



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 9, 2020

To: All Media

From: Patricia Elliott, RN, Director

Governor Kate Brown has declared a state of emergency in response to Novel Coronavirus (COVID-19) to bring additional resources to the State. Most cases of COVID-19 in Oregon are not connected to travel, indicating we have Community-Transmission of the virus. The impact to our community and health system will be similar to a severe flu season. PLEASE CALL 2-1-1, FOR INFORMATION AND QUESTIONS ABOUT COVID-19.

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

- Minimize contact with people who may be ill.
- Avoid large public gatherings.
- 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.
- If you have recently traveled to China, Iran, Italy, Japan, or South Korea you are considered a Person Under Monitoring and should contact Hood River County Health Department.
- 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.
- The virus causes illness with symptoms ranging from mild (similar to a common cold) to severe pneumonia that requires hospitalization.
- Most people will not experience complications and will recover at home 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 your nearest hospital immediately.

The CDC, OHA, and Hood River County Health Department are committed to providing the most up-to-date information available. Please call your doctor, 2-1-1, or 1-800-222-1222 for information about the virus.

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

<https://www.co.hood-river.or.us> Health Department