



OREGON STATE SENATOR NEWS FROM LYNN FINDLEY



Photo by: Lynn Howlett

March 2020 Update

Friends,

I know this is a disconcerting time in our state and our country. I share your concerns about the COVID-19 virus, and its impacts on our health, families, communities, public safety and more. It's important that during this time, we are cautious and informed. I will be providing regular updates to you via this newsletter and on my [Facebook page](#) to make sure we're all aware of new information as we have it.

I can assure you that our public health authorities and government officials are working diligently to combat the spread of this virus and protect our citizens.

Additionally, last week, the Joint Emergency Board met to allocate money from Oregon's Emergency Fund to some of the important measures the legislature was unable to pass during the short session. Those allocations include assistance and funding to the Oregon Health Authority to bolster the response to COVID-19 and other emergency preparedness agencies. A complete list of allocations from the Joint Emergency Board meeting can be found [here](#).

Given the nature of the COVID-19 situation, we are postponing our public district events until further notice and will keep you apprised of any changes. I am also temporarily closing my physical district and legislative offices. My staff and I are working remotely and we are here full-time for you. During these closures, the best way to reach my staff is through email correspondence. To be safe, I encourage you to follow the recommendations to limit your social and public activities to prevent the spread of COVID-19 to vulnerable communities.

You can find more information and regular updates regarding COVID-19 on the [Oregon Health Authority's website](#) and on their [Frequently Asked Questions](#) page.

Please be courteous of others, and if you have an opportunity, please thank a public health professionals and our first responders who are working diligently during this time to keep us healthy, safe and protected.

As always, I am here alongside you and in service to you to answer any questions you may have about COVID-19 or anything else. Please contact my office if there is anything we can do to assist you.

Warm regards and be safe,

Lynn P. Findley Oregon State Senator, District 30

About COVID-19

Facts:

- COVID-19 is an infection caused by a new Coronavirus.

Let's Connect!
Follow Sen. Findley



Email Sen. Findley



Subscribe to
Newsletter



Explore Sen. Findley's
Website



Stay Informed & Engaged During the
Legislative Session



Electronic Alerts

Sign up to receive email or text message updates when the status of your bill(s) change.



OLIS Oregon Legislative
Information System

OLIS

Track legislation, agendas, or search the daily schedule of the Legislature.

CONTACT SEN. FINDLEY

Salem Office

900 Court St. NE, S-403
Salem, OR 97301
Phone: 503-986-1730
Sen.LynnFindley@oregonlegislature.gov

District Office (Temporarily Closed)

252 B Street West
Vale, OR 97918
Hours: Monday- Friday 8:30am-4pm
Phone: 541-473-4029

- Symptoms can include high fever, cough, and some trouble breathing. Symptoms may vary from patient to patient.
- There is not a vaccine for COVID-19 currently.
- The “incubation period” for COVID-19 is 14 days.
- There is little evidence that face masks limit exposure or decrease risk of illness. The best thing we can do to stop the spread of COVID-19 is to wash our hands frequently with soap and water, for at least 20-seconds each time.
- Those that are at greater risk of exposure (the elderly, young children, those with compromised immune systems) should consider isolating themselves from large gatherings and crowds.

If you are experiencing possible symptoms of COVID-19:

- Contact your regular doctor first. They will give you instructions about how to get tested, if they think it necessary, and how to limit exposure to others.
- Do NOT go to the emergency room or urgent care.
- Take over-the-counter medications to lower your fever and treat the cough.
- If you have traveled outside of the country in the past 14 days, notify your doctor.
- If you have been in close contact with someone who has a confirmed case of COVID-19, or someone who is being evaluated for it, notify your doctor.
- If you are having a medical emergency, call 911.

Learn more on the [Oregon Health Authority website](#).
