

Wednesday



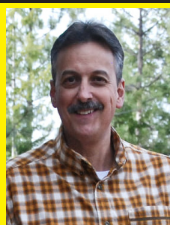
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April 15, 2020

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VOTE FOR CHANGE, VOTE FOR EXPERIENCE

**INTEGRITY
TRANSPARENCY
HARD WORK
EXPERIENCED
VETERAN
PRO 2ND AMENDMENT**



BILL MILLER FOR SHERIFF

"I can attest to his work ethic, tenacity, thoroughness, and skills as an investigator. He also possesses extraordinary compassion, fairness, and respect for others."

~ Tim Thompson, Union County District Attorney Retired

"His qualifications of integrity, ethics, training, experience and common sense will enable him to be a very competent sheriff and serve the people of Union County well."

~ John Courtney, Retired, La Grande Police Chief

A few of my priorities:

Expansion of the drug task force, bring back a comprehensive Reserve Program, full support of Union County Search & Rescue, and better policing/visibili in all communitties

Look me up on Facebook: Bill Miller For Union County Sheriff

Email me: billmillerforucsheriff@gmail.com

Paid for by Committee to elect Bill Miller, Sheriff. Jared Rogers ~ Treasurer, 73001 Palmer Junction Rd., Elgin, OR 97827



WOMEN'S & CHILDREN'S CLINIC
PEDIATRIC SERVICES

Did you know the Children's Clinic builds room in their schedule for same-day sick visits?

With the addition of Dr. Zach and Dr. Eve, the Children's Clinic is fully staffed and can accommodate more same-day sick visits than before. These appointments are made on a first come, first serve basis, and are intended for illness or other non-emergent urgent care needs. Parents should continue to schedule well-child appointments in advance with their primary care provider.

If your child needs a same-day visit for illness or other urgent health concern, we encourage you to call the Children's Clinic first for appointment availability.



710 Sunset Drive, Suite E, La Grande, OR 97850

541-663-3150 • grh.org/pediatrics



Center for Human Development, Inc. (CHD)

The Centers for Disease Control is now recommending the wearing of a mask in public. Social distancing, frequent hand washing, and avoiding others when sick remain the mainstays of our public health efforts. Do not assume that wearing a mask takes the place of any of those healthy behaviors.

There are a number of reasons to wear a cloth mask:

- We now know that some people are contagious before they ever get symptoms and some never feel sick. They might spread the disease before they would ever consider masking up.
- Droplets do indeed transmit the disease, but they can be generated from talking as well as coughing. Just standing next to someone talking could spread the disease if neither of you are masked.
- Wearing a mask while sick is stigmatizing for those who wear them. Universal use wouldn't identify who was sick and who wasn't.
- You're less likely to touch your mouth and nose while wearing a mask.
- DIY masks can possibly provide protection to the public without impacting the supply of manufactured masks currently prioritized for healthcare workers. If the medical community accepts the use of these masks in the healthcare setting, then these masks will be available and ready to go.
- There is data that suggests that in countries where masking is encouraged for all citizens, the rate of disease transmission may be reduced by their actions.

The principle is the same regardless of design. Having a physical barrier to prevent droplets from landing on others, discouraging the wearers from touching their faces, and possibly reducing large droplets from landing on mucous membranes are the goals for wearing masks in public. And they look good.

Custom DIY face masks have already become popular with youths. People have been making and buying a wide variety of the fun and unique designs.

CDC now recommending wearing of homemade masks in public



Designs available at:
<https://vimeo.com>
www.youtube.com
www.allinahealth.org

Download document: www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf

COVID-19

**PLEASE REMAIN VIGILANT IN
MAINTAINING SOCIAL
DISTANCING MEASURES AND
COVID-19 PREVENTION
PRACTICES.**

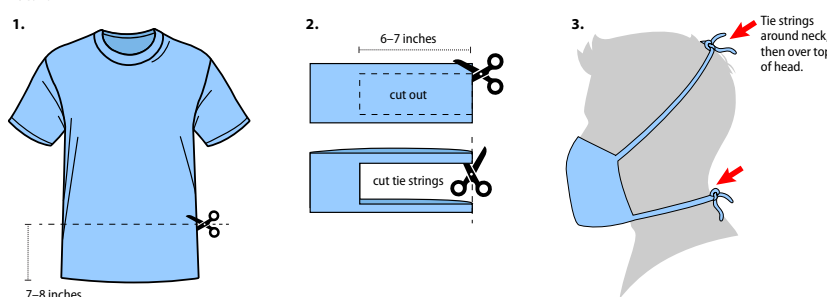


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

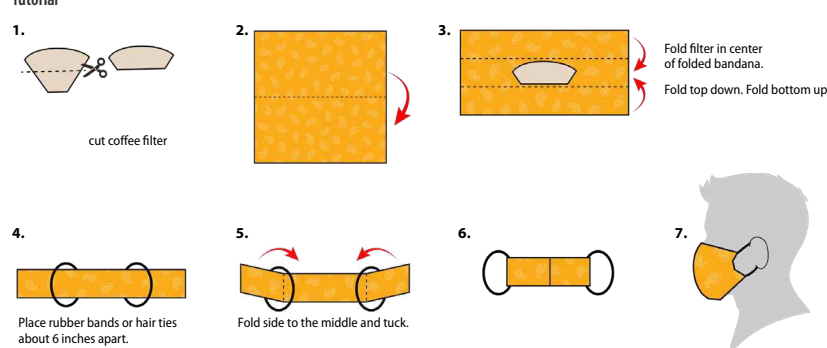


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Coffee filter
- Scissors (if you are cutting your own cloth)

Tutorial



We are closed during the Covid-19 crisis

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1520 ADAMS AVENUE
La GRANDE, OREGON 97850
(541) 963-4144 • 888-449-2704
globef@eoni.com