Coronavirus Disease (COVID-19) Interim Guidance for Agricultural Workers and Migrant and Seasonal Farm Workers

What this document includes

The following recommendations for agricultural workers are about your work, housing and transportation. This information is intended to reduce the spread of the novel coronavirus (the virus that causes COVID-19).

Employers and workers should follow these prevention measures provided by the Oregon Health Authority (OHA) and Oregon OSHA to help keep people healthy. Ask your employer what measures are in place to help prevent COVID-19. You are entitled to a safe work environment.

COVID-19 can easily spread in places where people live and work close together, including employer-provided housing. Farm owners and managers, including those who provide housing or transportation for farm workers, should implement plans to prevent the spread of COVID-19 among workers and residents living together in employer-provided housing.

Like all workers, migrant and seasonal farmworkers and other agricultural workers have the right to a safe work environment. Employers must follow workplace health and safety rules as per Oregon OSHA and BOLI.

Anyone can get COVID-19, but the following people are at an increased risk of severe illness, including respiratory failure and death from the disease:

- people older than 65
- people with medical conditions such as asthma, diabetes, chronic lung disease, chronic heart disease, high blood pressure, or a compromised immune system (e.g., cancer or treatments that suppress the immune system)

People can spread the virus even when they don't have symptoms.

Reducing COVID-19 virus spread

To protect your health, the Oregon Health Authority recommends healthy habits that can slow the spread of COVID-19. They are all important and should all be done together to keep you as healthy as possible. These steps are:

Physical Distancing

- Keep at least six feet between yourself and other people in the workplace at all times. This includes:
  - » While you are on the job
  - » Transportation to and around work areas
  - » In worker housing
  - » During meals and rest periods

Handwashing

- Wash your hands in clean running water with soap for at least 20 seconds, and use disposable drying materials for drying hands.
- Wash your hands before eating, after using the toilet, and after coughing or sneezing.
- Wash your hands regularly throughout the day, especially before eating and during rest periods.
- You can also use hand sanitizer with at least 60% alcohol, although washing with soap and water for 20 seconds is the best way to keep your hands clean.
- You should have use of sanitation facilities often and not just during breaks.

Protecting from virus in the air

- Cough and sneeze into your elbow or a tissue. Immediately throw away the tissue and wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.
- If possible, wear simple cloth face coverings to slow the spread of the virus.
  - » Cloth face coverings NOT replace or change pesticide application label requirements for more protective masks.
  - » Face masks and cloth face coverings are NOT a substitute for physical distancing. You still need to keep six feet of distance between yourself and others at all times.
  - » Remember that the virus sticks to clothing and masks, so it is important to wash and dry your clothes after work. Wash and dry cloth face coverings at least daily.

Making your plan

A basic plan includes:

- Talk to your household members about what to do if someone gets sick.
- Write down:
  - » Nearby organizations where you can get help, including health care
  - » Any medical conditions and medications for each person in your household
  - » Phone numbers of essential contacts, like other family members and your health care provider
  - » Your plan for home isolation, including a separate place for people to sleep, cook/eat, shower and use the toilet in case you or a family member gets sick.

If you need help creating your plan, the CDC has tips:

- COVID-19: Get your home ready. Use this guide to create a household plan and keep your family and community safe.
  - » English https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html
  - » Spanish https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19-sp.html

What to do if you get sick

Your health

- Watch for signs of COVID-19 (fever, cough or difficulty breathing).
  - » Seek medical care if you are having trouble breathing or other serious concerns. Go to the doctor if needed.
  - » If you or a family member are experiencing symptoms related to COVID-19:
  - » Stay at home and tell your employer.
  - » If at work, request to go home.
  - » Seek medical advice and ask your employer for assistance if needed.
  - » If you live in housing provided by your employer, let your employer know as soon as possible so they can follow the guidelines for isolating sick workers. If you cannot relay the information to the employer, ask another worker to do so on your behalf as soon as possible.

- When you return to work, your employer may ask you to verify the following:
  - You have had no fever for at least 72 hours. (That is three full days of no fever without the use of medicine that reduces fevers.) AND
  - Other symptoms have improved (for example, when your cough or shortness of breath has improved) AND
  - At least seven days have passed since your symptoms first appeared.
- If you live in housing provided by your employer and are sick, stay in a separate space from people who are not sick whenever possible, cover your cough and sneezes, and maintain physical distance requirements. Notify your employer and ask for separate accommodation immediately until you have recovered and your medical provider has confirmed that you are no longer contagious.
- If you are well but live with a family member who has symptoms of COVID-19, you should immediately notify your employer, closely follow recommended precautions, and stay home if you can.

Health insurance

- Testing and hospitalization for COVID-19 are covered for Oregon Health Plan (OHP) and CAWEM members.
  - The Oregon Health Plan is health insurance for people in Oregon who have limited income. You may be eligible. You can apply at any time by calling 800-699-9075 or apply online at https://one.oregon.gov/.
  - CAWEM (Citizen Alien Waived Emergent Medical) is health insurance for emergency medical services only. It is available to anyone who would be eligible for the Oregon Health Plan, but people are not required to provide citizenship information or Social Security Numbers. You may be eligible. Call 800-699-9075 for more information.

Immigration and medical care

- Health care facilities are designated sensitive locations. Federal guidelines prohibit immigration agents from conducting arrests or other enforcement actions at health care facilities such as doctor's offices and hospitals.
- Receiving emergency Medicaid (CAWEM) will not be counted under U.S. Citizenship and Immigration Services public charge rules. Anyone with symptoms is encouraged to seek necessary medical treatment.
- Information on public charge and the COVID-19 emergency is available in English and Spanish.
  - Answers to other questions from immigrants and refugees are available online and at the end of this document.

What to expect from your employer

These issues are new and you should discuss them regularly with your supervisor and other workers.

Employers have a responsibility to provide a healthy and safe workplace. They have received guidance about how to do so during the COVID-19 crisis. OSHA rules require employers to take the following steps to protect workers at the workplace:

- Appoint a "social distancing officer" to ensure at least six feet of space between people during work, breaks and meal periods.
- Make and implement plans to ensure at least six feet of space between people during work, breaks and meal periods.
- Provide toilet and handwashing facilities in the field (1 for every 10 workers).
- Sanitize toilet and handwashing facilities at least three times per day.
- Educate all employees and supervisors on how to reduce the spread of COVID-19.

Employers are also required to take steps to protect workers in labor housing:

- Appoint a "social distancing officer" to ensure at least six feet of space between unrelated people.
- Make and implement plans to ensure at least six feet of space between unrelated people.
- Ban the use of bunk beds by unrelated people.
- Separate beds by at least six feet or by a solid barrier.
- Clean common-use toilets, handwashing facilities and other high-touch surfaces in provided housing must be cleaned at least twice per day.
- Provide cleaning materials to residents.
- Provide separate housing for people who are sick with confirmed or suspected COVID-19 at no cost to the worker.
- Provide food and water for people who have to be isolated at no cost to the worker.

