Novel Coronavirus
Master Talking Points

"Coronavirus Disease 2019" or COVID-19

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Top Line Messages

- Many people are worried about the way COVID-19 is affecting our communities. The disruptions to daily life are challenging for all of us, yet important to slowing the spread of COVID-19.

- Slowing the spread helps protect our most vulnerable community members and will help keep our health system working when we need it most.

- We know we are asking a lot of Oregonians in order to protect our communities. Yet, we continue to need your help.

- Please continue to practice social distancing as outlined in Governor Brown's orders.

- Help us keep our health system strong:

    - If you have symptoms that are mild enough you would not typically seek medical treatment, stay home, rest and monitor your symptoms.

    - People who need non-emergency medical care should call their health care provider before showing up at a clinic.

    - If they are physically able, individuals who need emergency care should tell 911 and the hospital about any known exposure to someone with COVID-19 and travel to any affected areas.

- Older adults and people who have serious chronic medical conditions (such as heart disease, diabetes and lung disease) are at higher risk of getting very sick from COVID-19.

- Older adults and people with underlying conditions can help stay safe and healthy if they take steps to protect themselves. In addition to taking everyday precautions, such as practicing good hand hygiene, they should also avoid people who are sick and minimize the number of essential trips they make.

- There is no racial or ethnic group that is any more likely to get COVID-19 or spread it to others.

- These measures are intended to help us "flatten the curve" or slow the number of people who are ill at any given time to ensure our health systems continue to function well when we need them most.

- We continue to work with our partners to adjust our COVID-19 response strategies COVID-19 as needed.

- OHA will continue to share the latest information with you so you can know how to best protect yourself and your family.

Mental and Behavioral Health

- Fear and anxiety are normal reactions to a very abnormal situation.

- We are all better at managing stress when we stay connected with our friends and people we love. Stay connected on the phone or internet. When together, maintain space between each other.

- Take care of your health by eating well, exercising and doing activities that you take pleasure in.

- Stay informed.

- Take breaks from reading or watching coverage about the virus can reduce stress. While we all need to stay informed, it can be upsetting to hear about the crisis and see images repeatedly. Balance information with activities you enjoy.

- Watch for common signs of distress:
  - Feelings of numbness, disbelief anxiety or fear
  - Changes in appetite, energy and activity levels
  - Difficulty concentrating
  - Difficulty sleeping or nightmares and upsetting thoughts or images
  - Physical reactions, such as headaches, body pains, stomach problems and skin rashes
  - Worsening of chronic health problems
  - Anger or short-temper
  - Increased use of alcohol, tobacco or other drugs

- Seek help if needed. If stress affects your daily life for several days or weeks, connect by phone or on-line to a clergy member, counselor or health care provider. You can also contact SAMHSA helpline at 1-800-985-5990.
  - If you have a gambling addiction that is made worse by events related to COVID-19 support is available. Visit https://www.oregon.gov/oha/HSD/AMH/Pages/Gambling.aspx to find resources to help you.

- Oregon also has a directory of Substance Use Services. To find contact information for providers near you, use the directory https://www.oregon.gov/oha/HSD/AMH/Publications/provider-directory.pdf
- Outbreaks and disasters often lead to increases in domestic, sexual and gender-based violence. If you are the victim of domestic or sexual violence, there is help available:
  - If you are experiencing an emergency call 911.
  - National Sexual Assault 24-Hour Hotline: 1-800-656-HOPE (1-800-656-4673)
  - National Domestic Violence 24-Hour Hotline: 1-800-799-SAFE (1-800-799-7233)

Mental and Behavioral Health in Children

- Children often react to stressful events differently than adults. How the child in your life reacts will vary by age, their previous experiences and how the child typically copes with stress.
- Children react in part on what they see from adults around them. When parents and caregivers can deal with an event calmly and confidently, they provide can provide strong support for the children in their lives.
- Caregivers can help children by staying calm and reassuring children. Talk to children about what is happening in a way they can understand. Keep it simple and appropriate to each child's age.
- Provide children with opportunities to talk about what they are experiencing. Encourage them to share their concerns; ask questions.
- Help children find age appropriate actions they can take related to the event. For example, have them help older family member or friend feel connected through a phone call or virtual video call.
- Find more resources and learn more about how to support children of all ages by visiting CDC's Helping Children Cope website: https://www.cdc.gov/childrenindisasters/helping-children-cope.html

Staying Well

It is important to keep your body resilient:

- Eat a healthy diet.

