



## What To Do If You Get Sick

Take these steps to help prevent the spread of COVID-19.

Doing them all will keep you as healthy as possible.



### Make a plan

Make a plan with the people you live with in case someone in the home gets sick with COVID-19.

Write down:

- Nearby places to get help
- Each person's medical conditions and medications
- Important phone numbers
- How to keep sick people away from others who are not sick. Find separate spaces for them to sleep, cook and eat, and use the bathroom.



### Your health

- **Watch for signs of COVID-19:**
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Muscle pain
  - Sore throat
  - New loss of sense of taste or smell
- **Seek medical care if you are having trouble breathing or have other serious concerns.**
- **If you or a member of your household are experiencing health issues related to COVID-19:**
  - Stay at home and tell your employer.
  - If you become sick at work, ask to go home.
  - Seek medical advice.
  - If you live in housing provided by your employer, tell them you are sick and ask for a separate place to stay right away. If you cannot tell your employer, ask another worker to do so right away.
- **If you are sick, stay in a separate space from people who are not sick.**
- **Cover your coughs and sneezes.**
- **Always stay six feet away from other people.**
- **If you are well but live with a family member who has signs of COVID-19, you should:**
  - Let your employer know
  - Stay six feet away from the person
  - Help the person stay in a separate part of your house
  - Clean and sanitize surfaces daily
  - Practice good handwashing
  - Stay home if you can.
- **When you return to work after being sick, your employer may want to make sure that:**
  - You have not had a fever for at least three full days without using medicine that reduces fevers), **and**
  - Other COVID-19 signs have improved (for example, when your cough or shortness of breath have improved), **and**
  - At least seven days have passed since you first had signs of COVID-19.

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## Health coverage

Oregon Health Plan (OHP) and Citizen Alien Waived Emergent Medical (CAWEM) covers members for COVID-19 testing and hospitalization.

- The Oregon Health Plan is health coverage for people in Oregon who have limited income.
- CAWEM is health coverage for emergency medical services and covers COVID-19 testing and treatment. It is for people with limited income. You do not have to provide citizen information or Social Security numbers.
- To see if you qualify for OHP or CAWEM, or to find help applying, call 800-699-9075 or go to <https://one.oregon.gov/>.

## Immigration and medical care

- If you have signs of COVID-19, seek necessary medical treatment.
- Immigration agents cannot arrest people or enforce immigration laws at health care facilities such as doctors' offices and hospitals.
- Receiving emergency Medicaid (CAWEM) will not be counted under U.S. Citizenship and Immigration Services public charge rules: <https://go.aws/2ZKK0bA>.

## Resources for workers

**Money is available for farm workers who have to stop working because they are sick with COVID-19 or need to quarantine.**

Find a community navigator and apply for help by going to: <https://workerrelief.org/find-a-navigator/>.

### Coronavirus fact sheets (Centers for Disease Control and Prevention)

- Spanish and English: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

### Prevention flyer (Oregon Health Authority)

- Spanish: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/ls2681.pdf>
- English: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2681.pdf>

### Social or physical distancing flyer (Oregon Health Authority)

- Spanish: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/ls2268.pdf>
- English: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>

### More resources

- Spanish: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/ls2349E.pdf>
- English: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2349E.pdf>