Employers must take appropriate steps for transportation they provide to workers:

- Keep three feet of distance between people in employer-provided vehicles.
- Require drivers and passengers to wear face coverings when traveling in employer-provided vehicles.
- Require that commonly touched surfaces in employer-provided vehicles be cleaned before each trip, or at least twice daily if the vehicle is being used continuously.
- Train workers about the need to keep three feet between people in vehicles.

What if my workplace is not safe and healthy?

- You have the right to tell your employer if there are hazards, such as failure to provide you with water, running water at sinks and having these facilities near you when you work.
- If you have concerns about safety at your workplace, you can contact Oregon OSHA.
  - English: 800-922-2689
  - Spanish: 800-843-8086
  - Complaint form: https://www4.cbs.state.or.us/exs/osha/hazrep/
- If you experience retaliation against you such as by demotion, layoff or firing, please contact the Oregon Bureau of Labor and Industry (BOLI) or consider legal consultation.
  - BOLI English: 971-673-0764
  - BOLI Spanish: 971-673-2818
- At the end of this document is a list of resources that includes OSHA, BOLI, and other community partners.

Resources for workers

Learn about COVID-19

Educational resources about COVID-19 and ways to protect health can be found below in Spanish and most prevalent indigenous languages.

From the Oregon Health Authority

- Videos (Spanish)
  - How to protect against COVID-19 / Como protegernos del COVID-19 https://youtu.be/WMrnn54skQI
  - Myths and truths about COVID-19 / Mitos y verdades sobre el COVID-19 https://youtu.be/FtcWoYEVilk
- Video (Mam)
  - COVID-19 information https://m.youtube.com/watch?v=G5jVv301sQ0
- Social or physical distancing flyer
  - Spanish https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2268.pdf
  - English https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf
- Novel coronavirus fact sheet
  - Spanish https://sharedsystems.dhsoha.state.or.us/DHSForms/Served//LS2356.pdf
  - English https://sharedsystems.dhsoha.state.or.us/DHSForms/Served//LE2356.pdf
- Prevention flyer
  - Spanish https://sharedsystems.dhsoha.state.or.us/DHSForms/Served//LS2681.pdf
  - English https://sharedsystems.dhsoha.state.or.us/DHSForms/Served//LE2681.pdf
- Don't touch your face flyer
  - Spanish https://sharedsystems.dhsoha.state.or.us/DHSForms/Served//ls2257.pdf
  - English https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2257.pdf
- COVID-19 resources and frequently asked questions for immigrants and refugees
  - Spanish https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2292.pdf
  - English https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2292.pdf

Information from the CDC

- Video: How to make a cloth face covering
  - » English https://youtu.be/tPx1yqvJgf4
- Centers for Disease Control and Prevention (CDC): Handwashing guides https://www.cdc.gov/handwashing/materials.html
- CDC coronavirus fact sheets in English and Spanish https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html

Spanish

- Pan-American Health Organization educational materials https://www.paho.org/es

Mixteco

- Monterey County Health Department public service announcement video https://youtu.be/s2yw9FOYXH0

Akateko

- Government of Guatemala COVID-19 prevention campaign https://youtu.be/eT2ISW-Pbtc

Mam

- Government of Guatemala COVID-19 prevention campaign https://m.youtube.com/watch?v=G5jVv301sQ0

Triqui

- Monterey County Health Department public service announcement video https://youtu.be/I4dAdfkrS8w

Zapoteco

- Health Service of Oaxaca, Mexico COVID-19 information video https://www.youtube.com/watch?v=KN7LVJWQbfQ

Purepecha

- Government of Michoacan, Mexico COVID-19 information video https://youtu.be/LplfWtIGL58

Health Insurance

The Oregon Health Plan provides Oregonians access to coordinated health care. CAWEM is emergency-only health insurance that is available regardless of immigration status.

- Learn about OHP: https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx
- Apply for OHP online: https://one.oregon.gov/
- Apply for OHP by phone: 800-699-9075
- Get help filling out your application: https://healthcare.oregon.gov/Pages/find-help.aspx

Workplace Safety Resources

Oregon Bureau of Labor and Industry (BOLI): Workers' jobs are protected if you report a safety violation at your worksite. If you experience retaliation, you can all the BOLI Civil Rights Division.

- English: 971-673-0764
- Spanish: 971-673-2818

Oregon Occupational Safety and Health Division (OSHA): Workers can report a concern or complaint about an employer's compliance with COVID-19 workplace restrictions.

  - English: 800-922-2689
  - Spanish: 800-843-8086
  - Complaint form: https://www4.cbs.state.or.us/exs/osha/hazrep/

Oregon Employment Department: The Department of Labor Farmworker Services' State Monitor Advocate can help if you need to file a complaint.

- Fernando Gutierrez: 971-701-0883

Community Resources

Legal Aid Services of Oregon (LASO): This organization helps agricultural workers throughout Oregon with employment, housing, civil rights and other legal issues. To apply for aid, you can call the number below.

- Farmworker Program: 800-662-6096

Oregon Law Center (OLC): This organization provides legal help for migrant and seasonal farmworkers and their families. You can contact them if you have experienced retaliation for reporting safety concerns. They speak Spanish and indigenous languages.

- Woodburn Farmworker office: 503-981-0336 or 800-973-9003

Pineros y Campesinos Unidos del Noroeste (PCUN): This organization advocates for Oregon farmworkers and working Latinx families.

- 503-982-0243

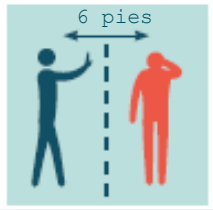
If you need help finding health care or other resources, contact the local public health authority in your area. You can find a list of local public health authorities and their phone numbers on the Oregon Health Authority website.

You can get this document free of charge in other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsoha.state.or.us.

OHA 2349 (05/2020)

Oregon Health Authority
PUBLIC HEALTH DIVISION

Distanciamiento físico:
Mantenga su distancia para prevenir COVID-19



El distanciamiento físico, también llamado distanciamiento social, es evitar el contacto con personas que no sean las que viven con usted. El distanciamiento físico es una de las mejores formas de frenar la propagación de COVID-19. Depende de cada uno de nosotros ayudar a detener la propagación de COVID-19.

- **Quédese en casa, salve vidas.** La mejor manera de mantenerse sano y prevenir la propagación de COVID-19 es quedarse en casa. Además, debe limitar las actividades que realiza fuera de su hogar a solo lo **estrictamente necesario.** Ejemplos de lo que debe hacer son comprar alimentos o retirar medicamentos. La orden de la gobernadora no permite reuniones donde la gente no pueda mantenerse a 6 pies de distancia entre sí. Además, la orden no permite eventos sociales y negocios no esenciales en los que las personas entran en contacto cercano.
- **Si es que debe salir de casa por actividades esenciales,** usted debe:
  - » Mantener 6 pies de distancia con todas las demás personas.
  - » Lávese o desinféctese las manos luego de tener contacto con cualquier superficie.
  - » No tocar su cara, excepto luego de lavar o desinfectar sus manos.
  - » Evitar grupos o contacto con otras personas.
  - » Si no puede mantener una distancia de 6 pies, utilice un paño que cubra su nariz y boca para proteger a otros. Hágalo, incluso aunque se sienta bien y no presente síntomas de enfermedad.
    - ▪ No coloque un paño que cubra la nariz y boca a niños menores de 2 años, a nadie que tenga problemas para respirar ni a nadie que no pueda quitarse el paño por sí mismo.
- **Quédese en casa si es que está enfermo.**

  Quédese en casa y consulte con su médico o una clínica si está enfermo y tiene alguno de estos síntomas:

  » Fiebre de 100° o superior
  » Tos
  » Dificultad para respirar

Llame al 211 si necesita ayuda para encontrar una clínica.

