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## Oregon House District 60 Newsletter

Issue #2

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Friends,

I wanted to take a moment to reach out during this outbreak of COVID-19 (Coronavirus) that is occurring in our state and throughout the United States and worldwide. It is important that we do not panic, and that we take heed of the facts.

Here is what we know:

- COVID-19 is an infection caused by a new Coronavirus.
- Symptoms can include high fever, cough, and some trouble breathing. Symptoms may vary from patient to patient.
- There is not a vaccine for COVID-19 currently.
- The “incubation period” for COVID-19 is 14 days.
- There is little evidence that face masks limit exposure or decrease risk of illness. The best thing we can do to stop the spread of COVID-19 is to wash our hands frequently with soap and water, for at least 20-seconds each time.
- Those that are at greater risk of exposure (the elderly, young children, those with compromised immune systems) should consider isolating themselves from large gatherings and crowds.

Governor Kate Brown issued an Emergency Declaration due to Coronavirus (COVID-19) on March 8<sup>th</sup>. Issuing this declaration allows the State of Oregon more leeway in deploying emergency assistance to those communities that have had the largest outbreaks. U.S. President Donald Trump is also said to be working on a national Emergency Declaration to free up resources for emergency assistance to states.

As of yesterday at 8:13pm, Oregon has 30 confirmed cases of Coronavirus, with 317 negative tests returned, and 96 pending results. Oregon is currently monitoring another 252 people for symptoms. I would like to stress that in House District 60, which consists of Baker, Grant, Harney, Lake, and Malheur Counties, ZERO cases have been reported.

[https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx?utm\\_source=Portal&utm\\_medium=Link&utm\\_campaign=Coronavirus%20Message#5e4f176a-255f-4493-803c-7fd5fe44cb3e](https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx?utm_source=Portal&utm_medium=Link&utm_campaign=Coronavirus%20Message#5e4f176a-255f-4493-803c-7fd5fe44cb3e)

As you may have heard, The Governor has banned gatherings of over 250 people for the foreseeable future. You can read her announcement here: <https://www.oregon.gov/newsroom/Pages/NewsDetail.aspx?newsid=36153>

Late last night, Governor Brown has also issued a statewide public school closure. The school closure will run from Monday, March 16<sup>th</sup> through Tuesday, March 31<sup>st</sup>. You can read that announcement here: <https://www.oregon.gov/newsroom/Pages/NewsDetail.aspx?newsid=36164>

The Oregon Department of Human Services also issued a directive to all nursing facilities providers, community based care: assisted living, residential care, and memory care facilities limiting visitations to

patients in these facilities, as they are at greater risk to exposure:  
[https://content.govdelivery.com/attachments/ORDHS/2020/03/10/file\\_attachments/1397712/NF-20-67%20Executive%20Letter%20from%20Mike%20McCormick.pdf](https://content.govdelivery.com/attachments/ORDHS/2020/03/10/file_attachments/1397712/NF-20-67%20Executive%20Letter%20from%20Mike%20McCormick.pdf).

The Oregon State Legislature has curtailed operations in the Capitol Building for the time being, and a Special Joint Committee on Coronavirus Response has been appointed to monitor the outbreak, identify actions to support short-term economic relief of low-income workers and small businesses, and make timely budget recommendations to the Legislature. More information about the Committee can be found here: <https://olis.leg.state.or.us/liz/201911/Committees/JSCCR/Overview>.

These steps are all being taken out of an abundance of caution, in an effort to slow down the spread of COVID-19 throughout Oregon.

With that in mind, I thought I would share some resources that may help us all better understand how to prepare for COVID-19.

More information on COVID-19 in Oregon can be found on the Oregon Health Authority's website at: [https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASES/AZ/Pages/emerging-respiratory-infections.aspx?utm\\_source=Portal&utm\\_medium=Link&utm\\_campaign=Coronavirus%20Message](https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASES/AZ/Pages/emerging-respiratory-infections.aspx?utm_source=Portal&utm_medium=Link&utm_campaign=Coronavirus%20Message)

I found the OHA's "frequently asked questions" section to be of particular help: <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASES/AZ/Pages/COVID19-FAQ.aspx>

More information on COVID-19 in the United States can be found at the Centers for Disease Control and Prevention website at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The World Health Organization (WHO) has information on the spread of COVID-19 worldwide, and they post updates frequently at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>.

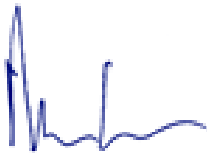
If you are experiencing possible symptoms of COVID-19:

- Contact your regular doctor first. They will give you instructions about how to get tested, if they think it necessary, and how to limit exposure to others.
- Do NOT go to the emergency room or urgent care.
- Take over-the-counter medications to lower your fever and treat the cough.
- If you have traveled outside of the country in the past 14 days, notify your doctor.
- If you have been in close contact with someone who has a confirmed case of COVID-19, or someone who is being evaluated for it, notify your doctor.
- If you are having a medical emergency, call 911.

If we all do our part, we can stop the spread of this COVID-19 outbreak.

I hope you find this information helpful. You can also call 211 for general information about Coronavirus in Oregon.

Stay safe. Please don't panic. Seek help if you need it.



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*Frontier Oregon—The Best Part of the State*

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