

3/31/20

Charbonneau Residents:

We were notified that a resident of Charbonneau has tested positive for the COVID-19 virus. Thankfully, the resident is hospitalized and is recovering.

Given our pro-active measures in closing our clubhouse and other facilities - the risk to our community has been reduced.

That being said, we urge all of our residents to maintain social distancing and stay home as much as possible. This will slow the spread of the virus and prevent an influx of patients from overwhelming the health care system. It is especially important for people who appear healthy to follow these measures since they could carry the virus to our vulnerable population.

If you experience symptoms of the virus, be sure to contact your health care provider.

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### **Do Your Part**

We all have a role to play in slowing the spread of COVID-19 and here are the simple, concrete steps every Oregonian can take to help:

- social distancing
- good hygiene
- responsible shopping
- protecting your mental health

### **What should you do if you develop a fever, cough, or shortness of breath:**

Call your local health department or healthcare provider. They will help you decide if you need an appointment. If so, they can help you plan a way to enter a clinic in a way that avoids potentially infecting others.

**If you need urgent medical attention**, call 9-1-1. Tell the operator if you have recently been in an affected area or if you had recent contact with someone who is sick with COVID-19.

### **Tips for staying safe when someone in your home is sick**

We know that when you live with someone who is sick, your immediate concerns about COVID-19 double: You worry that you may get the virus, but you also worry about family members or roommates. Here are some tips on how you can look after someone who may be exhibiting symptoms while also keeping yourself safe:

### How to protect your health when caring for a sick loved one



Sleep in separate bedrooms and use different bathrooms, if possible.



When you do have to come into contact with a sick family member, practice good hygiene.



Keep high-touch surfaces as clean as possible.



Be careful when washing laundry - if the laundry is soiled, the CDC says to wear disposable gloves



If the sick person you're living with seems to be getting worse, call your healthcare provider for advice.



Video call your loved one from the living room to interact with the family and keep their spirits up.

For more information visit [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus) or call 211



The following video was produced for the state of Oregon/Oregon Health Authority:

<https://www.youtube.com/watch?v=o8Fapc0aDaQ&feature=youtu.be>