by 4,500 doses and add four new FQHCs (Mosaic HC-Madras Clinic, Northwest Human Services (Polk), Klamath Health Partnership, CHC of Benton and Linn Counties) to the pilot program.

The FQHC pilot is one way that OHA is addressing the disparate impact of the pandemic and current disparities in vaccination rates.

FQHCs serve as trusted sources of care in the community, especially for migrant and seasonal farm workers, other agricultural workers and food processing workers.

Progress in vaccinating older adults

By the end of March, Oregon expects to have vaccinated 8 in 10 older adults. But **There are variations in senior vaccination rates across counties**, with some counties lagging. In the next week, seven counties will receive catch-up allocations of first doses. The extra dose amounts will go to these counties:

- Clatsop: +700 doses.
- Columbia: +1,100 doses.
- Coos: +1,400 doses.
- Curry: +500 doses.
- Grant: +500 doses.
- Jackson: +2,040 doses.
- Josephine: +3,080 doses.

Oregon pharmacies can continue to offer COVID-19 vaccinations to adults 65 and older

OHA and pharmacies in Oregon providing COVID-19 vaccines confirmed March 11 that pharmacies in Oregon can continue to serve Oregonians age 65 years and older.

Earlier this month the Biden administration set a goal to reopen the nation's schools by having all educators, childcare workers and other education staff receive at least one COVID-19 vaccine dose by the end of March.

However, Oregon had authorized the state's estimated 152,000 K-12 education workers, childcare providers and early learning workers to be eligible starting Jan. 25.

Oregon has been granted an exemption by the administration and the Centers for Disease Control and Prevention (CDC) to allow pharmacies to vaccinate older adults.

[See the news release](#) for more details.

Governor Kate Brown issues executive order reopening schools for in-person instruction

On March 12, Governor Kate Brown issued [Executive Order 21-06](#) , requiring all Oregon public schools to offer universal access to hybrid or full in-person instruction by the weeks of March 29 for grades K-5, and April 19 for grades 6-12. The Governor [announced](#) she would be issuing the order in a letter to the Oregon Department of Education and the Oregon Health Authority last week.

Weekly COVID-19 cases, hospitalizations decline

OHA's [COVID-19 Weekly Report](#), released March 10, shows decreases in daily cases and hospitalizations from the previous week. Weekly reported deaths were higher.

- OHA reported 1,729 new daily cases of COVID-19 during the week of Monday, March 1 through Sunday, March 7 — a 35% decrease from the previous week.
- New COVID-19 related hospitalizations also dropped from 164 to 139, which is a 15% decline from last week and the lowest weekly total in five months.
- Reported COVID-19 related deaths increased to 86, up from 57 last week.
- There were 129,442 tests for COVID-19 for the week of Feb. 28 through March 6 — a 7% increase from the previous week. The percentage of positive tests was 2.8%, which represents the lowest percentage since Oregon adopted the test-based method in mid-November.
- People 70 years of age and older have accounted for 41% of COVID-19 related hospitalizations and 77% of COVID-19 related deaths.

The latest [COVID-19 Weekly Outbreak Report](#) shows 44 active COVID-19 outbreaks in senior living communities and congregate living settings, with three or more confirmed cases and one or more COVID-19 related deaths.

New vaccine resources

[Information about the Johnson & Johnson Vaccine](#)

[Things to know this week](#)

[Vaccine Facts for Christian Faith Communities](#)

[Vaccine Facts for Jewish Faith Communities](#)

[Vaccine Facts for Muslim Faith Communities](#)

Translations

[Things to know this week](#) in [Arabic](#) [Chuukese](#) [Hmong](#) [Korean](#) [Marshallese](#) [Russian-RU](#) [Simplified Chinese](#) [Somali](#) [Spanish-SP](#) [Traditional Chinese](#) [Vietnamese-VI](#)

Updates to county risk levels to take effect March 12

On March 9, county risk levels under the state's public health framework to reduce transmission and protect Oregonians from COVID-19 were updated. The framework uses four different risk levels for counties based on COVID-19 spread — Extreme, High, Moderate and Lower — and assigns health and safety measures for each level.

Beginning this week, counties may be given a caution period if they reduced their COVID-19 spread enough to move down in risk level in the previous two-week period but their numbers went back up in the most recent two-week period. The caution period will allow counties to refocus efforts on driving down creeping case numbers and give local businesses additional certainty on their plans for operating. If, at the end of the caution period, case rate data still puts the county at a higher risk level, the county will move to that level.

