

Safe + Strong TA Playbook Talking Points

Contact tracing

Contact tracing is 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 and tribal health authorities use contact tracing to prevent the spread of many types of diseases, like measles.

Contact tracers are people from your community who will call to tell you what to do if you or someone close to you has tested positive for COVID-19.

Contact tracers help keep you healthy and slow the spread of COVID-19 by:

- ▶ Talking with you about how to prevent the spread of the virus, including staying home or at a location provided by public health until the danger has passed. This is known as "quarantine."
- ▶ Providing health information on how to care for yourself and others if you start having symptoms.
- ▶ Sharing resources available in your community that can support you if it will be challenging for you to quarantine.

We want everyone to feel safe answering the call from a contact tracer. Your information is strictly confidential and will be treated as a confidential health record. Your information **will not** be shared with other agencies, including immigration officials.

Contact tracers will never ask for your:

- ▶ Social security number.

- ▶ Immigration status (Note: Information will not be shared with immigration authority or law enforcement. Getting tested or getting treatment for COVID-19 will not affect your ability to get permanent residency in the U.S.).
- ▶ Credit card number, bank account or billing information.

If anyone calls you requesting this information, hang up. This could be someone trying to use your information for a scam.

Local and tribal public health authorities will ask:

- ▶ What county you live in.
- ▶ Your date of birth.
- ▶ Race, ethnicity, and disability information.
- ▶ Your contact information, including phone number, email address, and mailing address.
- ▶ Your occupation.
- ▶ Whether you have symptoms of COVID-19.

Reopening

Governor Kate Brown's plan is to open Oregon's communities in phases, county by county. Each county will have to meet health and safety guidelines to slow the spread of COVID-19. Reopening does not mean a return to our normal lives. Before engaging in activities, we should consider the health and safety risks of those activities.

We all have a role to play in keeping each other safe and slowing the spread of COVID-19 by wearing a face covering, frequent handwashing and maintaining a safe distance of six feet from others in reopened spaces. As you make plans, consider ways to reduce your risk of getting and spreading COVID-19, such as limiting the number of people you interact with, meeting up outdoors, away from crowds, or spending time in your backyard and home.

Masks, face shields or face coverings are now required statewide for adults and children, age 5 and up:

- ▶ In indoor public spaces such as grocery stores, pharmacies, public transit, personal services providers, restaurants, bars, retail stores, and more.
- ▶ While exercising indoors.
- ▶ In outdoor public spaces when physical distancing is not possible.

People who are unable to wear a mask, face shield or face covering due to a disability or medical condition can request accommodation from a business. These accommodations might look like grocery store pick-up or pharmacy delivery.

Phase 1

- ▶ In Phase 1, counties that qualify can reopen restaurants, bars, gyms, malls and personal services like hair salons and barbershops — with limitations in place. Indoor and outdoor cultural, civic, and faith gatherings are limited to 25 people. Groups of up to 25 people are allowed to gather with limitations.
- ▶ Indoor social get-togethers are limited to 10 people while physical distancing. If you are planning a get-together, it's safer to meet up outside where you can stay 6 feet apart. Masks are required in public for everyone 5 years and up, and frequent handwashing is still necessary to protect your health and the health of your loved ones.
- ▶ To be cleared for Phase 1 of reopening, counties must meet certain standards that include: fewer people getting sick, more people getting tested, places to stay for those who do get sick and can't quarantine at home as well as hospitals with a supply of safety equipment, such as masks, gloves and gowns.
- ▶ The county must have a contact tracing system. This team of people — called contact tracers — will call those who have tested positive and anyone they may have infected to help provide education, information and support.

Phase 2

- ▶ After 21 days in Phase 1, counties that meet certain standards may be able to enter Phase 2.
- ▶ Indoor social get-togethers are limited to 10 people while physical distancing. It's less risky to have your gathering outdoors where you can spread out and stay 6 feet apart. In all instances, physical distancing, face coverings and strict handwashing and disinfecting are required.
- ▶ During Phase 2 more businesses and services can reopen that meet guidelines to stay open.
- ▶ Those businesses include:
 - Pools, movie theaters, arcades and some offices.
 - In some situations, such as sport venues, personal services and recreation, groups of up to 50 can get together indoors, and up to 100 outdoors.
 - In most other settings, up to 100 people will be allowed to gather as long as they are following physical distancing guidelines.

Phase 3

It is unknown at this time when counties can enter Phase 3. This phase will require reliable treatment or a vaccine, and will allow large gatherings such as concerts, conventions, festivals, or live audience sports.

Testing

- ▶ If you're interested in COVID-19 testing, call your health care provider or clinic — they can help figure out if it's needed. If you have trouble breathing or feel very ill, contact your health care provider or 211 if you don't have one. If it's an emergency, call 911.
- ▶ To test for COVID-19, your health care provider might take a sample on a swab through your nose. The results of this test are usually ready in 3-4 days.
- ▶ If your test is positive, you'll be asked to self-quarantine and you'll receive information about how to take care of yourself and keep from spreading the virus to your family and friends.
- ▶ The Oregon Health Authority has made testing available to a wide group of people most likely to be impacted by COVID-19. This includes people who speak languages other than English, Black, Indigenous and People of Color communities, people with disabilities, migrants and seasonal farmworkers and close contacts of those who have tested positive for COVID-19.
- ▶ If you belong to any of these communities, talk to your health care provider about getting tested. Make sure they know you are a member of a community that is prioritized for testing even if you aren't showing symptoms.
- ▶ To find a testing site near you, visit: healthoregon.org/covid19testing