



# HEALTH & WELLNESS NEWS

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



## Novel Coronavirus

Fact Sheet

### What is novel coronavirus?

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.

### How does novel coronavirus spread?

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

### How severe is novel coronavirus?

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.

### What are the symptoms?

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:



### What should I do if I have symptoms?

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.

### Who is at risk for novel coronavirus?

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.

**Travelers to and from certain areas of the world may be at increased risk.** See [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) for the latest travel guidance from the CDC.

### How can I prevent from getting novel coronavirus?

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

### How is novel coronavirus treated?

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.

### For more information:

[www.healthoregon.org/coronavirus](http://www.healthoregon.org/coronavirus)

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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.

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## Tips for Teens The Truth About Opioids

### Get the facts

**Opioids affect your brain.** Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine and many others. They affect both the spinal cord and brain to reduce the intensity of pain-signal perception as well as brain areas that control emotion. They also can affect the brain to cause euphoria or "high."

**Opioids affect your body.** Opioids slow down the actions of the body, such as breathing and heart beat. Even a single dose of an opioid can cause severe respiratory depression (slowing stopping of breathing), which can be fatal; taking opioids with alcohol or sedatives increases the risk.

**Opioids are addictive.** Even though heroin is highly addictive, more people struggle with addiction to prescription pain relievers. Many young people who inject heroin report misuse of prescription opioids before starting using heroin.

**Opioids can kill you.** Drug overdose is the leading cause of accidental death in the United States, with 68,690 drug overdose deaths between March 2017 and March 2018. More than 46,000 of those death involved opioids.

### What can you do to help someone who is using opioids?

Be a friend, save a life. Encourage your friend to stop using or seek help from a parent, teacher or other caring adult.

For 24/7 free and confidential information and treatment referrals, call SAMHSA's National Hotline at 1-800-662-HELP (4357) or visit the SAMHSA Behavioral Health Treatment Services Locator at [findtreatmentsamhsa.gov](http://findtreatmentsamhsa.gov).

Resources from SAMHSA.gov



## Mobile Mammography

*Convenience • Privacy • Certified women technologists State-of-the-art equipment • ACR- & FDA-accredited*

The Mobile Mammography unit travels by appointment to businesses, health fairs, senior centers, even private gatherings—wherever there are at least 10 women interested in receiving a mammogram. We will be in your area soon.

**To schedule an appointment, call: Kande Little 503-879-2089**

**Date: Thursday, Sept. 24, 2020**

**Location: CTGR Clinic upper parking lot**