Effective March 12 through March 25, there will be two counties in the Extreme Risk level, nine at High Risk, 12 at Moderate Risk, and 13 at Lower Risk. Two counties have been given a two-week caution. A complete list of counties and their associated risk levels is available [here](#).

You can [read the full news release here](#).

Scheduling process for 65 and older updated in Portland metro area

Oregon Health Authority (OHA) and All4Oregon have successfully piloted a new process for scheduling a first COVID-19 appointment at the Oregon Convention Center (OCC).

The new process was rolled out March 8, after a test run in which more than 1,800 people were able to secure vaccination appointments. This change is expected to speed up scheduling and reduce stress and anxiety.

Here's how it works:

- Eligible older adults who live in Clackamas, Columbia, Multnomah or Washington counties who registered for a vaccine through the [Get Vaccinated Oregon \(GVO\)](#) tool will receive an advance email from OHA indicating they will be receiving email notification from All4Oregon inviting them to make an appointment at the OCC.
- That message from OHA will be followed by an email from All4Oregon that contains a unique individualized link that connects to the All4Oregon scheduling site with open dates and times for vaccines available the next week. This link will expire if not used within five days.
- OHA will allocate 15,000 vaccines a week, about 50% more vaccines, for the next three weeks to All4Oregon to vaccinate adults 65+ in Clackamas, Columbia, Multnomah and Washington counties.

If you live in another part of the state and are 65 or older you can also use the [Get Vaccinated Oregon](#) tool to register for notifications and find information about vaccination events in your area. Locations and steps to get vaccinated will differ from county to county.

If you provide Get Vaccinated Oregon with your email, please check all email inbox folders, including spam, promotion and trash, in case the invitation ends up diverted to the wrong folder.

FEMA awards \$110 million to Oregon for vaccinations

The Federal Emergency Management Agency (FEMA) has awarded \$110 million in federal funding to assist the Oregon Health Authority (OHA) and partners in operating dozens of COVID-19 vaccination centers throughout the state.

The FEMA-supported vaccination centers will be able to administer more than two million vaccines during the 90-day operational period. Timelines are still under review.

Grants for emergency protective measures are funded through FEMA's Public Assistance Grant Program, which reimburses communities for actions taken for response and recovery from a disaster. FEMA reimbursement is paid directly to the Oregon Office of Emergency Management, which then makes disbursements to the local and tribal jurisdictions and state agencies that incurred costs.

OHA updates methods for counting age and race data in vaccination records

OHA has adjusted how it reports race and ethnicity data on its [COVID-19 dashboards](#), starting in late February, for persons entered in the state's immunization registry known as ALERT Immunization Information System (IIS), or ALERT IIS.

The system previously counted race and ethnicity data for persons who have received a COVID-19 vaccine as non-exclusive categories, where an individual contributed to the counts of all races that were indicated in their ALERT IIS record. Starting Feb. 25, race and ethnicity data began to be counted in only one racial or ethnic group. This change followed recommendations provided by the Oregon Office of Equity and Inclusion. The race and ethnic categories include: American Indian/Alaskan Native, Asian, Black, Hispanic, Native Hawaiian/Pacific Islander, White, other race and unknown. The category of Hispanic is treated as a racial group.

Individuals may still have multiple indications for race on their ALERT IIS record.

Age category listings for persons also changed on Feb. 25 to reflect the state's phased approach in opening up vaccine eligibility to older Oregonians. The dashboards now show older Oregonians in five-year groupings, for ages between 60 and 80 years old.

Data on Oregonians who are vaccinated will now include race and ethnicity information at the county level on the COVID-19 dashboards.

Oregon leaders announce \$250 million Summer Learning and Child Care package for kids

On March 8, Governor Kate Brown, Senate President Peter Courtney and House Speaker Tina Kotek unveiled a restorative \$250 million Summer Learning and Child Care package to help students and children learn and thrive this summer. Combined with up to about \$75 million in federal funds, both in district matching funds and funding for the Employment-Related Day Care program, as much as \$325 million will be invested in summer learning and child care programs.

This past year, Oregon's children have been burdened by the educational, social, emotional and mental health impacts of a worldwide pandemic, months of comprehensive distance learning, and more. The Summer Learning and Child Care package will create grants for enrichment activities, academic support, child care and early learning programs. Investments will be made equitably for Oregon's Black, Indigenous, Tribal, Latino, Latina, and Latinx, Pacific Islander, and children of color, who have borne the disproportionate impact of the last year's challenges.