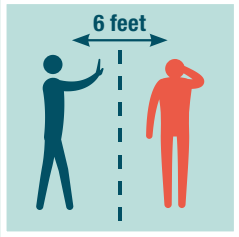
- **Mantenga su distancia. Disminuya la propagación.**. Para obtener más información sobre el distanciamiento física y la respuesta de Oregon frente al coronavirus, visite www.healthoregon.org/coronavirus.

Oregon Health Authority
DIVISIÓN DE SALUD PÚBLICA

Accesibilidad: Todo el mundo tiene derecho a conocer y utilizar los programas y servicios de la Autoridad de Salud de Oregón (OHA). La OHA provee ayuda gratuita. Algunos ejemplos de la ayuda gratuita que puede proporcionar la OHA son: intérpretes de lenguaje de señas u orales, materiales escritos en otros idiomas, en braille, en letras grandes, en audio y en otros formatos. Si necesita ayuda o tiene preguntas, comuníquese con Mavel Morales al 1-844-882-7889, 711 TTY, OHA.ADAModifications@dhsoha.state.or.us.

OHA 2268 Spanish (4/9/2020)

Physical Distancing:
Keep Your Distance to Prevent COVID-19



Physical distancing, also called social distancing, means you avoid contact with people, other than those who live with you. Physical distancing is one of the best ways to slow the spread of COVID-19. It's up to each of us to help stop the spread of COVID-19.

- **Stay home, save lives.** The best way to stay healthy and prevent the spread of COVID-19 is to stay home. You must also limit things you do outside your home to what you **must** do. Examples of things you must do, are shopping for food or picking up medicines. The Governor's order does not allow gatherings where people cannot keep 6 feet apart. Also, the order does not allow social events and non-essential business where people come into close contact.

- **If you must leave your home for essential activities,** you should:
  - » Maintain 6 feet between you and all other people.
  - » Wash or sanitize your hands after contact with any surface.
  - » Do not touch your face, except after washing or sanitizing your hands.
  - » Avoid groups and contact with other people.
  - » Wear a cloth covering for your nose and mouth to protect others if you can't keep 6 feet apart. Do so, even if you feel well and do not show symptoms of illness.
    - ▪ Do not place a cloth covering for the nose and mouth on children under age 2, anyone who has trouble breathing or who cannot remove the covering themselves.

- **Stay home if you are sick.**

  Stay home and consult with your doctor or a clinic if you are ill with any of these symptoms:
  - » Fever of 100° or higher
  - » Cough
  - » Shortness of breath

  If you need help to find a clinic, call 211.

- **Keep your distance. Slow the spread.** For more information on physical distancing and Oregon's novel coronavirus response, visit www.healthoregon.org/coronavirus.

Oregon Health Authority
PUBLIC HEALTH DIVISION

Accessibility: Everyone has a right to know about and use Oregon Health Authority (OHA) programs and services. OHA provides free help. Some examples of the free help OHA can provide are: sign language and spoken language interpreters, written materials in other languages, Braille, large print, audio and other formats. If you need help or have questions, please contact Mavel Morales at 1-844-882-7889, 711 TTY, OHA.ADAModifications@dhsoha.state.or.us.

OHA 2268 (4/9/2020)

Nuevo coronavirus

Hoja de datos

Qué es el nuevo coronavirus

El nuevo coronavirus (COVID-19) es una cepa del virus que solo se ha propagado entre las personas desde diciembre de 2019. Los expertos en salud están preocupados porque se sabe muy poco acerca de este nuevo virus. Tiene la capacidad de generar graves enfermedades y neumonía en algunas personas y no tiene tratamiento.

Cómo se propaga el nuevo coronavirus

Los expertos en higiene aún están conociendo los detalles sobre cómo se propaga el nuevo coronavirus. Otros tipos de coronavirus se propagan por el contacto de una persona infectada con otras, de la siguiente manera:

- a través del aire, cuando la persona tose o estornuda
- mediante el contacto personal estrecho, que ocurre cuando la persona toca a otra o se dan un apretón de manos
- cuando la persona toca un objeto o superficie que están infectados con el virus, y luego se toca la boca, la nariz o los ojos

Cuál es la gravedad del nuevo coronavirus

Los expertos aún están estudiando el espectro de enfermedades que pueden generarse a partir del nuevo coronavirus. Se han informado casos que abarcan desde enfermedades leves (similares a una gripe común) hasta la neumonía grave que requiere internación. Hasta el momento, los casos de muerte que se informaron principalmente ocurrieron en adultos mayores que ya padecían otras afecciones médicas.

Cuáles son los síntomas

Las personas que fueron diagnosticadas con el nuevo coronavirus indicaron tener síntomas que pueden aparecer en un plazo de 2 a 14 días luego de estar expuestos al virus:

Fiebre

Tos

Dificultad para respirar

Qué debo hacer si presento algún síntoma

Llame al proveedor de atención médica para encontrar la manera más segura de recibir atención médica. Indíquele si viajó a una región afectada en el transcurso de los últimos 14 días.

Quién está en riesgo de contraer el nuevo coronavirus

Su riesgo de contraer COVID-19 está relacionado con su exposición al virus. Para reducir el riesgo de que el virus se propague, los funcionarios de salud pública están colaborando con los proveedores de atención médica para identificar rápidamente y evaluar cualquier caso sospechoso.

Quienes viajen hacia o desde ciertas regiones del mundo posiblemente tengan un riesgo mayor de contraerlo. Consulte wwwnc.cdc.gov/travel donde encontrará las pautas de viaje más recientes de los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC).

Cómo puedo protegerme de contraer el nuevo coronavirus

Si viaja al extranjero, siga las pautas de los CDC: wwwnc.cdc.gov/travel.

Si usted sigue los pasos para evitar la propagación de la gripe común, también ayudará a prevenir el coronavirus:

- Lávese las manos con frecuencia con agua y jabón. Si eso no es posible, use un desinfectante de manos a base de alcohol.
- Evite tocarse los ojos, la nariz o la boca con las manos sin lavar.
- Evite el contacto estrecho con personas enfermas.
- Quédese en su casa si está enfermo y evite el contacto estrecho con otras personas.
- Cúbrase al toser o estornudar con un pañuelo, y luego tírelo. Si no tiene un pañuelo, tosa en el codo.
- Limpie y desinfecte objetos y superficies que sean tocados a menudo.