- Exercise.

- Get plenty of rest.

- Stay up-to-date on routine vaccines. This includes the flu vaccine. It is not too late to get a flu shot to protect yourself from the flu, which continues to cause illness in Oregon.

- Quit smoking and vaping. Initial research shows that people who smoke may be more likely to develop serious complications from COVID-19. If you'd like to quit, free help is available at 1-800-QUIT-NOW or www.quitnow.net/oregon.

- Stay home, and travel only for essential activities that cannot be conducted remotely.

- It is safe to go hunting and fishing with your family and friends in small groups. However, it is important to make sure that everyone is healthy before you go, and practice social distancing with friends when traveling.

Governor Brown's Social Distancing Orders

- For information on Governor Brown's executive orders please look on the Governor's webpage at https://govstatus.egov.com/or-covid-19

Public Health Response Efforts

- OHA is working with local and tribal health authorities, and other partners to limit the effects of COVID-19 in Oregon.

  - OHA has activated its agency operations center and has a response team dedicated to COVID-19.
  - OHA and our partners are investigating cases to identify people who had close contact with an ill person, so that we can take appropriate actions.
  - The Oregon State Public Health Lab is conducting laboratory testing of prioritized samples sent to us, using CDC's and OHA's guidance.

- Commercial labs can receive samples that may not meet the strict guidelines required to protect OSPHL inventory for higher risk cases, public health investigations and the safety net.
- The Oregon State Public Health Laboratory can process up to 80 tests a day and is building surge capacity if needed.
- We provide health resources, guidance, and technical assistance to partners as needed to support their response to COVID-19.
- With our partners, we are taking steps ensure our health system can care for more patients and rise to the challenge when we have increased demands for care.

Outbreak Information

- The situation is evolving. We will continue to gather information about COVID-19 and share what we learn. Our goal is to inform the public and share how, as a community, we can limit the effects of COVID-19. To do this, OHA will share:
  - The number of positive (lab evidence of COVID-19 disease) and negative (no evidence of disease) tests. Positive test results will be reported as received.
  - Total number of people who have died from COVID-19 in Oregon.
  - Aggregated demographic information on cases.
- You can find up to date numbers on cases of COVID-19 in Oregon at healthoregon.org/coronavirus or by calling 211.
- Oregon has cases that have no known link to someone who has COVID-19 or travel to an affected region. This is often referred to as community spread.
- We expect to find more cases in the community.
- OHA and local public health authorities are working with people who had direct contact with known cases, and American travelers returning home to Oregon. Public health lets these folks know what symptoms they need to watch for and how to seek medical care, should they need it, in a way that avoids exposing others.

COVID-19: Disease Information

- This new coronavirus often causes mild illness but, in some people, can cause severe illness in the lungs. In rare cases, it can cause death.

- **Symptoms:** People who are ill with the virus may have a fever, cough and difficulty breathing.

Incubation: With other coronaviruses, signs of illness usually show up 2–14 days after a person is exposed to the virus. This also appears to be true with COVID-19.

Level of Risk:

- About 80 percent of people who have COVID-19 will have mild to moderate flu-like symptoms, like a fever and cough.

  - If the symptoms are not severe enough to need medical treatment, these individuals should stay home, rest and monitor their symptoms for care.