Additional details on the Summer Learning and Child Care Package are available [here](#).

Trying to understand how to find a vaccine appointment? Check out these new graphics

We heard that the process for finding a vaccination appointment has been confusing for people. For easier understanding, OHA has created new graphics with steps to show the best way to find a vaccine appointment in the Salem and Portland metropolitan areas. Find them here:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3603.pdf>

New vaccine resources

- New toolkit for the general public under [Vaccine communication resources](#) with:
 - Social media resources
 - Printable materials
 - Videos
 - Pláticas de Salud con OHA
- [COVID-19 Vaccine Information for Older Oregonians](#)
- [COVID-19 vaccine information for people with underlying health conditions with increased risk](#)
- [COVID-19 Vaccine Information for Frontline Workers](#)
- Other Updates:
 - [Oregon's vaccine distribution plan](#)
 - [Difference between the tools on covidvaccine.oregon.gov](#)

COVID-19 Vaccine Essentials

Who's eligible, and when

Oregon opened vaccine eligibility to all people 65 and older on **Monday, March 1**. The state expects to receive enough vaccines from the federal government to immunize all Oregonians age 65 and above before the end of March — weeks ahead of the original timelines.

For the first time since the pandemic started, the state has also provided a timeline that tells every adult Oregonian a date for when they are eligible. Here's a brief summary of who will be eligible no later than March 29 and beyond, and when (and [here](#) is an updated infographic)

No later than March 29:

Adults age 45-64 with one or more CDC-defined underlying health conditions with increased risk ([full list here](#))

Food and agricultural workers ([full list here](#))

People living in low-income senior housing, senior congregate and independent living

People experiencing houselessness who are sheltered or unsheltered

Wildland firefighters

Currently displaced wildfire victims

No later than May 1:

Adults 16-44 with one or more CDC-defined underlying health conditions with increased risk ([full list here](#))

Frontline workers as defined by the CDC/ including state and local frontline employees ([full list here](#))

People who live in multigenerational households

No later than June 1, Oregonians ages 45-64 in the general population will be eligible.

No later than July 1, all Oregonians over age 16 will be eligible to get vaccinated.

Where to find a vaccine

Get Vaccinated Oregon: Register at covidvaccine.oregon.gov to find out if you are eligible, get notifications about vaccine opportunities and find county-specific vaccine information.

County-specific information: [This list](#) includes contact information, including specific information for educators and older Oregonians by county.

Vaccine Information Tool (chatbot): People with mobility issues can make an appointment at Portland Airport Red Economy Parking Lot drive-thru clinic through the chatbot. Educators in the Portland metro area and people who live in Marion County also can continue to find appointments through the chatbot.

Retail pharmacies. Make appointments directly at a pharmacy through these links:

Costco: costco.com/covid-vaccine.html

Health Mart: healthmartcovidvaccine.com

Safeway/Albertsons: [safeway.com/pharmacy/covid-19.html](https://www.safeway.com/pharmacy/covid-19.html)

Walgreens: [walgreens.com/findcare/vaccination/covid-19](https://www.walgreens.com/findcare/vaccination/covid-19)

211, the state's COVID-19 vaccine hotline. Call volumes may be higher than normal.

Text ORCOVID to 898211 (English and Spanish only)

Email ORCOVID@211info.org (language assistance available).

Call 211 or 1-866-698-6155 (open from 6 a.m. to 7 p.m. daily, including holidays).

Oregon Health Plan members may qualify for transportation to vaccine clinics

If you are eligible for a vaccine and enrolled in Oregon Health Plan (OHP) with a Coordinated Care Organization (CCO) managed-care plan or under an OHP Open Card (fee for service) plan, you can use Non-Emergent Medical Transportation (NEMT) to get to a clinic and get back home. Here is a [map of NEMT brokerages](#). Call the brokerages directly to schedule a ride.

If you are an older adult or an adult with a physical disability, there may also be other services in your community to assist with transportation. To learn more:

- Contact the [Aging and Disability Resource Connection of Oregon \(ADRC\)](#) to see what [community-based transportation and other services](#) are available to assist you.
- If you receive in-home services through the Oregon Department of Human Services (ODHS) Office of Aging and People with Disabilities (APD), you may ask your Medicaid-funded in-home provider to take you to a clinic and to wait with you at the clinic.

