

As some of you may have heard, there was an employee at the casino in Umatilla who tested positive for COVID-19 yesterday. There is very low risk for others contracting the virus only by being in the building.

The positive testing show there is some transmission in Oregon communities.

The risk is still relatively low risk of exposure if you have not come in contact with someone who has tested positive.

If you feel that you have COVID-19, **call ahead to the clinic** to discuss whether you need to be seen. You may not need to come in and infect others.

CDC and Oregon professionals remind EVERYONE to use *everyday precautions to prevent the spread of many respiratory illnesses, including COVID-19, influenza and other respiratory infections*:

- 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
- Take care of your health overall This help your body stay resilient
- If you feel ill, stay home until you are free of fever and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines

As with earthquakes and other natural disasters, it's important to be 2 Weeks Ready, with an ample supply of food, water, prescription medications, pet food, sanitation supplies, and anything else they would need

Stay informed – Go to the following websites for current and accurate information

Call 2-1-1 for general information and questions about COVID-19

<http://healthoregon.org/coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>