



## Wheeler County Office of Public Health and Emergency Management



### **CORONAVIRUS – COVID-19 / 2020 Response**

Asher Community Health Center, Wheeler County Court, Wheeler County Emergency Management and Wheeler County Public Health are in close collaboration to address the safety issues facing our residents because of possible exposure to the new Coronavirus.

Recommended Precautions are:

- **WASH HANDS** frequently with soap and water
- Avoid touching your face
- **Limit exposure to the public to only necessary tasks. The Oregon Governor's Office has banned non-essential gatherings of more than 25 and recommended avoiding gatherings of more than 10.**
- Cover your cough or sneeze

There is currently no cure and the treatment is the same as the flu. If you do become ill:

- **Stay Home**
- Drink plenty of fluids
- Rest in bed
- Use over-the-counter medications if needed for relief of symptoms
- If symptoms worsen, contact your medical provider

We understand these measures may seem unnecessary at this time. However, these efforts, in conjunction with many other organizations canceling/postponing events will hopefully slow the rate of infection and prevent our healthcare system from becoming overwhelmed nationally.

Asher Community Health Center is working hard to facilitate timely appointments. Due to limited resources and high volume, you may find scheduling farther out than normal.

Thank you for your patience! Thank you for doing all that you can to help slow the spread of this virus. We are all in this together and we will all come through together.

The situation changes quickly. Visit the following websites for updates and current statistics.

**[www.healthoregon.org/coronavirus](http://www.healthoregon.org/coronavirus)**

**[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)**