Transportation options for adults with intellectual and developmental disabilities

- If you are enrolled in Oregon Health Plan (OHP), you can use Non-Emergent Medical Transportation (NEMT) to get to a clinic and get back home. Here is

a [map of NEMT brokerages](#). Generally, NEMT must be scheduled and authorized ahead of time. You can call the brokerages directly to schedule a ride.

- If you receive Medicaid-funded in-home support through the Office of Developmental Disabilities Services, you can ask your Medicaid-funded in-home provider to take you to a clinic and to wait with you at the clinic.

Racial and ethnic inequity in the pandemic and in vaccination rates.

The COVID-19 pandemic has affected everyone in Oregon, but it hasn't affected every community in the same way.

Across the nation, communities of color are seeing those inequities compounded during the pandemic.

In Oregon, the Latinx community is experiencing the most pronounced inequities, compared to whites:

- **People who identify as white** represent 75% of Oregonians. However, while they only comprise about half (48%) of COVID-19 cases, they account for 74% of vaccinations.
- **People who identify as Latino or Hispanic** represent 13% of Oregonians.
 - However, they comprise 26% of COVID-19 cases – twice their proportion of the population.
 - Despite the disproportionate burden of COVID-19 cases in the Latinx community, they account for only 5% of the vaccinations administered to date.
- **People who identify as Black or African American** are 2% of the state population and they represent 2.4% of COVID-19 cases. They represent under 2% of COVID-19 vaccinations.
- **Native Americans comprise close to 2% of Oregonians.** They account for close to 2% of COVID-19 cases and 2% of COVID-19 vaccinations.

Latinx, Black, African Americans and Native American communities are also burdened by significant health inequities that enhance their risks from COVID-19.

These health inequities are the product of systemic racism, toxic stress and other factors.

At the Oregon Health Authority, working with Federally Qualified Health Centers (FQHCs) is at the core of our effort to eliminate COVID-19 health inequities.

Oregon is prioritizing FQHCs for vaccine allocations because:

- FQHCs serve people who work in jobs that are most at-risk.
- They've set up testing sites for their patients and the wider community.
- FQHCs are the trusted providers for many people who are uninsured, disabled, or lack reliable transportation.
- They are a preferred option for people who may be wary of large institutions and law enforcement.
- They have credibility in their communities at a time when disinformation about coronavirus vaccines is rampant on social media.

Framework for counties Q&A

The new risk framework will help Oregonians get through the winter and spring safely. COVID-19 vaccines will arrive soon. But until then, and until we reach herd immunity, we will have to continue these mitigation measures:

- Stay home if you're sick
- Wear a mask or face covering
- Watch your distance
- Wash your hands frequently

Q: Why is Oregon changing from phases to the new framework?

A: The phases did not allow a lot of movement. The new framework is more adaptable.

Q: How does the new framework work?

A: To understand how the new framework works, it's helpful to know three things:

1. The new framework is based on the [school metrics data](#).

2. Oregon's 36 counties are divided into three groupings for the framework:
 - Large counties with more than 30,000 residents
 - Medium counties with between 15,000 and 30,000 residents
 - Small counties with fewer than 15,000 residents
3. The new framework divides risk into four categories based on the spread of COVID-19:
 - Lower Risk
 - Moderate Risk
 - High Risk
 - Extreme Risk

Q: How do counties get placed into risk categories?

A: For large counties (population greater than 30,000), the positivity rate is one of two metrics considered to calculate the risk category. The other factor is the case rate per 100,000. The overall determination reflects the most restrictive measure. So, for example, if Josephine County is in the Moderate Risk category for rate and the Extreme Risk category for percent positivity, then the county would fall into the most restrictive category, the Extreme Risk category.

For medium counties (population 15,000 to more than 30,000), the positivity rate is one of two metrics considered to calculate the risk level. The other is the number of cases. The overall determination reflects the most restrictive measure.

For small counties (population less than 15,000), only the number of cases is considered to determine the risk category.

Q: How often can a county move from one risk category to another?

A: The school metrics data is pulled every Monday and used to determine county risk categories. You can find it posted on the [OHA COVID-19 website](#).

The first week is the "warning week." There is no movement of counties and no changes on the risk level map on the OHA and [Governor's office](#) websites.