  - Older adults and people who have serious chronic medical conditions (such as heart disease, diabetes, and lung disease) are at higher risk of getting very sick from COVID-19.

  - People who need non-emergency medical care should call their health care provider before showing up at a clinic.

  - If they are physically able, individuals who need emergency care should tell 911 and the hospital about any known exposure to someone with COVID-19 and travel to any affected areas.

- We don't know the mortality rate at this time. The situation changes daily.

- Older adults and people with underlying conditions can help stay safe and healthy if they take steps to protect themselves. In addition to taking everyday precautions, these individuals should avoid public gatherings, people who are sick, cruise ships and non-essential air travel.

- There is no racial or ethnic group that is any more likely to get COVID-19 or spread it to others.

Early information suggests that older adults and people with underlying health conditions may have a higher risk of severe illness. Underlying medical conditions that may increase the risk of serious COVID-19 for individuals of any age:

- Lung disease including asthma or chronic obstructive pulmonary disease (chronic bronchitis or emphysema) or other chronic conditions associated with impaired lung function or that require home oxygen

- Compromised immune system (immunosuppression) (e.g., seeing a doctor for cancer and treatment such as chemotherapy or radiation, receiving an organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medications, HIV with a CD4 count <200)

- Blood disorders (e.g., sickle cell disease or on blood thinners)

- Chronic kidney disease

- Chronic liver disease

- Current or recent pregnancy (in the last two weeks)

- Endocrine disorders (e.g., diabetes)

- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)

- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)

- Neurological and neurologic and neurodevelopment conditions

- **Transmission:** COVID-19 infection appears to be spread when ill people cough or sneeze. If they cough on something or cough on their hand and then touch something, the virus might be on that object. If someone then touches that object a short time later, and then touches their eyes without cleaning their hands, that could lead to infection as well. Cleaning often-touched surfaces with disinfectant helps prevent this.

- **Prevention:** The best way to protect yourself is to avoid exposure to the virus. There are easy steps you can take to prevent the spread of COVID-19 and many types of illness - including the flu - especially to older adults and those with underlying chronic diseases:

    - Cover your coughs and sneezes with a tissue and then throw the tissue in the trash.

    - Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

- Avoid close contact with people who are sick.

- Avoid touching your eyes, nose and mouth with unwashed hands.

- Clean and disinfect surfaces that are often touched.

- Try to maintain space between yourself and others.

- Follow the governor's orders on social distancing.

- Follow CDC's travel guidance.

- **Masks:** For healthy people, there isn't much evidence that wearing a mask around town is effective or necessary. People who are ill with fever and a cough might have the a cold, flu or any number of other diseases, or they may have COVID-19. They should wear a surgical mask to prevent the spread of COVID-19 germs to others.

- **Vaccine:** There is no vaccine for COVID-19.

- **Deciding if you need medical care:** Many people with fever, cough, and mild illness can recover at home. They don't need to seek medical care.

  - If you are feeling reasonably well, you might not need to go to visit a clinic or hospital. That allows healthcare providers to focus on care of people who most need care.

  - If you are very ill or have trouble breathing, those are important reasons to be seen. In this case, call 911 or call your doctor. Tell them if you've traveled to an area affected by COVID-19 or had close contact with someone confirmed to have COVID 19, within the last 14 days. If you let them know, they can take precautions and plan to see you without exposing others.

  - Older adults and those with chronic underlying disease should have a low threshold for calling their providers with any concerns.

- **Diagnosis and testing:** Your healthcare provider will determine whether you need to be tested for COVID-19 or other illnesses.

  - Commercial labs are receiving specimens for COVID-19 testing at clinicians' discretion, including in the outpatient setting. This does not require Public Health approval.

- **Treatment:** Most people get better by staying home, resting and treating their symptoms. Treatment for patients with COVID-19 is supportive. It helps the

person deal with the symptoms until the immune system kicks in and kills the infection. There are currently no known disease-specific treatments.