Actualmente, no hay vacunas disponibles para prevenir infecciones por el nuevo coronavirus.

Cómo se trata el nuevo coronavirus

No existen medicamentos específicos aprobados para el coronavirus. La mayoría de las personas con enfermedades leves a causa del coronavirus se recuperan solas, tomando mucho líquido, haciendo reposo y con medicamentos para el dolor y la fiebre. Sin embargo, en algunos casos las personas con el virus contraen neumonía y deben recibir atención médica o ser internadas.

Para obtener más información:

www.healthoregon.org/coronavirus

Actualizado 3/5/2020

Oregon Health Authority

DIVISIÓN DE SALUD PÚBLICA

Programa de seguridad, preparación y respuesta en materia de salud pública (Health Security, Preparedness and Response, HSPR)

Puede obtener este documento en otros idiomas, en letra grande, en braille o en el formato que usted prefiera. Comuníquese con la División de Salud Pública al 971-673-0977 o al 971-673-0372. Aceptamos todas las llamadas por servicio de retransmisión o puede marcar el 711.

OHA 2356 Spanish (3/2020)

Novel Coronavirus

Fact Sheet

What is novel coronavirus?

Novel coronavirus (COVID-19) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus. It has the potential to cause severe illness and pneumonia in some people and there is not a treatment.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

Fever

Cough

Difficulty breathing

What should I do if I have symptoms?

Call your healthcare provider to identify the safest way to receive care. Let them know if you have traveled to an affected area within the last 14 days.

Who is at risk for novel coronavirus?

Your risk of getting COVID-19 relates to your exposure to the virus. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

If you are traveling overseas follow the CDC's guidance: wwwnc.cdc.gov/travel.

Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home while you are sick and avoid close contact with others
- Cover your cough or sneeze with a tissue, then throw it away.
  If you don't have a tissue, cough into your elbow.
- Clean and disinfect objects and surfaces that you frequently touch.

Currently, there are no vaccines available to prevent novel coronavirus infections.

How is novel coronavirus treated?

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

For more information:

www.healthoregon.org/coronavirus

Updated 3/5/2020

Oregon Health Authority
PUBLIC HEALTH DIVISION
Health Security, Preparedness and Response (HSPR)

You can get this document in other languages, large print, braille or a format you prefer. Contact the Public Health Division at 971-673-0977 or 971-673-0372. We accept all relay calls or you can dial 711.

OHA 2356 English (03/19/2020)

¿Cómo puedo evitar contraer el nuevo coronavirus (COVID-19)?

Si usted sigue los pasos para evitar la propagación de la gripe común, también puede ayudar a prevenir la propagación del coronavirus:

Lávese las manos con frecuencia con agua y jabón.

Evite tocarse los ojos, la nariz o la boca.

Evite el contacto con personas enfermas y quédese en casa si está enfermo.

Cubra su boca y nariz con un pañuelo de papel o con su manga cuando tosa o estornude.

Para obtener más información, visite:
healthoregon.org/coronavirus

Oregon Health Authority

Puede obtener este documento en otros idiomas, letra grande, braille o en un formato que usted prefiera.
Comuníquese con Prevención de enfermedades graves y contagiosas al 971-673-1111 o envíe un correo electrónico a OHD.ACDP@dhsoha.state.or.us. Aceptamos todas las llamadas por servicio de retransmisión o puede marcar el 711.

OHA 2681 SPANISH (02/2020)

How can I avoid getting the novel coronavirus (COVID-19)?

Steps you can take to prevent the spread of flu and the common cold can also help prevent the spread of the coronavirus.

Wash your hands often with soap and water.

Avoid touching your eyes, nose and mouth.

Avoid contact with sick people and stay home if you're sick.

Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

For more information visit
healthoregon.org/coronavirus

Oregon Health Authority

You can get this document in other languages, large print, braille or a format you prefer. Contact Acute and Communicable Disease Prevention at 971-673-1111 or email OHD.ACDP@dhsoha.state.or.us. We accept all relay calls or you can dial 711.

OHA 2681 (2/20)

Ayude a prevenir la propagación del COVID-19

No se toque...

Para obtener más información, visite
healthoregon.org/coronavirus
o llame al 211.

DIVISIÓN DE SALUD PÚBLICA

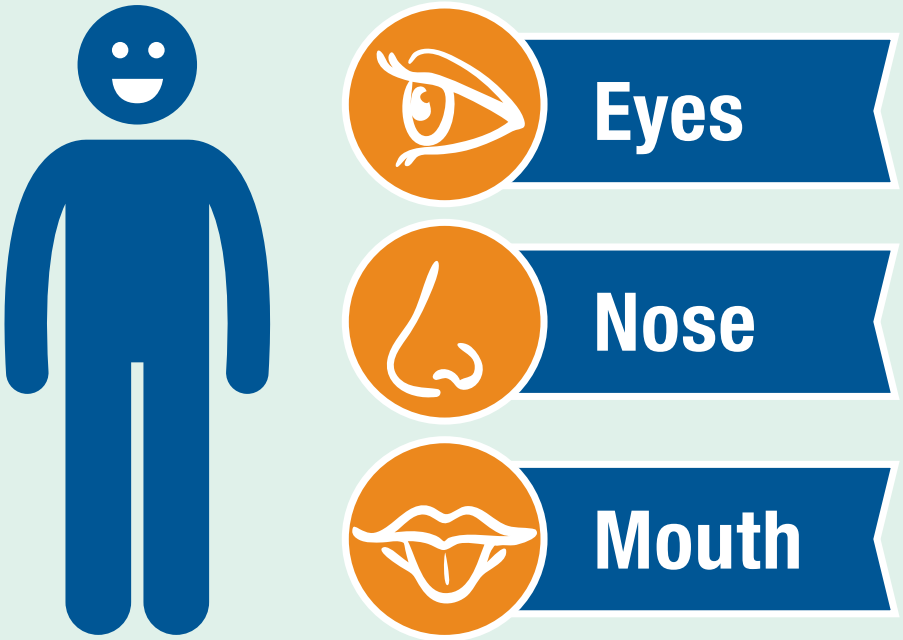
Oregon Health Authority

Puede obtener este documento en otros idiomas, en letra grande, en braille o en el formato que usted prefiera. Comuníquese con la División de Salud Pública al 971-673-0977 o al 971-673-0372. Aceptamos todas las llamadas por servicio de retransmisión, o bien puede llamar al 711.

OHA 2257 Spanish (03/07/2020)

Help prevent the spread of COVID-19

Don't touch your...



To find out more go to
healthoregon.org/coronavirus
or call 211.

PUBLIC HEALTH DIVISION

Oregon Health Authority

You can get this document in other languages, large print, braille or a format you prefer. Contact the PublicHealth Division at 971-673-0977 or 971-673-0372. We accept all relay calls or you can dial 711.

