



Rep. Greg Barreto's Newsletter

March 11, 2020



Good morning,

I want to provide you with the most recent information we have received from the Oregon Health Authority about Coronavirus.

Good hygiene is critical to stop the spread of the virus. Please wash your hands frequently, **stay home** if you are sick, and if you show symptoms please **call** your doctor.

Thank you,
Greg

COVID-19 testing information

Testing for COVID-19 is available through the Oregon State Public Health Laboratory (OSPHL) and a growing number of commercial labs. In addition, we expect hospitals around the state to begin conducting their own testing soon. As more testing is done, we expect to find more cases in the community.

Since the outbreak of COVID-19 began, OHA has relied on CDC guidance regarding whom to test for the virus. At this time, CDC advises that individuals who may be tested include, among others, those who have fever, cough and difficulty breathing and who have:

- traveled to certain affected regions outside the US,
- had close contact with someone diagnosed as having COVID-19, or
- been hospitalized, had evidence of viral pneumonia and a negative influenza test.

The OSPHL has enough tests for community members who meet the established criteria for testing. In addition to the OSPHL, commercial lab testing is becoming more widely available. Community members who don't meet the established criteria (and therefore don't require public health authorization or approval for COVID-19 testing), can call their healthcare provider for evaluation and consideration of testing through commercial labs (at their provider's discretion). OSPHL will continue

consideration of testing through commercial labs (at their provider's discretion). OSPHL will continue to prioritize testing for at-risk patients using the above epidemiologic and clinical criteria.

If it is determined that you need testing, your health care coverage may cover the cost of COVID-19 testing at an in-network provider, in-network urgent care center or emergency room. In addition, many insurance companies have agreed to waive co-payments, co-insurance, and deductibles for their customers who need COVID-19 testing. More information is available through the **Department of Consumer and Business Services**.

Testing typically involves a nose swab, throat swab and collection of a spit sample with mucus. The timeline for receiving test results varies.

What You Should Know About Testing for COVID-19

Know the symptoms



The main symptoms of COVID-19 are:

- Cough
- Fever
- Shortness of breath

Know when to seek help



Not everyone who is sick needs to be tested.

Your [local health department](#) or health care provider can help you:

- Decide if you need an appointment, and
- Plan to enter a clinic in a way that avoids possibly infecting others, if you do go in.

If you need urgent medical care, dial 911.

Know questions your health care provider may ask you



- ? What are your symptoms?
- ? Have you traveled to places where COVID-19 is present?
- ? Did you have contact with someone who has traveled where COVID-19 is present?
- ? Have you been in contact with someone who has a confirmed case of COVID-19?

Health care coverage for COVID-19 testing

Your health care coverage may cover the cost of:

- COVID-19 testing at an in-network provider, in-network urgent care center or emergency room
- COVID-19 immunization when it becomes available.

Outside of COVID-19 testing, regular costs, such as co-payments, co-insurance and deductibles will still apply. It is always best to contact your plan to find out about your costs.

QIA and DHC direct long-term care facilities to

OHA and DHS direct long-term care facilities to limit exposure of residents to COVID-19

Oregon has recently seen COVID-19 spread in communities in Oregon. Hand hygiene and staying home when ill will help decrease further spread. Early information shows that some people are at higher risk of getting very sick from this illness. People at higher risk include older adults, people who have serious chronic medical conditions and immunocompromised people. Examples include heart disease, diabetes and lung disease.

In consultation with the Oregon Health Authority and under the authority of Governor Brown's **Executive Order 20-03**, the Oregon Department of Human Services is adopting policies to:

- Restrict and limit entry to nursing facilities, residential care facilities and assisted living facilities;
- Require 100% screening of all individuals before entering such facilities;
- Limit the number of visitors per resident at any given time to two;
- Document screening procedures for all visitors; and
- Limit community activities.

If a facility has a suspected, presumptive, or confirmed COVID-19 case, the facility must:

- Consult with local public health
- Notify its licensing authority
- Adopt additional measures to support infection prevention and control, including but not limited to:
 - Further restrict visitation
 - Maintain logs of all personnel and visitor interactions with each identified patient
 - Restrict internal group activities to prevent potential exposures to other residents

In addition, facilities shall discontinue community outings. Additional guidance is forthcoming.

More Information

- **[CDC Resources for Health Care Facilities](#)**
- **[OHA Coronavirus Website](#)**
- Your **[local health department](#)**
- Members of the public may also **call 211** for general information about COVID-19.

Updates and information

You can sign up for OHA news alerts including updates on COVID 19 here:
https://public.govdelivery.com/accounts/ORDHS/subscriber/new?topic_id=ORDHS_816

OHA continues to post updates online, include FAQ sheets, here:
<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

Contacting the Salem Office

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