Large Events and Public Gatherings

For information on Governor Brown's executive orders please look on the Governor's webpage at https://govstatus.egov.com/or-covid-19

- We know it is hard to cancel events and gatherings that you have been planning for a long time. Social distancing measures, such as canceling or postponing gatherings, can reduce opportunities for person-to-person virus transmission and can help slow the spread of the disease and save lives.
- Together, we can minimize the impact of COVID-19 on our most vulnerable community members and help ensure our health systems will work for all of us when we need it most. We appreciate your help in this effort.
  - Consider web-based attendance, televising events without a live audience or providing other remote attendance options.
  - Communicate to your staff and attendees that the event is canceled and why.
  - Consider how you might reimburse attendees.

Large Events and Public Gatherings: Oregon State Agencies
- Stay informed of the Governor's orders and your agency's guidance regarding essential services, events and public gatherings. Follow that guidance.

Large Events and Public Gatherings: Local Public Health Authorities
- Be aware of events happening in your jurisdiction.
- A virus can spread quickly among event workers and attendees.

Recommendations for Hosting Events Alternative Options
- Follow Governor Brown's orders. For information on Governor Brown's executive order please look on the Governor's webpage at https://govstatus.egov.com/or-covid-19.
- You may be able to follow the orders by holding your event virtually. Modifications to consider:

- Use webinar platforms.

- Use video conferencing.

- Post recordings and other content online.

Smaller gatherings

- Follow Governor Brown's orders. For information on Governor Brown's executive order please look on the Governor's webpage at https://govstatus.egov.com/or-covid-19.

Schools

- For information on Governor Brown's executive order please look on the Governor's webpage at https://govstatus.egov.com/or-covid-19. CDC issued new guidance on school closures based on level of community transmission.
- Once executive orders closing schools are lifted, school-based measures for preventing spread of COVID-19 including:
    - Require students, their parents and school staff to remain home while ill
    - Screen students for cough illness at the start of the school day
    - Reinforcement of handwashing and increasing frequency of cleaning high touch surfaces.
    - Assess group gatherings and events, consider postponing non-critical gatherings and events.
    - Monitor for absenteeism.
- When there is minimal spread in a community CDC recommends:
    - Schools coordinate with local health officials.
    - Implement multiple social distancing strategies for gatherings, classrooms and movement through the building.
- Examples include reducing interactions between people, such as staggering lunches and recesses or dividing into smaller groups.
- When there is a lot of community spread of COVID-19, CDC advises schools to:
    - Coordinate with local health officials.
    - Implement multiple social distancing strategies, up to limiting movement through the building with extended school dismissals.
    - Consider ways to accommodate needs of children and families that may be affected by school closures more severely.

- When schools, colleges and universities re-open they should continue to emphasize the simple things people can do to keep healthy and remind students, faculty and staff who are ill not to attend school and remain at home.
- OHA will continue to reassess this recommendation as the outbreak continues.

Colleges and Universities

For information on Governor Brown's executive orders please look on the governor's webpage at https://govstatus.egov.com/or-covid-19

Caregiver Support for Older Adults and People with Underlying Health Conditions

- Many people want to know how they can support older adults and people with underlying health conditions.
- Caregivers should make sure they know what medications your loved one is taking and see if you can help them have extra on hand.
- Monitor food and other medical supplies; make a backup plan.
- Stock up on non-perishable food items to have on hand to minimize trips to the store.
- If your loved one is living in a care facility, ask about the health of residents frequently, follow visitor restrictions and know what the protocol of the facility will be if there is an outbreak at the facility.

Recommended strategies for employers

Prevention and Control of COVID-19 in the workplace

- We continue to learn about COVID-19. It is unclear at this time to what extent it will spread or how quickly.
- At this time, employers should follow Governor Brown's Orders. For those who remain in operation, review continuity of operations plans and recommendations for keeping employees healthy.
- Employers should take these steps to protect the health of employees:
    - Actively encourage sick employees to stay home, and provide sick leave as needed, so they are not financially penalized for doing so.
    - Have sick employees who become ill at work promptly withdraw from contact with others and send them home immediately.

