

Coronavirus Information and Resources

Caring for your skin while wearing a mask



Maskne?

Wash your mask.
Toss disposable masks after one use.

Keep makeup light.
Makeup can clog pores, so less is best when wearing a mask.

Change your mask.
After exercise or other activities leaving you sweaty, it's a good idea to wear a fresh mask.

Everyday tips

Apply a thin layer of moisturizer or sunscreen. These products can serve as a barrier between your skin and mask.

Wash your face twice a day. Use a gentle cleanser and pat your face dry with a towel, do not rub.

Oregon Health Authority

Why get vaccinated? | Native Youth Ages 12-24 Years

Because millions of people are getting vaccinated, the country is moving back to doing the things we love, like playing sports and going to concerts again. According to a recent report, the pace at which the country is being vaccinated has saved more than 100,000 lives and prevented up to 450,000 hospitalizations.¹ This is your shot to help get things back to normal.

THIS IS YOUR SHOT TO GET VACCINATED...

FOR YOUR FUTURE

Young and healthy people can get very sick, too—and vaccination can mean the difference between life and death. The data is clear: If you are fully vaccinated, you have a high level of protection from severe illness and death from COVID-19. This is your shot to ensure you have a future of representing your community well.

TO HELP YOUR COMMUNITY

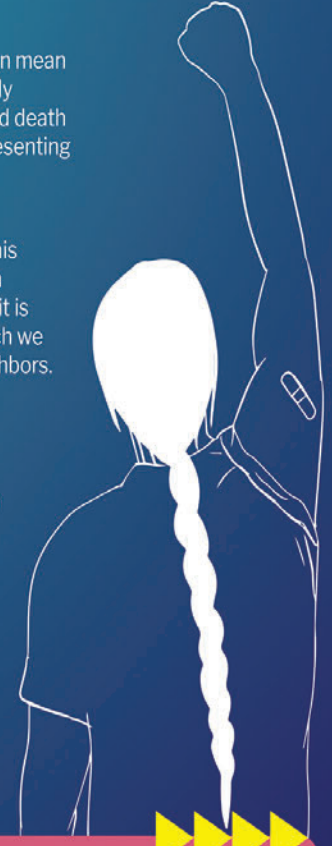
When young people get sick, those around them can get sick, too. This virus can even be spread BEFORE you have symptoms, and new data shows the Delta variant is different from past versions of the virus—it is much more contagious. Our communities are the foundation on which we can begin to heal our country—think of your family, friends, and neighbors. This is your shot to protect yourself and your loved ones.

TO GET BACK ON THE TRAIL

People who have been fully vaccinated can do things they had stopped doing because of the pandemic. However, in areas with high numbers of COVID-19 cases, it's important to still consider wearing a mask when in crowded outdoor settings and for activities that consist of close contact with others who are not fully vaccinated. This is your shot to reconnect with loved ones at social and cultural gatherings.

FOR YOUR TEAM

Everyone has a team, whether it be your sports team, your co-workers, or your family. We've all heard the old cliché: there's no "I" in "team." Get vaccinated to help those that rely on you. This is your shot to be a good teammate.



Accessing the Vaccine

Protecting yourself, your loved ones and community has never been easier. Every person in the country ages **12 years old and older** is eligible to get vaccinated and vaccines are free. However, parental consent requirements for the COVID-19 vaccine can vary by state. Contact your local **IHS clinic, doctor's office, or pharmacy** to inquire about your opportunity to get vaccinated.



¹ "Deaths and Hospitalizations Averted by Rapid U.S. Vaccination Rollout," Deaths & Hospitalizations Averted by Rapid U.S. Vaccination Rollout | Commonwealth Fund, July 7, 2021. <https://www.commonwealthfund.org/publications/issue-briefs/2021/04/deaths-and-hospitalizations-averted-rapid-us-vaccination-rollout>

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Help prevent the spread of COVID-19!

Access ODHS programs and services from home:

- Need medical, food, cash or child care assistance? → one.oregon.gov or 1-800-699-9075
- Services for older adults or people with disabilities? → 1-855-ORE-ADRC
- General information? → 2-1-1 or 211info.org

Not sure if you can be helped over the phone or online?
Call your local ODHS office: go.usa.gov/xw7Ba



Mental health in young children

Signs of stress in young children

Preschool age

- Crying or screaming
- Afraid to separate from parents or caregivers
- Not eating or losing weight
- Having nightmares

Elementary school age

- Feeling guilt or shame
- Trouble concentrating
- Not sleeping well

How parents and caregivers can help

- Be calm and reassuring
- Talk to children about what is happening in a way they can understand
- Provide children with opportunities to talk about what they are experiencing. Encourage them to share their concerns; ask questions



☒ GET VACCINATED
☐ QUIT SMOKING

Free help is available.
Text "READY" to 200-400

SMOKEFREE
oregon