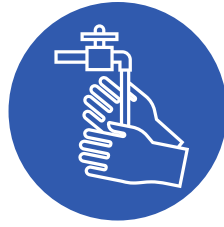


Need help or info about the coronavirus in Deschutes County?

Keep yourself and our community healthy

- wash your hands frequently
- use hand sanitizer
- clean "high touch" areas often
- avoid touching your face
- practice "social distancing" to reduce the risk of accidentally spreading the virus.



Feeling sick?

- Symptoms of Coronavirus include: fever, coughing & shortness of breath.
- Avoid contact with others.
- Call your doctor or 211 to learn next steps.

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- Official info & resources from the Oregon Health Authority: call **211**
visit www.oregon.gov/oha
 - Need a local volunteer to help with delivering a meal, groceries, or other need? Call or text **(541) 668-61187**
visit "Pandemic Partners- Bend" on Facebook
 - Deschutes County Health Services Info: **(541) 322-7400**
visit www.deschutes.org/health
 - Emergency: call **911**

COVID-19 is a respiratory illness caused by the novel Coronavirus. Reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2-14 days after exposure. Older adults and people with underlying health conditions are most at risk, but we all need to work together to keep the virus from spreading. Using "social distancing" like avoiding crowds is a common public health tool to give the medical system time to take care of everyone and develop a vaccine.

We have a strong community and medical system working hard to keep us safe. Please take care of yourself, your family, and your neighbors. We're all in this together.