



Thank you for doing your part to help prevent the spread of COVID-19, seasonal flu and the common cold:

- Wear cloth face coverings in public settings where other social distancing measures are difficult to maintain
- Wash hands often with soap and water. If not available, use hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid close contact with others
- Disinfect commonly touched surfaces regularly
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing

It's normal to feel anxiety and uncertainty about a widespread health concern in our community like COVID-19. If you or a loved one would like emotional support right now or in the future, you can call:

- Deschutes County Crisis line: 541-322-7500, opt. 9
- Lifeline: 1-800-273-8255
- Senior Loneliness Line (ages 55+): 503-200-1633
- YouthLine: 1-877-968-8491 or Text: teen2teen to 839863
- Military Lifeline: 1-888-457-4838

Many individuals are also seeking social services and support:

- Central Oregon Resource Directory: www.centraloregonresources.org
- Deschutes County Health Services: www.facebook.com/deschuteshealth
- Business Oregon: www.oregon4biz.com/Coronavirus-Information
- Pandemic Partners Hotline: 541-668-6117
- Central Oregon SOS: www.centraloregonsos.com
- Combat COVID-19 Community Support: www.facebook.com/combatcovidco

Stay up-to-date on the current situation:

- Local COVID-19 Hotline: 541-699-5109
- Deschutes County Website: www.deschutes.org/COVID-19
- Central Oregon Emergency Information Network: www.coemergencyinfo.blogspot.com
- Oregon Health Authority COVID-19: www.healthoregon.org/coronavirus
- CDC COVID-19 Info: www.coronavirus.gov