

## Brown introduces framework for reopening Oregon

PORTLAND, Ore. — On April 14, Gov. Kate Brown introduced her framework for Reopening Oregon - a plan to restart public life and business while maintaining healthy Oregon communities.

The framework sets specific prerequisites based on science, which Oregon communities must meet to begin reopening, and also outlines the actions Oregon must take to move forward.

“We all want to get back to work and return to normal life as quickly as possible,” said Brown. “But the truth is, the best path forward is a cautious one — a path that proceeds gradually, carefully and

incrementally; a path that relies on science and facts to determine each step forward.”

In order to begin reopening communities, Oregon must first slow the growth of COVID-19 as well as acquire adequate personal protective equipment to protect health care workers and first responders. Once those prerequisites are met, Oregon can begin to reopen by:

- Ramping up COVID-19 testing capacity in every region of Oregon
- Developing robust contact tracing systems to track and contain COVID-19 cases

- Establishing a quarantine and isolation program for new cases

“While we have to be careful, we also cannot stand still,” said Brown. “The shuttering of an economy at this scale has never happened before. Likewise, the reopening of a shuttered economy of this scale has never happened before.

“As we prepare in the months ahead to get Oregon back to work, we must remember the importance of doing so in a smart and deliberate fashion that keeps us moving forward instead of sending us backward.”

### Additional LIEHP help available

The Siletz Tribal Housing Department has received additional funding for the Low Income Energy Assistance Program (LIEHP), so clients can access assistance for utility bills through the Housing Department. **Please keep in mind that LIEHP is not just for housing residents.**

Contact Casey Godwin at 541-444-8311 or 800-922-1399, ext. 1311, for details.

## Tips to protect yourself and your Nation from COVID-19

By Victoria Warren-Mears, Ph.D., Northwest Portland Area Indian Health Board

The spread of COVID-19 in our state threatens our elders, our workers, our families and our Nations.

To protect our people, the Northwest Portland Area Indian Health Board and the 43 federally-recognized Tribes that is our board recommends that Tribes in Oregon, Washington and Idaho cancel social gatherings and non-essential services, and that all AI/AN people “stay home.”

### Stay home

It may feel like an overreaction, but each one of us has an important role to play to help prevent COVID-19 from spreading. The most important thing we can do to help prevent COVID-19 from spreading is to stay home, even if you don't feel sick or think you are at risk.

People can look completely normal and feel healthy, and unknowingly spread the virus to others. By staying home, you will protect those who are most vulnerable in our communities, including elders and those with asthma and diabetes.

### Know how it spreads

**The best way to prevent illness is to avoid being exposed to this virus.**

- The virus is thought to spread mainly from person to person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### Protect yourself and your loved ones

- **Wash your hands frequently:** [www.cdc.gov/handwashing/materials.html](http://www.cdc.gov/handwashing/materials.html)
  - Regularly and thoroughly clean your hands with soap and water or an alcohol-based hand rub. Why? Washing your hands kills viruses that may be on your hands.
- **Maintain social distance.**
  - Avoid close contact with people who are sick.

- Put 6 feet of distance between yourself and other people. This is especially important for people who are at higher risk of getting sick. Only go out for essentials, like groceries or medicine. Group your trips and designate one healthy person to run errands to reduce exposure and contamination.
- **Avoid touching your eyes, nose and mouth.**
  - Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

### Protect your community and Nation

#### Stay home if you're sick.

- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

#### Wear a facemask if you're sick.

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a health care provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

### If you have fever, cough and difficulty breathing, seek medical care early.

- Stay home if you feel unwell.

- If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Why? National and local authorities will have the most up-to-date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

### Clean and disinfect

- Clean **and** disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

We know this period is stressful for many. We hope you are taking care of yourself and are finding strength in your community. Many of the places we visit, shop or gather have closed to lessen the spread of COVID-19, including our schools and local businesses. These are not easy decisions to make, but the swift action and effectiveness of these measures relies on our collective cooperation to protect ourselves, our families, friends and Tribal communities.

### Things you can do to cope

- Continue to practice spiritual connection and guidance, in your own way, at home with your family
- Check on elders and neighbors. Drop off food for those who can't go out.
- Have video and phone chats.
- Help explain the importance of staying home to elders and family members who might not understand.
- Exercise outside (hiking, biking, walking).
- Create a schedule for your family (including games, books and meals). Remember to take a break from social media and the news.

Learn more at [npaihb.org/covid-19/](http://npaihb.org/covid-19/).

## 4 Reminders to Prevent Coronavirus



### STAY HOME & STAY SAFE

Unless you need essential items or services like food or medical appointments.

### USE SOCIAL DISTANCING

Continue to use social distancing and proper hygiene when you must get essentials.

### WASH HANDS AND SURFACES OFTEN

People that are sick and contagious may have no symptoms (also known as asymptomatic), mild symptoms, or severe symptoms.

### ASSUME COVID IS IN YOUR COMMUNITY

Not everyone with COVID-19 has been tested. Act like there are patients in your community that are sick and take appropriate precautions.