OHA 2257 (03/07/2020)

COVID-19 Recursos y preguntas frecuentes para inmigrantes y refugiados

Actualizaremos este documento cuando haya nueva información disponible. Si tiene preguntas y no encuentra la respuesta aquí, envíe un correo electrónico a Sophorn.Cheang@oregon.gov.

***Cláusula de exención de responsabilidad**: Este documento no implica asesoramiento legal. Las personas a quienes les preocupe que la obtención de beneficios públicos pudiera afectar, y de qué manera, su estado migratorio deben solicitar ayuda a un abogado especializado en inmigración.*

PREGUNTAS FRECUENTES SOBRE SALUD Y COVID 19

¿Qué es lo permitido y lo no permitido según Orden Ejecutiva de la gobernadora de Oregon?
Consulte los informes ya traducidos de la Orden Ejecutiva 20-12 sobre Quedarse en casa, Salvar vidas (qué comercios permanecen abiertos/cerrados) y qué está permitido/no permitido).

Hay mucha información en la Orden Ejecutiva 20-12, "Quedarse en casa, salvar vidas", ¿dónde puedo encontrar un folleto, un póster o una página?
La información, los materiales de las redes sociales y las infografías sobre cómo "Quedarse en casa, salvar vidas" ahora están disponibles en varios idiomas en este sitio web: https://govstatus.egov.com/OR-OHA-COVID-19.

¿Qué debo hacer si tengo síntomas de coronavirus?
Si se siente mal, con síntomas de una enfermedad leve (fiebre, tos, falta de aire moderada): Quédese en casa. Manténgase apartado de las demás personas que vivan en su casa. Todas las personas que viven con usted deben permanecer en el hogar para no diseminar el virus. Use una mascarilla facial. Comuníquese con su médico o llame al 2.1.1 para consultar si debe realizarse la prueba para COVID-19.
Si tiene signos de que es una emergencia (dificultad para respirar, dolor/presión en el pecho, aparecen signos de confusión/no puede despertarse, labios o rostro de color azul, u otros síntomas graves): Llame al 9-1-1.

¿Puedo consultar a un médico aunque no tenga seguro médico?
Sí. Esto incluye la atención que reciba en la sala de emerencias, en centros de salud comunitarios y de inmigrantes, en clínicas de acceso gratuito y en hospitales públicos.

COVID-19 Resources and Frequently Asked Questions for Immigrants and Refugees

We will update this when new information becomes available. If you have questions not answered here, please email Sophorn.Cheang@oregon.gov.

Disclaimer: *This document is not legal advice. Individuals who are concerned about whether and how receipt of public benefits might affect their immigration status should ask for help from an immigration attorney.*

HEALTH AND COVID-19 RELATED FAQs

Under the Governor of Oregon's executive order, what is allowed or not allowed now?
Please refer to the summaries we have already translated of Executive Order 20-12 to Stay Home, Save Lives (what businesses are open/closed and what is allowed/not allowed).

There are so much information on the Executive Order 20-12, "Stay Home, Save Lives," where can I find flyer, poster or one-pager?
Information, Social Media Materials, and infographics on how to "Stay Home, Save lives" are now available in multiple languages on this website: https://govstatus.egov.com/OR-OHA-COVID-19.

If I have symptoms of coronavirus, what should I do?
If you feel sick with symptoms of mild illness (fever, cough, mild shortness of breath): Stay home. Stay away from others in your home. Keep everyone in your household home so that they don't spread the virus. Wear a face mask. Call your doctor or dial 2-1-1 to see if you should be tested for COVID-19.
If you are having emergency signs (trouble breathing, chest pain/pressure, new confusion/can't awaken, blue color to lips or face, other severe symptoms): Call 9-1-1.

Can I still see a doctor if I don't have medical insurance?
Yes. This includes care you receive in the emergency room, at community and migrant health centers, free clinics, and public hospitals.

If I have CAWEM, OHP, or private insurance, how much will it cost for me to get a test or treatment for COVID-19, including going to the hospital?
Nothing. The Governor has reached an agreement with insurers so that people will not have to pay anything out of pocket for COVID-19 tests or hospitalizations from COVID-19. The Oregon Health Plan's (OHP) Citizen/Alien Waived Emergency Medical (CAWEM) benefit includes

emergency services related to the coronavirus (COVID-19). This includes testing at a hospital emergency room and being hospitalized if needed.

What should I do if I don't have health insurance but need a doctor?

If you do not have the Oregon Health Plan (OHP) coverage, you can apply for it here. If you don't want to sign up for OHP, you can see a clinician through your county health clinic or through a federally qualified health clinic (FQHC). You can find a list of these clinics in Oregon by clicking here. Anyone, regardless of their immigration status, can go to one of these clinics. They will have a sliding scale for payment for general primary care services, and all tests and treatments related to COVID-19 are covered without any cost.

Will I be kicked out of my apartment if I can't pay rent?

No. Until June 19th, 2020, no one will be evicted from their homes if they can't pay rent because of the coronavirus. Please contact your landlord to let them know if you can't pay and make a plan. You will still owe the rent but can pay later.

Will my utilities be turned off if I can't pay?

No. Electricity, gas, water, and internet will not be turned off if you can't pay if you lost income because of the coronavirus. Please contact the companies you use to let them know if you can't pay and make a plan. You will still owe for the services you used.

If I receive SNAP benefits (formerly known as food stamps), can I use them to order groceries online?

In addition to in grocery stores, SNAP recipients can now also order groceries online from Amazon or Walmart. To see if you are eligible for SNAP benefits to receive money to buy groceries, click here or call Oregon SafeNet, 1-800-723-3638.

Can only people of certain races get the virus?

No. Anyone can get the virus, and anyone can spread the virus. Viruses don't discriminate. Neither should we.

How can I tell if the information I'm seeing or hearing is correct? Where should I go to get accurate information?

Information is reliable if it comes from the Governor's website or the Oregon Health Authority's website. The World Health Organization also has a website that separates myths from reality about COVID-19.

IMMIGRATION AND PUBLIC SAFETY FAQs

I am an undocumented Oregon resident. Can I be tested for COVID-19 or seek medical treatment for COVID-19 and get coverage through the emergency-only coverage (CAWEM)?
Yes. The Oregon Health Authority says that the Oregon Health Plan's (OHP) Citizen/Alien Waived Emergency Medical (CAWEM) benefit includes emergency services related to the coronavirus (COVID-19), so you can be tested and receive treatment related to COVID-19 for free.

I'm concerned about the public charge. Will my family get in trouble if we get tested or treated for coronavirus?
No. If you are a Legal Permanent Resident (have a green card) applying to become a U.S. naturalized citizen, USCIS issued an alert on its website saying they will not consider testing, treatment, or preventative care (including vaccines, if a vaccine becomes available) related to COVID-19 as part of a public charge determination. If you have symptoms that resemble Coronavirus/COVID-19 (fever, cough, shortness of breath), you should get medical treatment. This will not negatively affect you as part of a future Public Charge analysis.

