

CHARBONNEAU COUNTRY CLUB EMERGENCY PREPAREDNESS  
COMMITTEE  
NEIGHBOR CARE BULLETIN  
07/07/2020

**What is contact tracing and why does it matter?**

Contact tracing means calling people who may have been exposed to someone who has tested positive for COVID-19 to provide guidance and support. It's a key tool for preventing the spread of the COVID-19 virus. In Oregon, local public health authorities use contact tracing to prevent the spread of many types of diseases, like measles.

OHA has developed a webpage with fact sheets and other downloadable resources about contact tracing that will help you know what to expect if you or someone in your household gets a call, **click on this link to access the website:**

<https://govstatus.egov.com/OR-OHA-Contact-Collaborative>

**What happens on a contact tracing call?**

With COVID-19 cases increasing in Oregon over the past several weeks, answering the call from a contact tracer is an important way we can work together to help stop the spread of the virus. Contact tracers reach out to anyone who may have been exposed to COVID-19 to provide information and support. If you don't answer calls from phone numbers you don't recognize, don't worry, contact tracers will leave a message asking you to call them back.

If you have been exposed to the virus, you will be asked to quarantine for 14 days after you were near someone with COVID-19, even if you don't feel sick. This is because you can spread the virus, even if you don't have symptoms.

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**BE BRIGHT!**

**When walking, wear BRIGHT clothes, be BRIGHT mentally!**

The National Highway Traffic Safety Administration (NHTSA) reminds us "because walking is such a routine part of everyday life, many people do not consider the safety aspects of walking. For instance, most injuries to walkers happen when a vehicle hits them because the driver could not see the walker or the walker and driver were not paying close enough attention."

**See and Be Seen!!** It is a good idea when walking, especially at dawn, dusk, and other low-light conditions, (such as our shaded Charbonneau streets) to wear light colors or bright clothing so that you can be easily seen. Fluorescent colors such as blaze orange, hot pink, and day-glow green are ideal in daytime. **When walking at night**, use a flashlight to make yourself more visible to drivers and to help light your path. It's also a good idea to wear reflective or retroreflective materials, which give off light when headlights shine on them and can be seen by drivers three times farther than white.

The NHTSA has an excellent website with information geared to senior walkers, click on the link for more important safety tips:

<https://www.nhtsa.gov/pedestrian-safety/stepping-out-older-adult-be-healthy-walk-safely>