



Hood River County Public Health Department

1109 June Street, Hood River OR 97031

Office: 541-386-1115, Fax: 541-386-9181

PSA Novel Coronavirus COVID-19

Date: Monday, March 16, 2020

To: All Media

From: Patricia Elliott, RN, Director

Governor Kate Brown has issued an executive order on social distancing measures for Oregon effective March 17 and continuing through April 14, 2020 in response to the nationwide Coronavirus outbreak. The Governor has ordered a statewide cancellation of all events and gatherings larger than 25 people (grocery stores, retail stores, workplaces are not included). Gatherings of 10 people or more are highly discouraged. Restaurants, bars and other establishments that offer food or beverages are restricted to carry out and delivery only, no onsite consumption. All other businesses should evaluate practices and consider options. Some of our local restaurants are already preemptively closed and offering only take out or delivery.

CALL 2-1-1 for information about COVID-19 from Oregon Health Authority. For Local information Visit <https://www.co.hood-river.or.us> or call 541-399-8022(English) or 541-399-823(Spanish).

Older adults and people with underlying conditions take the following steps:

- Minimize contact with people.
- Avoid public gatherings of 10 people or more.
- Order prescriptions by mail.
- Take daily precautions: wash your hands frequently, don't touch your face, and sanitize frequently touched surfaces.

Everyone should:

- **Wash hands with soap and water frequently, cover your cough, and stay at home when you are ill!**
- **Avoid touching your eyes, nose, or mouth with your hands and avoid contact with sick people.**
- **Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.**
- **Do not visit your loved ones in care facilities, call them instead.**
- **Flu-like symptoms including fever, cough, and difficulty breathing may appear in as few as 2 days or as long as 14 days after exposure to the virus.**
- **Reported illness has symptoms ranging from mild (similar to a common cold) to severe pneumonia that requires hospitalization. Most people will not experience complications and will recover without medical attention.**
- **If you are not ill, Please reach out to vulnerable people you know, such as elderly persons that live alone.**
- **If you are ill call your healthcare provider for directions before you visit their office.**
- **IF YOU HAVE DIFFICULTY BREATHING call 911 or go to the Emergency Department of the nearest hospital**

For more information about COVID-19, including clinical Guidance please visit:

Oregon Health Authority: For Healthcare Providers and Clinical laboratories

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Hood River County Health Department: (541) 386-1115 or



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