- Information on Public Charge and COVID-19 from the Protecting Immigrant Families group: https://docs.google.com/document/d/1fQyxwXnXqGD4wxMNj4xMsJ4_1aOschcbK0yxliN4k9w/edit
- Information on Public Charge and COVID-19 from the Federal Government: https://www.uscis.gov/greencard/public-charge
- Information from Oregon Health Authority on Public Charge: https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx
- Fact Sheet and FAQs on the New Federal "Public Charge Rule": https://www.oregon.gov/OHA/ERD/Pages/public-charge.aspx

Will ICE be at medical facilities and will my medical information be shared?
If you have a medical emergency or are in need of medical care, you should seek care. The Department of Homeland Security has recognized medical facilities as dedicated sensitive locations. Federal guidelines prohibit immigration agents from conducting arrests or other enforcement actions at health care facilities, such as hospitals, doctors' offices, health clinics, and urgent care facilities. Your medical information is only shared between you and your doctor and is protected by HIPPA privacy rules.

Will I get stopped by the police if I'm going to work or the grocery store?
You do not need special papers from your boss, any sticker for your car, or any other permission to drive, walk, or take public transportation to work or to businesses that are open, like the grocery store, pharmacy, or hardware store. You can read more answers from the Oregon State Police here.

Is the National Guard or the military taking over?
No. The National Guard is setting up medical facilities in Salem, Oregon, and that is their focus at this time.

EMPLOYMENT AND WORKPLACE FAQs

Am I allowed to go to work?
Yes. If your employer is staying open and complying with social distancing orders, yes, you can go to work. The employer is supposed to make sure you can stay 6 feet away from other people.

What if my work is staying open, but they are not keeping us 6 feet away from other people?
You can report them to Oregon's Occupational Safety and Health division by clicking here. For the question, "keep your identity confidential," choose "yes" and your name and what you said will not be given to your employer.

Should I go to work if I'm sick?
If you feel sick, please stay home and have everyone in your house stay home as well so that you don't spread the virus. The other people in your house need to stay home as well for 14 days because they could spread it before they get symptoms.

Are my taxes still due April 15?
No. Taxes for the Federal Government (IRS) and the state of Oregon are now due by July 15.

2020 CENSUS FAQs

If I answer the Census, can I get in trouble with ICE or the police?
No. You will not get in trouble for anything you say on the Census form. Please fill out the Census form. The 2020 Census is available now and can be completed online in 13 different languages at my2020Census.gov, or by phone at 844-330-2020. You can also get it in your language by clicking here.

Are my responses to the Census questionnaire confidential?
The U.S. Census Bureau takes their responsibility to protect your information very seriously. The law puts in place very stringent measures to protect your information. The Census Bureau is not permitted to publicly release your responses in a way that could identify you or your household. By law, the Census Bureau can only use your responses to produce statistics. Your information is also protected from cybersecurity risks through screening of the systems that transmit your data. All Web data submissions are encrypted in order to protect your privacy. The penalty for unlawful disclosure is a fine of up to $250,00 or imprisonment of up to five years, or both. For more information about privacy and confidentiality, check out the U.S. Census Bureau's fact sheet on the topic.

Because of COVID-19, will the Census deadline be delayed?
In light of the COVID-19 outbreak, the U.S. Census Bureau has adjusted 2020 Census Operations. Self-Response Phase has revised from March 12 – July 31 to March 12 – August 14, 2020. More information about the adjustments of operations is available HERE.

OTHER COVID-19 RESOURCES

GENERAL INFORMATION:
For any questions or to seek resources available to you, call 2-1-1 or go to https://www.211info.org/
Governor Kate Brown's COVID-19 web page: http://coronavirus.oregon.gov/
Oregon Health Authority's COVID-19 updates: https://govstatus.egov.com/OR-OHA-COVID-19
Oregon Health Authority's COVID-19 Frequently Asked Questions: https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx?wp1284=l:100

WORK:
- Oregon law requires employers to give you sick time. You must be paid for your sick time if your employer has 10 or more employees (6 or more if the business is in Portland). You get at least 1 hour of sick time for every 30 hours you work. You can use sick time if you are sick, to care for a family member who is sick, if you need to go to the doctor, or to take care of your child if your child's school is closed. Click here to find out more. If your employer isn't following this rule, you can call: 971-673-0761 or email: mailb@boli.state.or.us
- If you lost your job, click here for the unemployment application.
- Click here to report that your employer should be closed or is not allowing you to work 6 feet from other people. (For the question, "keep your identity confidential," choose "yes"

and your name and what you said will not be given to your employer.)

- Click here if you have other work questions about COVID-19 related business layoffs, closures, and unemployment insurance benefits.

MEDICAL/HEALTH CARE COVERAGE:
Apply for free health insurance through Cover All Kids or the Oregon Health Plan by clicking here (then scroll down to see the different languages).

FOOD ASSISTANCE AND NUTRITION PROGRAMS:

- Schools are still providing breakfasts and lunches while schools are closed. Click here for the list of school districts and then click on your school district to see where and when to pick up the meals.
- Use the Oregon Food Bank Food Finder to search for pantries and food assistance sites across the state.
- Apply for SNAP benefits (formerly known as food stamps) to get money to buy groceries, by clicking here or calling Oregon SafeNet, 1-800-723-3638.
- If you are pregnant, breastfeeding, or have a child under 5 years old, you may qualify for Women, Infants, and Children (WIC) money to buy groceries. Apply here or call 2-1-1 to apply.

ESCAPING ABUSE:
We know there are increased safety risks right now. To answer how to stay safe, that depends on your situation. An advocate can help you create an individual safety plan for you in your home, over the phone. Here is a website where you can find an advocate, if it is safe to visit this website: https://www.ocadsv.org/find-help

You can also call the national hotline: 1-800-799-7233

Here is a website with more resources, including financial assistance:
https://www.oregon.gov/DHS/ABUSE/DOMESTIC/Pages/index.aspx

If you are being abused at home, call the Domestic Violence Crisis Line at 888-235-5333 or text CONNECT to 741741.

FINDING EMERGENCY CHILD CARE:
If you have to report to work (outside of your home) during this emergency and do not have anyone to watch your child, click here or call 2-1-1 to find Oregon's Emergency Child Care.

INFORMATION ABOUT THE PUBLIC CHARGE RULE:

More information about the public charge rule, including translated materials, are available on the websites of the Oregon Health Authority and the Department of Human Services. Those concerned about how public charge may impact them can also call the Oregon Public Benefits Hotline at 1-800-520-5292 or find an immigration attorney at oregonimmigrationresource.org.