- Emphasize respiratory etiquette and hand hygiene by all employees, including using hand sanitizer and appropriate hand-washing techniques.
- Perform periodic environmental cleaning, particularly of frequently touched surfaces like doorknobs, handrails, and workstations.
- Take social distancing measures including increasing physical space between employees in offices and worksites, limit in-person meetings, and stagger work schedules when possible.
- Advise employees before traveling to check [CDC's Traveler's Health Notices](#) for the latest guidance and recommendations for each country to which they will travel.
- Additional measures in response COVID-19:
    - Employees who are well but who have a sick family member at home with COVID-19 should notify their supervisor. Employees should monitor themselves for symptoms of fever, cough, sore throat, and shortness of breath daily, taking their temperature with a thermometer once a day if possible. Employees should notify their supervisors if they have symptoms and self-isolate immediately.
    - If an employee is confirmed to have COVID-19, employers should inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by the Americans with Disabilities Act (ADA).
    - Employees who are exposed to a sick co-worker should monitor themselves for symptoms of fever, cough, sore throat, and shortness of breath daily, taking their temperature with a thermometer once a day if possible. Employees should notify their supervisors if they have symptoms and self-isolate immediately.
- Employers should also consider planning for disruptions to supply chains, operations and key business functions.
    - CDC has further guidance: www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html
    - FEMA has additional tools for continuity of operations planning: www.fema.gov/continuity-resource-toolkit

Food Service

For information on Governor Brown's executive orders please look on the Governor's webpage at https://govstatus.egov.com/or-covid-19

Interim Shelter Guidance

Interim Shelter Guidance: Hygiene

- Shelters should post signage in kitchens, bathrooms and common areas, make tissues available with trash cans and hand hygiene options nearby.
- Make soap, water and paper towels available at sinks.
- Place hand sanitizer (minimum 60% alcohol) near points of entry.
- Post signage, verbally cue and have staff model hand hygiene.
- Staff should wash or sanitize hands frequently and avoid touching their face.

Interim Shelter Guidance: Cleaning

- Increase frequency of your routine cleaning and disinfection program to the extent feasible, emphasizing cleaning and disinfecting frequently touched objects and surfaces like bathrooms, water coolers, desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys.
- Special cleaning procedures and products are not necessary if there are standard procedures for cleaning and disinfecting with an Environmental Protection Agency (EPA) registered disinfectant with a claim for human coronaviruses.
- Custodial or environmental services staff should follow the disinfectant manufacturer's instructions for use.

Interim Shelter Guidance: Use of masks

- Outside of a healthcare setting, masks are most effectively used by individuals who are sick. This prevents droplets from their coughs and sneezes from spreading to others.
- Healthy staff should not wear masks unless spending extended time in an area designated for guests with coughs or providing direct care to sick guests.

Interim Shelter Guidance: Workers, volunteers and guests who are ill

- Ask staff and volunteers to stay home if sick. Staff and volunteers who become sick should be sent home.

- Staff should identify guests who have a new, worse or different cough. Ask these guests to wear a mask and review correct mask use to assist guests. Watch this video about how to wear a mask correctly: https://www.youtube.com/watch?v=9VbojLOQe94
- Strongly consider asking the guest to leave only if both of the following are true:
    - They are coughing
    - They are unwilling to use a mask

Interim Shelter Guidance: Shared spaces

- Bed spacing: Separate those who are coughing from those who are not coughing. Attempt to maintain a six-foot separation between the coughing and non-coughing guests in sleeping areas.