The second week is the "action week." The data is pulled again on Monday. The Governor's office notifies counties if they are likely to move from one risk category to another based on the new data. The Governor's office also sends a press release

about any changes. The county formally moves into the new risk category at the end of the week.

Contact tracing

Contact tracers call people who may have had contact with someone who tested positive for COVID-19. Go to OHA's [Contact Tracing](#) website to learn what to expect if a contact tracer calls.

Masks and face coverings

[CDC updates its guidance on face coverings](#)

Those updates are:

- Make sure your mask fits snugly over your nose, mouth and chin;
- Check for gaps by cupping your hands around the outside edges of your mask.
- Wear a mask with several layers.
- Use a mask fitter or a nose wire for a tighter fit.
- A cloth mask over a disposable mask can ensure a better fit.

[Oregon mask requirements](#)

[FAQs Statewide Mask, Face Shield, Face Covering Guidance](#)

OHA has updated its [face covering guidance](#).

How to safely care for your mask

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.

OHA testing resources

AT OHA's [COVID-19 testing](#) page, -you'll find:

- A test site locator
- Information on understanding your test results
- Cost and insurance information

Questions about testing? Visit our [FAQ](#)

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 gives details on the number of tests administered and the percentage of tests that are positive. [View all COVID-19 Weekly Reports here](#).

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 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 23rd. 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.

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 updates pediatric COVID-19 data

- OHA has updated a [report](#) analyzing the scope of pediatric COVID-19 cases in Oregon since the beginning of the pandemic.
- Of confirmed and presumptive cases in Oregon, 4,901 – 11.3 percent – have been pediatric patients, defined as people under age 18.
- The pediatric age group most likely to be infected is people 12-17 years old.
- The report notes that while pediatric case counts are higher, young people are still far less likely than adults to develop severe symptoms. Only 1.3 percent of pediatric patients have been hospitalized due to COVID-19, compared to 8 percent of adults.

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 [comprehensive page from the CDC](#) includes information on:

- The symptoms of COVID-19
- How it is spread
- Ways to protect yourself from becoming infected
- What to do if you or someone in your household gets sick

What to do if a parent or a sole caregiver has COVID-19

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.

Cleaning and disinfecting at home

For detailed information about cleaning and disinfecting at home see [CDC’s guidance at this link](#).

How to self-isolate and how to quarantine

With a large increase in cases across the state, more people are being asked to quarantine and self-isolate to prevent the spread of COVID-19. Quarantine keeps someone who was exposed to a person with COVID-19 away from others. Isolation keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

More resources:

- [Learn more](#) about quarantine and how to connect with resources.
- [Learn more](#) about how to self-isolate.
- If you must quarantine or isolate because of COVID-19 and don’t have paid time off, help is available. The COVID-19 Temporary Paid Leave Program provides a \$120 per day (up to \$1,200) payment to workers in Oregon who

are required to quarantine due to COVID-19 exposure, who do not qualify for COVID-19-related paid sick leave or do not have access to paid sick leave. To see if you are eligible [take this quiz](#) or visit [gov/covidpaidleave](#).

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.](#)

New quarantine guidelines for fully immunized people

You may wonder whether you still need to quarantine when you have been exposed to COVID-19 if have received your vaccination. OHA has updated its [COVID-19 Investigative Guidelines](#) to address this question.

If you have been fully vaccinated with the COVID-19 vaccine and it's been at least 14 days since your final dose, you are no longer required to quarantine if you have had close contact with someone with COVID-19.

If you're fully immunized, you should still monitor yourself for symptoms of COVID-19 during the 14 days after exposure, and if symptoms develop, you should isolate and seek testing.

People who have been fully vaccinated should continue to follow measures to protect themselves and others, including maintaining six feet of physical distance, avoiding crowds, washing hands often and wearing a mask.

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.

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.

Immunization

Flu

- 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 is ideal.
- Check out these [infographics](#) about flu shots and share them with your friends and family on your Facebook and Instagram accounts.

Mental and behavioral health

Safe + Strong: Community Resource Guide

COVID-19 has changed our lives in many ways. If you're struggling, you're not alone. There's support in your community. The Community Care Resource Guide is a place where you can find culturally sensitive resources created for and by your community. Join a support group or find a counselor where you can feel safe and understood. For affordable resources and care that are right for you and those you love, visit the [Community Care Resource Guide](#).

