

# Oregon COVID-19 Response Toolkit

We can work together to keep  
our communities healthy.

This toolkit includes recent and reliable information for people living in Oregon to learn how to stay healthy and find out where they can find support.

Help get the word out so we can help as many people as possible. We can all do our part to keep Oregon healthy.

### **How coronavirus (COVID-19) spreads:**

- Between people in close contact (within 6ft)
- Through droplets (like a cough or sneeze)

### **Stop the spread:**

- Wash your hands
- Avoid touching your eyes, nose, and mouth
- Cover your mouth when you sneeze or cough
- Stay home as much as you can
- Clean and disinfect surfaces

### **How to stay socially connected while physically distancing:**

- Use video chats and phone calls to check-in
- Connect with neighbors as long as you stay 6 feet apart

## **Watch for signs of COVID-19.**

**These symptoms may appear 2-14 days after exposure:**

- Fever of 100° or higher
- Cough
- Shortness of breath
- Loss of smell

Most people can recover at home without needing medical care. If you don't start feeling better in 3-4 days, call your doctor or local health department.

## **People at higher risk of COVID-19:**

- Older adults (age 65 or older)
- People with underlying conditions (like diabetes, heart disease, cancer, or compromised immune systems)
- People with asthma
- Pregnant women

## **What to do if you have symptoms:**

- Stay home when you are sick
- If you think you need to see a doctor, call first
- Separate yourself from other people in your home
- Don't invite visitors (drop-off delivery is ok!)

## **You can use a face covering if you:**

- Need to go out in public
- Don't have symptoms and are taking care of a person who might be sick
- Are coughing or sneezing
- Make it out of household items or common materials (Save N-95 or surgical masks for medical personnel!)
- Throw the face covering away (or wash if reusable) as soon as it is damp
- Remember to maintain 6-feet of distance from other people and continue to wash your hands frequently

## **If your job requires you to leave your house:**

- Wash your hands frequently
- Stand 6 feet apart from your coworker
- Avoid touching your eyes, nose, and mouth
- Cover your mouth with your arm when you sneeze or cough
- Wear a face covering made of household items or common materials

## **What if someone in your home has symptoms:**

- Separate them from other people in your home
- Have them wear a face covering when you are taking care of them
- You can wear a face covering too
- Replace or dispose of the face covering after each interaction
- Wash your hands frequently
- Disinfect and clean surfaces

## **Call 911 if you experience:**

- Difficulty breathing
- Persistent pain or pressure in the chest
- Confusion or difficulty staying awake
- Bluish lips or face
- Any other symptom that is severe or concerning

## **What if you need health care and don't have coronavirus?**

- Ask your doctor about an appointment by phone or video chat
- Ask for a 60-day refill of prescriptions
- Call before showing up to the hospital or doctor's office
- If you would normally recover at home, treat at home

## **If you are experiencing domestic violence during social distancing:**

- Call the National Sexual Assault 24-Hour Hotline: 800-656-HOPE (800-656-4673)
- Call the National Domestic Violence 24-Hour Hotline: 800-799-SAFE (800-799-7233)
- Call 911 if you are in an emergency situation