- Since individuals with a cough need to unmask to eat, individuals with known respiratory symptoms should eat with maximum spacing from others, and in a place with maximum ventilation, including outside, if necessary, or offering meals to go.
    - Be diligent in following hygiene and food safety rules about keeping food covered, not using personal utensils in shared containers, washing hands before eating and handling shared objects, and cleaning kitchen surfaces and dining areas between use.
- Where space allows, maintain separation for coughing guests and non-coughing guests in common areas as in sleeping areas. Guests who are coughing may occupy shared space, such as restrooms, if masked.

Laboratory testing in Oregon

- We know that many people in Oregon are interested in receiving COVID-19 testing.

- A growing number of commercial labs offer COVID-19 testing. Testing through commercial labs is at providers' discretion and does not require approval from public health. Clinic administrators should contact their labs to discuss testing options.

- Commercial labs are receiving specimens for COVID-19 testing at clinicians' discretion, including in the outpatient setting.
- Testing is also still available through the Oregon State Public Health Lab (OSPHL). Limited supplies are available to OSPHL. To ensure good stewardship

of these limited resources, OSPHL will continue to prioritize testing for at-risk patients and high-risk settings using epidemiologic and clinical criteria.

- Individuals who may be tested include, among others, those who have fever, cough and difficulty breathing and who have:

  - traveled to certain affected regions outside the US,

  - had close contact with someone diagnosed as having COVID-19, or

  - is hospitalized, has evidence of viral pneumonia and a negative influenza test.

- Other factors that may influence the decision to test through OSPHL include the setting affected. High priority settings include:

  - Residence of employment in a health care or long-term care facility,

  - Potential exposure of large number of people at high risk for severe illness, for example in settings like health care, long-term care facilities, jail/prison or shelters.

- Close contact is defined as having been within six feet of a person ill with COVID-19 for a prolonged period of time (over one hour) or as having direct contact with the fluids from the nose and mouth of someone ill with COVID-19 (e.g., being coughed or sneezed on).

- As more testing is done, we expect to find more cases in the community.

- You can find up-to-date numbers on cases of COVID-19 in Oregon at healthoregon.org/coronavirus.

Testing guidance
- Laboratories and clinicians interested in the most recent COVID-19 testing criteria and submission process should access the guidance through www.healthoregon.org/coronavirus and selecting "For Healthcare and Local Public Health".

- There are safety considerations for providers obtaining specimens for COVID-19 that require the use of personal protective equipment. We are working to ensure that those who need testing can get it, and in a way that doesn't unnecessarily expose healthcare providers to risk of illness.

- OHA has an online form that allows OHA epidemiologists to approve testing requests electronically if the clinician's patient meets the testing criteria. As

additional clinical testing for COVID-19 becomes available in Oregon, this guidance will be updated.

Testing and insurance

- Most health insurance companies in Oregon will waive co-pays, co-insurance, and deductibles for COVID-19 testing.
- The agreement means consumers with fully-insured health plans will not be charged co-payments, co-insurance, or deductibles related to COVID-19 for the following:

  - COVID-19 laboratory testing done consistent with guidelines issued by the United States Centers for Disease Control and Prevention.
  - An in-network provider office visit or a visit to an in-network urgent care center for COVID-19 testing.
  - An emergency room visit for COVID-19 testing.
  - Immunization for COVID-19, once it becomes available.

- Outside of these instances, regular terms of insurance such as co-payments, co-insurance, and deductibles will still apply. Visit the Department of Consumer and Business Services' website at **https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus.aspx**.
- If you have Oregon Health Plan and you need to be tested for novel coronavirus (COVID-19), it's covered. If you need to stay in the hospital because of COVID-19, that's covered, too.

Definitions of Person Under Monitoring, Person Under Investigation, Isolation and Quarantine

- Public health experts often use the terms "persons under monitoring," "persons under investigation," "isolation" and "quarantine" during a disease outbreak.

- Which term applies depends on whether the person has signs of illness and whether the person is being separated from others.

- Broadly speaking, **persons under monitoring** are people who do not have signs of illness but might have been exposed to a disease that can spread to others.

