



HEALTH & WELLNESS NEWS



Fact Sheet

Novel coronavirus (COVID-19) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus. It has the potential to cause severe illness and pneumonia in some people and there is not a treatment.

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:



Call your healthcare provider to identify the safest way to receive care. Let them know if you have traveled to an affected area within the last 14 days.

Your risk of getting COVID-19 relates to your exposure to the virus. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

2

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

If you are traveling overseas follow the CDC's guidance: wwwnc.cdc.gov/travel.

Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home while you are sick and avoid close contact with others
- Cover your cough or sneeze with a tissue, then throw it away.
If you don't have a tissue, cough into your elbow.
- Clean and disinfect objects and surfaces that you frequently touch.



Currently, there are no vaccines available to prevent novel coronavirus infections.

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

Updated 3/5/2020



PUBLIC HEALTH DIVISION
Health Security, Preparedness and Response (HSPR)

You can get this document in other languages, large print, braille or a format you prefer. Contact the Public Health Division at 971-673-0977 or 971-673-0372. We accept all relay calls or you can dial 711.

DHA 2356 English (3/2020)

The logo for the Oregon Health Plan, featuring the word "Oregon" in a stylized script font above the words "HEALTH PLAN" in a bold, sans-serif font.

- ❖ If you currently have Oregon Health Plan, your benefits will not end, even if Oregon Health Authority has sent you a letter with an expiration date. No Negative Action will be taken on your case.
- ❖ You can now Self-Attest to your income, no proof is required at this time.
- ❖ Unemployment Benefits & Federal Relief payments will not count towards your monthly income.
- ❖ Consent Forms can now be taken verbally if you wish to have a Community Partner help you with the application process.
- ❖ If you have been laid off or experienced a loss of hours – please reach out to Cassandra (C.J.) Rhamy at 503-879-1359 or Leah Bailey at 503-879-2197 to check if you are now eligible.
- ❖ If you have already submitted an OHP application and are waiting for a response, please contact Cassandra or Leah and we may be able to speed up the process.



The Confederated Tribes of Grand Ronde encourages you to apply for Oregon Health Plan at this time. Every tribal dollar saved will assist our community during this crisis.

STAY HOME. STAY HEALTHY. SAVE LIVES

1. Actively Listen Before Offering your Advice.

Ex: Get down on your child's level & give your full attention to them.

Ex: Take a few deep breaths or step away for a moment when you find yourself losing patience.

Ex: Honor what your child is saying or expressing about their experiences.

Ex: Always search for a way to tell the truth. When you are honest with them, they will be honest with you.

Your children are always watching, and while what you tell them is important, your example has a stronger impact on them



This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families