

Coronavirus Do's and Don'ts

This edited list was published online by Dr. Jane M. Orient, who obtained degrees in chemistry and mathematics from the University of Arizona. She is the managing editor of the Journal of American Physicians and Surgeons.

Note: Always ask your doctor before taking any action.

DO'S	DON'TS
■ DO prepare to take care of yourself and your family. BE SURE YOU HAVE: • A fever thermometer • Disposable gloves • Plastic garbage bags • Cleaning supplies ■ DO clean and disinfect surfaces such as doorknobs, telephones, computer keyboards, toilets, and countertops often. Virus can persist there for days. ■ DO remember that sunlight is the best disinfectant. Try putting things like masks or paper currency out in the sun. ■ DO wash your hands often and use hand sanitizer. Most disinfectants work, including 70-percent-alcohol-based sanitizers. ■ DO put a mask on sick people if you can. For protecting yourself you need a minimum of an N95 mask and eye protection.  ■ DO take your vitamins. Most people may be vitamin D deficient. Your need for vitamin C escalates with infection. ■ DO get your essential prescriptions refilled for 90 days—the supply chain depends on China. If your managed-care plan won't pay, consider paying cash. ■ DO protect your immune system, with adequate sleep, exercise, fresh air, and diet. Avoid sugar if you feel ill. ■ DO help your neighbors, and be responsible about protecting others as well as yourself from contagion.	■ DON'T panic. If you did not take advice to stock up 3 weeks ago, do not join a mob at a big-box store. Somebody there is no doubt infected. If you have no rice, beans, or pasta in the pantry, take advantage of take-out and drive-through places. ■ DON'T treat fever without a doctor's advice. A fever is an important defense mechanism. Very high fevers can cause damage, but don't pop Tylenol or ibuprofen at the first sign of fever. Popular nonsteroidal anti-inflammatories such as ibuprofen have detrimental effects on blood clotting. Try lukewarm sponge baths for comfort. ■ DON'T rush out and get a flu shot. Influenza can kill you, and the flu shot decreases that risk by 30% to 60%—but there is evidence that it can make COVID-19 worse, both from the earlier SARS epidemic and lab research. ■ DON'T go to the emergency room or urgent care unless you are severely ill. There will be sick people there, and you might catch something. If you have the flu or a cold or COVID-19, and don't need IV fluids or oxygen, they can't do anything for you. Telephone advice lines could help greatly. ■ DON'T demand to be tested and rely on the results. The tests are still in short supply and not very accurate. It is possible to get a false positive. If you are infected, it is also possible the test may be negative at first.  ■ DON'T waste. Expired medications are probably still good. Most drugs or essential ingredients are made in China, and supplies are running out. ■ DON'T touch your face or your eyes. ■ DON'T fall for internet scams, or malware. Hucksters will always be around to try to profit from panics. A new type of malicious virus is embedded malware in sites that come up on a search for information.

TRUSTED RESOURCES:

www.oregon.gov
www.oregon4biz.com
www.cdc.gov



BONNEVILLE POWER ADMINISTRATION

“Black Oak Basin” land acquisition to protect the environment in Western Oregon

The Bonneville Power Administration intends to provide funds to the City of Eugene to purchase a 120-acre property located about one mile east of Eugene in Lane County and protect it in perpetuity. When the purchase is complete, the City of Eugene will own and manage the property for conservation purposes and the United States government, through BPA, will hold a conservation easement to ensure the habitat on the property is protected.

BPA is funding acquisition of this property to mitigate for environmental impacts from the construction and operation of the federal flood control and hydroelectric facilities in the Willamette River Basin.

Information describing BPA's environmental review requirements under the National Environmental Policy Act are available at <https://www.bpa.gov/efw/Analysis/CategoricalExclusions/Pages/2019.aspx>. A map and fact sheet that was mailed to local area landowners will be available on BPA's land acquisition announcements page here: <https://www.bpa.gov/efw/FishWildlife/Land/Pages/Land-Acquisition-Announcements.aspx>.

For more information, contact BPA project manager Hannah Dondy-Kaplan at 503-230-4071 or hadondy-kaplan@bpa.gov. You can also call the BPA Communications department toll free at 800-622-4625. Please refer to the “Black Oak Basin” conservation easement.



BONNEVILLE POWER ADMINISTRATION

“Camp Creek Hills” land acquisition to protect the environment in Western Oregon

The Bonneville Power Administration intends to fund the Confederated Tribes of Siletz Indians to purchase a 504-acre property located about four mile east of Springfield in Lane County and protect it in perpetuity. When the purchase is complete, the Confederated Tribes of Siletz Indians will own and manage the property for conservation purposes and the United States government, through BPA, will hold a conservation easement to ensure the habitat on the property is protected.

BPA is funding acquisition of this property to mitigate for environmental impacts from the construction and operation of the federal flood control and hydroelectric facilities in the Willamette River Basin.

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For more information, contact BPA project manager Hannah Dondy-Kaplan at 503-230-4071 or hadondy-kaplan@bpa.gov. You can also call the BPA Communication department toll free at 800-622-4625. Please refer to the “Camp Creek Hills” conservation easement.