- **Quarantine** is used to restrict the movement of people who might have been exposed to a disease but do not show symptoms. Quarantine is used to ensure that, if those under quarantine become sick, it won't happen when they are in a place that exposes many people.

- **Persons under investigation (PUIs)** have been exposed to a disease and then developed signs of illness. Public health officials worry that PUIs, too, might have the disease and could spread it to others. Health officials often want to learn more about these people and their illness to better understand how to prevent further spread of the illness.

  - People might become exposed to COVID-19 through contact with a sick person, or travel to an area where the virus is very active.

  - Signs of illness with COVID-19 include fever, cough and difficulty breathing.

  - Health officials may work with PUIs to arrange testing for COVID-19.

- PUMs and PUIs may be asked to limit their movement and contact with others. In the case of COVID-19, they might be asked to isolate themselves from others by avoiding people, public places, and work or school.

- **Isolation** is used to separate people who have active illness from people who are healthy. Isolation restricts the movement of people who have an illness to prevent the spread of the disease. This is common practice in hospitals, to prevent spread of illness to staff and other patients.

Travel Guidance

- **CDC has issued travel advisories related to the COVID-19 outbreak. The situation is changing quickly, and CDC's travel advisories may continue to change**. Travelers should check [CDC's website for travel information](#) for their destination prior to travel.

- If you've been to an affected area in the past 14 days or you've been in close, face-to-face contact with someone ill with COVID-19 and are ill with fever, cough or difficulty breathing you could have COVID-19.

- Many people have mild illness and don't need to see a doctor. If you're feeling well, you should stay home until 72 hours after you no longer have a fever and cough, and have not taken fever reducing medicine.

- If you have trouble breathing or feel sick enough to be seen, contact your healthcare provider before going in. They will identify the safest way for you to seek care without exposing others. If you are severely ill, call 911.

- Public health officials in Oregon and all other states are working with returning travelers, asking them to check their temperatures, watch for signs of illness, and to take steps that will avoid exposing others. These steps are being taken to slow the spread of COVID-19 to communities in the US.

- Self-monitoring or self-quarantine can be inconvenient. American travelers coming home from affected areas are encouraged to comply with public health recommendations. These include Americans returning home to Oregon.

- 50% of Oregon hospitals report the ability to screen for international travel when a patient arrives at the emergency room or is admitted.

Guidance for health care providers

- Patients who are ill with fever and respiratory symptoms should be given a mask upon entry to the facility.

- Patients with suspected COVID-19 should also be placed in an airborne infection isolation room, if available.

- Screen all patients with fever or respiratory symptoms for travel to regions with active community spread of COVID-19 within the last 14 days, or had close contact during that time with a confirmed COVID-19 case. Close contact is defined as being within six feet for an hour or more while the person with COVID-19 was ill.

- In healthcare settings, standard, contact, and droplet precautions should be used, along with eye protection, when evaluating a person with possible COVID-19. Airborne precautions may be used when available.

  - Minimum PPE necessary to evaluate patients with fever or respiratory symptoms:

  - Face mask (i.e., surgical or procedural mask)

  - Eye protection (face shield or goggles)

  - Gown

  - Gloves

- If specimen collection is necessary, nasopharyngeal swabs (NP) and oropharyngeal (OP) swabs can be performed using contact and droplet precautions with surgical mask and eye protection, and do not require the use of an N95 respirator.

- Ensure that frontline staff have access to interpreter services.

- If PPE supplies are limited or unavailable, a clinic administrator should call local public health authorities to activate an equipment request.

- The CDC has launched a CDC coronavirus self-checker to help decrease burden on the healthcare system. The link to the self-checker can be found here (for this link, please use browsers other than explorer): https://static.prototype.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index-bot-test.html

Confidentiality of a Public Health Investigation

- In the course of our work in public health, the Oregon Health Authority (OHA) and local public health authorities are entrusted with sensitive health information.