STOP CORONAVIRUS RACISM AND OTHER RESOURCES

- Learn how to "Spread Facts, Not Fear"
- Report a crime of bias/racism to the Oregon Department of Justice by clicking here
- Learn more at Portland United Against Hate

Si tengo CAWEM, OHP, o un seguro privado, ¿cuánto me costará hacerme la prueba o un tratamiento para el COVID-19, incluyendo el viaje al hospital?
Nada. La gobernadora ha llegado a un acuerdo con las aseguradoras para que las personas no tengan que pagar nada de su bolsillo por las pruebas u hospitalizaciones por COVID-19. Los beneficios del Plan de Salud de Oregon (Oregon Health Plan's, OHP) para la Asistencia Médica de Emergencia para Extranjeros sin Requisito de Ciudadanía (CAWEM) incluye servicios de emergencia relacionados con el coronavirus (COVID-19). Esto incluye pruebas en la sala de emergencias de un hospital y ser hospitalizado si es necesario.

¿Qué debo hacer si no tengo seguro médico pero necesito un médico?
Si no tiene la cobertura del Plan de Salud de Oregon (OHP), . puede solicitarla aquí. Si no desea inscribirse en el OHP, puede consultar a un médico a través de la clínica de salud de su condado o de una clínica de salud habilitada a nivel federal (Federally Qualified Health Center, FQHC). Puede encontrar una lista de estas clínicas en Oregon haciendo clic aquí. Cualquier persona, independientemente de su estado migratorio, puede ir a una de estas clínicas. Tendrán una escala móvil para el pago de servicios generales de atención primaria, y todas las pruebas y tratamientos relacionados con COVID-19 estarán cubiertos sin costo alguno.

¿Me echarán de mi apartamento si no puedo pagar el alquiler?
No. Hasta el 19 de junio de 2020, nadie será desalojado de sus hogares si no puede pagar el alquiler debido al coronavirus. Comuníquese con su arrendador para informarle si no puede pagar y para hacer un plan. Aún tendrá el alquiler pendiente de pago, pero puede hacerlo más tarde.

¿Cortarán mis servicios públicos si no puedo pagar?
No. No le cortarán a electricidad, el gas, el agua o internet si no puede pagar por haber perdido sus ingresos debido al coronavirus. Comuníquese con las compañías que utiliza para informarles si no puede pagar y hacer un plan. Tendrá los servicios que utilizó pendientes de pago.

Si recibe el Programa Suplementario de Asistencia Nutricional (SNAP, por sus siglas en inglés), antes conocidos como cupones para alimentos, ¿puedo utilizarlos para comprar comestibles por internet?
Además de las tiendas de comestibles, los beneficiarios de SNAP pueden ahora ordenar comestibles por internet en Amazon or Walmart. Para saber si es elegible para los beneficios de SNAP para recibir dinero para comprar comestibles, haga clic aquí o llame a Oregon SafeNet, 1-800-723-3638.

¿Solo las personas de ciertas razas pueden contraer el virus?
No. Cualquiera puede contraer el virus y cualquiera puede transmitir el virus. Los virus no discriminan. Nosotros tampoco deberíamos hacerlo.

¿Cómo puedo saber si la información que recibo es correcta? ¿Dónde puedo obtener información precisa?
La información confiable proviene del sitio web de la gobernadora o del sitio web Oregon Health Authority. La Organización Mundial de la Salud también tiene un sitio web que separa los mitos de la realidad sobre COVID-19.

PREGUNTAS FRECUENTES SOBRE INMIGRACIÓN Y SEGURIDAD PÚBLICA

Soy un residente de Oregon indocumentado. ¿Puedo hacerme la prueba de COVID-19 o buscar tratamiento médico para COVID-19 y estar cubierto solo para emergencias (CAWEM)?
Sí. La Oregon Health Authority dice que el beneficio de Asistencia Médica de Emergencia para Extranjeros sin Requisito de Ciudadanía (CAWEM) del Plan de Salud de Oregón (OHP) incluye servicios de emergencia relacionados con el coronavirus (COVID-19), por lo que puede hacerse la prueba y recibir tratamiento relacionado con COVID-19 de manera gratuita.

Me preocupa la carga pública. ¿Tendrá problemas mi familia si nos hacemos la prueba o recibimos tratamiento para el coronavirus?
No. Si usted es un residente legal permanente (tiene una tarjeta verde) que solicita convertirse en ciudadano naturalizado de los EE. UU., el Servicio de Ciudadanía e Inmigración de Estados Unidos (USCIS, por sus siglas en inglés) emitirá un alerta en su página web que dirá que no considerarán las pruebas, el tratamiento o la atención preventiva (incluidas las vacunas, cuando estén disponibles) relacionados con COVID-19 como parte de una determinación de carga pública. Si tiene síntomas similares a Coronavirus/COVID-19 (fiebre, tos, dificultad para respirar), debe recibir tratamiento médico. Esto no lo afectará negativamente como parte de un futuro análisis de cargas públicas.

- Información sobre cargas públicas y COVID-19 en el grupo Protección a familias inmigrantes: https://docs.google.com/document/d/1fQyxwXnXqGD4wxMNj4xMsJ4_1aOschcbK0yxliN4k9w/edit
- Información sobre cargas públicas y COVID-19 del Gobierno Federal: https://www.uscis.gov/greencard/public-charge
  Información sobre cargas públicas en el Oregon Health Authority: https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx
- Hoja de Datos y preguntas frecuentes sobre la "Regla de Carga Pública" Federal: https://www.oregon.gov/OHA/ERD/Pages/public-charge.aspx

¿Estará el Servicio de Inmigración y Control de Aduanas de EE. UU. (ICE, por sus siglas en inglés) en las instituciones médicas y se compartirá mi información médica?
Si tiene una emergencia médica o necesita atención médica, debe buscar atención. El Department of Homeland Security ha reconocido a los centros de atención médica como ubicaciones sensibles. Las pautas federales prohíben a los agentes de inmigración realizar arrestos u otras acciones de ejecución en los centros de atención médica, como hospitales, consultorios médicos, clínicas de salud y centros de atención urgente. Su información médica

solo se comparte entre usted y su médico, y está protegida por las reglas de privacidad de HIPPA.

¿Me detendrá la policía si voy a trabajar o al supermercado?
No necesita documentos especiales de su jefe, ninguna calcomanía para su automóvil o cualquier otro permiso para conducir, caminar o tomar transporte público al trabajo o a negocios abiertos, como la tienda de comestibles, la farmacia o la ferretería. Puede leer más respuestas de la Policía del Estado de Oregon aquí.

¿Se está haciendo cargo la Guardia Nacional o el ejército?
No. La Guardia Nacional está estableciendo instalaciones médicas en Salem, Oregon, y ese es su enfoque en este momento.

EMPLEO Y LUGAR DE TRABAJO - PREGUNTAS FRECUENTES

¿Se me permite ir a trabajar?
Sí. Si su empleador permanece abierto y cumple con las órdenes de distanciamiento social, sí puede ir a trabajar. Se supone que el empleador debe asegurarse de que pueda mantenerse a 6 pies de distancia de otras personas.

¿Qué pasa si mi trabajo permanece abierto, pero no nos mantienen a 6 pies de distancia de otras personas?
Puede denunciarlos a la división Occupational Safety and Health de Oregon haciendo click aquí. Para la pregunta, "mantenga su identidad confidencial", elija "sí" y su nombre y lo que dijo no se le informarán a su empleador.

