

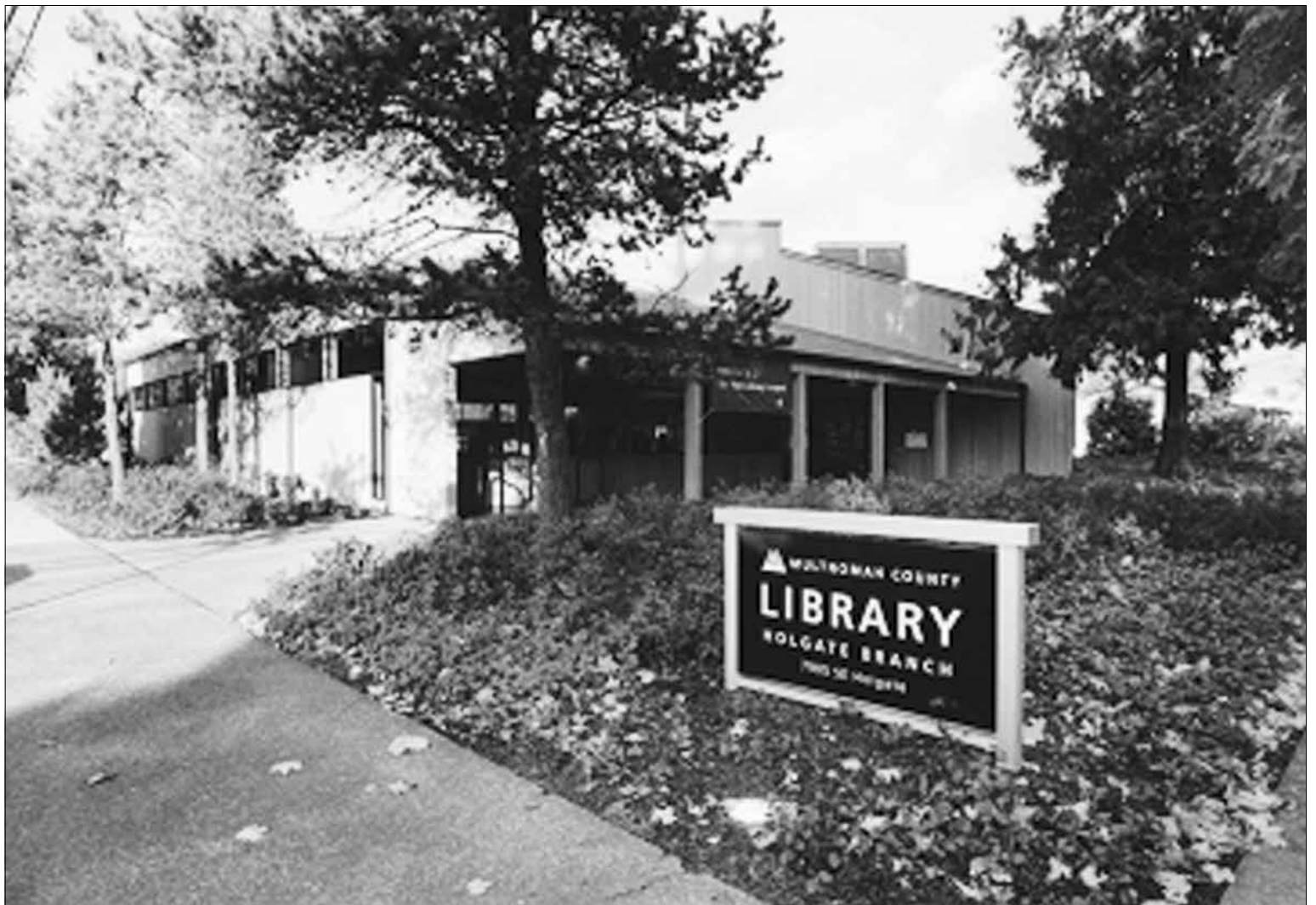
# Libraries Reopen with Lower Risk

Five Portland area libraries have reopened their doors to the public for the first time in more than a year as the risks for coronavirus transmissions are lowered in Multnomah County.

The Multnomah County library system is welcoming patrons back inside at the Capitol Hill, Gresham, Holgate, Kenton and Midland branch libraries, a first step in a limited and phased reopening of library spaces, officials said.

Under the governor's health emergency powers, Multnomah County moved from "High Risk" to "Lower Risk" for COVID-19 on May 27, allowing more people to gather inside businesses, faith institutions, fitness centers, and other indoor and outdoor venues. Even as this shift occurs, the Multnomah County Public Health Division recommends that everyone continue wearing masks in any indoor public spaces for the time being.

The library will open more buildings in phases and expand services over time as safety and public health considerations allow.



With the easing of COVID-19 restrictions, Five Multnomah County libraries are now welcoming patrons back inside, including the Holgate branch in southeast Portland.

## Get the care you need

Celebrate **Men's Health Month** by taking care of yourself

The past year has been hard on all of us, as we put on masks and spent more time alone. But now it's time to get the care you and your family need. Go for a walk, connect with friends, watch your favorite show, take time for yourself. For your health care needs, providers are ready for annual checkups, well-child visits, mental health appointments, dental exams and more. And they offer safe in-person, phone and video options. **All free to CareOregon members.**



**Make time for your health:**  
June is National Men's Health Month

**Call your provider and get the care you need to stay healthy:**

- ▶ Schedule your annual checkup to stay on top of your health.
- ▶ Check your blood pressure.
- ▶ Get care appropriate for your age, like the HPV vaccine or screening to help prevent colon cancer.
- ▶ Visit the dentist to maintain good oral health. Healthy teeth are even more important if you have diabetes or have other health issues.

**Call your provider to make an appointment. Or contact CareOregon Customer Service if you have questions.**

Reach us 9 a.m. to 5 p.m.  
Monday through Friday at  
503-416-4100, 800-224-4840  
or TTY 711.

Connect to Care is getting back into the community. Look for us at health and resource fairs starting this month!

**Visit us at the link below for more information.**



[careoregon.org/connect-to-care](https://careoregon.org/connect-to-care)