- Protecting this information is required by law except in very special circumstances. It promotes our ability to conduct effective public health investigations, protect the public's health and maintain the confidence and cooperation of individuals participating in public health investigations.

- Under Oregon Revised Statute (ORS) 433.008(1), any information obtained by OHA or a local public health administrator in the course of an investigation of a reportable disease or disease outbreak is confidential. Such information is not subject to disclosure under the public records law.

- OHA may, in limited circumstances, disclose reportable disease or disease outbreak information to state, local or federal agencies authorized to receive the information under state law or federal law, but OHA and local public health administrators may only release the ***minimum amount of information necessary to carry out the purpose of the release***. ORS 433.008(2)(a) and (4).

- OHA may release statistical compilations that do not identify individual cases or sources of information; in that spirit, on a regular basis OHA will release a standard set of information about COVID-19 cases, persons under monitoring and persons under investigation.

- Some local health authorities and healthcare providers are bound by the Health Insurance Portability and Accountability Act (HIPAA). OHA is sensitive to our partners' limitations and obligations to protect patient information under HIPAA.

- OHA's Public Health Division itself is not HIPAA-bound; we protect patient information shared with us based on Oregon statutory obligations and to maintain the cooperation of patients and positive working relationships with our healthcare partners.

Strategic National Stockpile

- The Office of the Assistant Secretary for Preparedness and Response at the U.S. Department of Health & Human Services operates the SNS.
- It is the nation's largest supply of potentially life-saving pharmaceuticals and medical supplies for use in a public health emergency severe enough to cause local supplies to run out.
- MCM from SNS would be requested by the state Public Health Division through the Governor's Office.
- **Additional SNS resources:**
  - US Department of Health and Human Services: https://www.phe.gov/about/sns/Pages/default.aspx
  - Association of State and Territorial Health Officials: https://www.fda.gov/EmergencyPreparedness/Counterterrorism/MedicalCountermeasures/AboutMCMi/ucm431268.htm

Resources for more information:

Oregon Health Authority
- www.healthoregon.org/coronavirus

CDC Guidance
- www.cdc.gov/coronavirus/2019-nCoV
- Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 (COVID-19) Exposure in Travel-associated or Community Settings

- [Health Alert Network](#)
- [Travelers' Health Website](#)
- [National Institute for Occupational Safety and Health's Small Business International Travel Resource Travel Planner](#)
- [Coronavirus Disease 2019 Recommendations for Ships](#)

Other Federal Agencies and Partners
- OSHA Guidance: https://www.osha.gov/SLTC/novel_coronavirus/index.htmlexternal icon

References
- OHA Emerging Respiratory Disease page: www.healthoregon.org/coronavirus
- CDC COVID-19 page: www.cdc.gov/coronavirus/2019-ncov/index.html
- CDC travel notice: wwwnc.cdc.gov/travel/notices/alert/novel-coronavirus-china
- WHO page: www.who.int/westernpacific/emergencies/novel-coronavirus
- CDC HAN archive (latest 2020-01-17): https://emergency.cdc.gov/han/2020.asp
- National Health Commission of the People's Republic of China: http://en.nhc.gov.cn/
  - News updates: http://en.nhc.gov.cn/news.html
  - Latest updates
    - http://en.nhc.gov.cn/2020-01/21/c_75990.htm
    - http://en.nhc.gov.cn/2020-01/22/c_75997.htm
- Chinese CDC: www.chinacdc.cn/en/
- Wuhan Municipal Health Commission: wjw.wuhan.gov.cn/front/web/main/xwzx.html
- Center for Health Protection (Hong Kong): www.chp.gov.hk/en/features/102465.html
- Washington State Department of Health 2019-CoV update page: www.doh.wa.gov/Emergencies/Coronavirus
- White House Briefing, January 31, 2020: www.whitehouse.gov/briefings-statements/press-briefing-members-presidents-coronavirus-task-force/