For more information on mental health resources, check out the [Safe + Strong website](#).

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/
- 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 website](#).
- 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 <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](#), a 25-minute 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](#) 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 to the supermarket, the bank or to run an errand the [CDC offers detailed guidance](#)

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

OHA has updated its [travel recommendations](#).

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 or call 211.

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.

1. [Oregon Food Bank \(OFB\)](#): All Oregon and Clark County, Washington food assistance sites along with other food resources.
 - Call for assistance: 503-505-7061
 - Email for assistance: gethelp@oregonfoodbank.org

2. OFB needs volunteers to box and deliver food. [Volunteer to help](#) - sign up for individual shifts, if you are under the age of 60 and don't face higher risks for COVID-19.
3. [Partners for a Hunger-free Oregon](#): Resources and information to access basic food needs including locations where families can get meals for kids during the school closure.
4. [211 Food Information](#): Information and referrals to food (and other) resources across Oregon and Southwest Washington.

Renters

Eviction moratorium extended through June 30, 2021

[House Bill 4401](#), passed during the Oregon legislature's third special session, [extends the statewide pause](#) on evictions for non-payment until June 30 of 2021. In order to get continued protection from eviction, renters must fill out and sign a sworn declaration of financial hardship and give it to their landlords.

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](#). The funds were allocated statewide to [local communities](#).

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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/>.

Workers' Compensation

Workers have a right to file for workers' compensation for COVID-19.

Workers who have been quarantined or isolated due to a workplace exposure or have contracted COVID-19 in the workplace may be entitled to have their lost wages and medical expenses covered by their employer's workers' compensation insurance. Employers cannot retaliate or discriminate against a worker for filing a workers' compensation claim or for raising workplace safety concerns.

If you need more information or have questions, call 800-452-0288 (toll-free) or see [this flier](#).

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 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](#).

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 Covid-19 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 <https://govstatus.egov.com/or-oha-covid-resources>.

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](#).

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

Faith institutions, funeral homes, mortuaries and cemeteries

Oregon faith Institutions, funeral homes, mortuaries and cemeteries have new guidance for the number of people allowed to attend in-person gatherings.

Information is available on Sector Guidance - [Faith Institutions, Funeral Homes, Mortuaries and Cemeteries](#).

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

OHA has updated its [gathering guidance](#).

Limit the size of your gatherings. Oregon has a framework to reduce transmission and protect Oregonians. Please look on the [Governor's webpage](#) to find the status of different activities in your county and for current information on Governor Brown's executive orders.

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

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
- Oregon Health Authority Spanish language Facebook page - [OHA en Español](#).

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

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

CDC Guidance

- www.cdc.gov/coronavirus/2019-nCoV
- [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 \(COVID-19\) Exposure in Travel-associated or Community Settings](#)
- [Health Alert Network](#)
- [Travelers' Health Website](#)

- [National Institute for Occupational Safety and Health’s Small Business International Travel Resource Travel Planner](#)
- [Coronavirus Disease 2019 Recommendations for Ships](#)

Other Federal Agencies and Partners

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

References

- OHA Emerging Respiratory Disease page: www.healthoregon.org/coronavirus
- CDC COVID-19 page: www.cdc.gov/coronavirus/2019-ncov/index.html
- CDC travel notice: wwwnc.cdc.gov/travel/notices/alert/novel-coronavirus-china
- WHO page: www.who.int/westernpacific/emergencies/novel-coronavirus
- CDC HAN archive (latest 2020-01-17): <https://emergency.cdc.gov/han/2020.asp>
- National Health Commission of the People’s Republic of China:
<http://en.nhc.gov.cn/>
 - News updates: <http://en.nhc.gov.cn/news.html>
 - Latest updates
 - http://en.nhc.gov.cn/2020-01/21/c_75990.htm
 - http://en.nhc.gov.cn/2020-01/22/c_75997.htm

Chinese CDC: www.chinacdc.cn/en/

Wuhan Municipal Health Commission:

wjw.wuhan.gov.cn/front/web/main/xwzx.html

Center for Health Protection (Hong Kong):

www.chp.gov.hk/en/features/102465.html

Washington State Department of Health 2019-CoV update page:

www.doh.wa.gov/Emergencies/Coronavirus

White House Briefing, January 31, 2020: www.whitehouse.gov/briefings-statements/press-briefing-members-presidents-coronavirus-task-force/

Additional SNS resources:

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