¿Debo ir a trabajar si estoy enfermo?
Si se siente enfermo, quédese en casa y haga que todos en su casa se queden también para que no se transmita el virus. Las otras personas que viven en la misma casa también deben permanecer en el hogar durante 14 días porque podrían propagarlo antes de tener síntomas.

¿Aún debo pagar mis impuestos que vencen antes del 15 de abril?
No. Los impuestos para el Gobierno Federal (IRS) y el estado de Oregon ahora vencen al 15 de julio.

Preguntas frecuentes del CENSO 2020

Si respondo al Censo, ¿puedo tener problemas con el ICE o la policía?
No. No tendrá problemas por nada de lo que diga en el formulario del Censo. Complete el formulario del censo. El Censo 2020 ya está disponible y se puede completar en línea en 13 idiomas diferentes en my2020Census.gov. o por teléfono al 844-330-2020. También puede obtenerlo en su idioma haciendo clic aquí.

¿Son confidenciales mis respuestas al cuestionario del Censo?
La Oficina del Censo de los Estados Unidos se toma muy en serio su responsabilidad de proteger su información. La ley establece medidas muy estrictas para proteger su información. La Oficina del Censo no tiene permitido divulgar públicamente sus respuestas de una manera que pueda identificarlo a usted o a su hogar. Por ley, la Oficina del Censo solo puede usar sus respuestas para elaborar estadísticas. Su información también está protegida de los riesgos de ciberseguridad a través del control de los sistemas que transmiten sus datos. Todos los envíos de datos web están encriptados para proteger su privacidad. La multa por divulgación ilegal es de hasta $ 250,000 o prisión de hasta cinco años, o ambas. Para obtener más información sobre privacidad y confidencialidad, consulte la hoja informativa de la U.S. Census Bureau's fact sheet (Oficina del Censo de los EE. UU.) sobre el tema.

Debido a COVID-19, ¿se retrasará la fecha límite del censo?
Ante el brote de COVID-19, la Oficina del Censo de EE. UU. ha ajustado las operaciones del censo de 2020. La fase de autorespuesta se ha modificado del 12 de marzo - 31 de julio al 12 de marzo - 14 de agosto de 2020. Más información sobre los ajustes de las operaciones disponible AQUÍ..

OTROS RECURSOS PARA COVID-19

INFORMACIÓN GENERAL:
Si tiene preguntas o para buscar recursos disponibles llame al 2-1-1 o visite https://www.211info.org/
Página web de la gobernadora Kate Brown COVID-19: http://coronavirus.oregon.gov/
Oregon Health Authority's COVID-19 actualizaciones: https://govstatus.egov.com/OR-OHA-COVID-19
Oregon Health Authority's COVID-19 Preguntas frecuentes: https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx?wp1284=l:100

TRABAJO:

- La ley de Oregon requiere que los empleadores le den licencia por enfermedad. Se le debe pagar por el tiempo que dure su enfermedad si su empleador tiene 10 o más empleados (6 o más si el negocio está en Portland). Obtiene al menos 1 hora de licencia por enfermedad por cada 30 horas de trabajo. Puede usar este tiempo si está enfermo, para cuidar a un miembro de la familia que esté enfermo, si necesita ir al médico, o para cuidar a su hijo si la escuela de su hijo está cerrada. Haga clic aquí para obtener más información. Si su empleador no sigue esta regla, puede llamar al: 971-673-0761 o enviar un correo electrónico a: mailb@boli.state.or.us
- Si perdió su empleo, haga clic aquí para obtener la solicitud de desempleo.
- Haga clic aquí para informar que su empleador debe permanecer cerrado o que no le permite trabajar a 6 pies de distancia de otras personas. (Para la pregunta, "mantenga su identidad confidencial", elija "sí" y su nombre y lo que dijo no se le informará a su empleador).

- Haga clic aquí si tiene otras preguntas laborales sobre despidos, cierres y beneficios de seguro de desempleo relacionados con COVID-19.

COBERTURA MÉDICA/ATENCIÓN MÉDICA:

Solicite un seguro de salud gratuito a través de Cover All Kids o el Oregon Health Plan haciendo clic aquí (luego desplácese hacia abajo para ver los diferentes idiomas).

ASISTENCIA ALIMENTARIA Y PROGRAMAS DE NUTRICIÓN:

- Las escuelas siguen ofreciendo desayunos y almuerzos mientras las escuelas están cerradas. Haga clic aquí para ver la lista de distritos escolares y luego haga clic en su distrito escolar para ver dónde y cuándo recoger las comidas..
- Use el Oregon Food Bank Food Finder to search for pantries and food assistance sites across the state.
- Solicite los beneficios de SNAP (anteriormente conocidos como cupones de alimentos) para obtener dinero para comprar comestibles haciendo clic aquí o llamando a Oregon SafeNet, 1-800-723-3638.
- Si está embarazada, amamantando o tiene un hijo menor de 5 años, puede calificar para dinero para Mujeres, Bebés y Niños (WIC) para comprar comestibles. Solicite aquí o llame al 2-1-1 para solicitarlo.

EVITAR ABUSOS:

Sabemos que hay mayores riesgos de seguridad en este momento. Para responder cómo mantenerse a salvo, eso dependerá de su situación. Un abogado puede ayudarlo a crear un

plan de seguridad individual para usted en su hogar, por teléfono. Aquí hay un sitio web donde puede encontrar un abogado, si es seguro visitar este sitio web: https://www.ocadsv.org/find-help

También puede llamar a la línea directa nacional: 1-800-799-7233

Aquí hay un sitio web con más recursos, incluida asistencia financiera: https://www.oregon.gov/DHS/ABUSE/DOMESTIC/Pages/index.aspx

Si está siendo maltratado en su hogar, llame a la Línea de crisis de violencia doméstica al 888-235-5333 o envíe un mensaje de texto CONNECT al 741741.

ENCUENTRE ATENCIÓN INFANTIL DE EMERGENCIA:
Si tiene que presentarse al trabajo (fuera de su hogar) durante esta emergencia y no tiene a nadie que vigile a su hijo, o llame al 2-1-1 para encontrar el Cuidado de Niños de Emergencia de Oregon., haga clic aquí o llame al 2-1-1 para comunicarse con el Oregon's Emergency Child Care.

INFORMACIÓN SOBRE LA REGLA DE CARGA PÚBLICA:
Encontrará más información sobre la regla de carga pública, que incluye material traducido, en los sitios web de la Oregon Health Authority y el Department of Human Services. Las personas preocupadas sobre cómo la carga pública puede afectarlos también pueden llamar a la Línea Directa de Beneficios Públicos de Oregon al 1-800-520-5292 o encontrar un abogado de inmigración en oregonimmigrationresource.org.

DETENGA EL RACISMO POR CORONAVIRUS Y OTROS RECURSOS

- Conozca como "Difundir los hechos, no el miedo"
- Informe un delito de prejuicio / racismo al Departamento de Justicia de Oregón haciendo clic aquí
- Obtenga más información en Portland United Against Hate