STAY SAFE + SLOW THE SPREAD

- **Wear a face covering.**
- **Stay at least six feet apart from people you do not live with.**
- **Wash hands often.**
- **Cover coughs and sneezes.**

**If you are feeling sick:**
- Stay home and contact your healthcare provider or a local Urgent Health Clinic.
- If you feel sick in public, **return home, self-isolate, & call a healthcare provider.**
- **If you are at risk for severe complications (older than age 65 or have medical conditions) you should stay home, even if you feel well.**

**If you have been impacted by COVID-19:**
You might qualify for rent assistance, financial assistance for utilities, food, and other basic needs.

Visit [https://www.clackamas.us/coronavirus/resources](https://www.clackamas.us/coronavirus/resources) for Clackamas community resources related to housing, mental health, unemployment, and child/family services.

*If you are an undocumented worker and test positive, go to [https://workerrelief.org/find-a-navigator/](https://workerrelief.org/find-a-navigator/) to see if you qualify for direct cash assistance.*

**COMMON SYMPTOMS INCLUDE**

- Fever
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**TESTING LOCATIONS**
Clackamas County

*Plan to call a testing site before going to confirm hours/days of operation and protocols for arriving.*

healthoregon.org/covid19testing
healthoregon.org/pruebasdecovid19 (Spanish)

- **American Family Center (Urgent Care)**
  - Lake Oswego: (503) 850-2387 | Oregon City: (503) 966-2757
- **Clackamas County Health Centers**
  - (503) 655-8471
- **Kaiser Permanente**
  - (503) 813-2000
- **Legacy GoHealth**
  - Lake Oswego: (503) 676-3748 | Oregon City: (503) 305-6159
- **Neighborhood HealthCenter**
  - Milwaukie: (503) 416-1960 | Oregon City: (503) 656-9030
- **Providence ExpressCare, Kruse Way**
  - (888) 227-3312
- **Rite Aid**
  - Canby: (503) 266-6381 | Oregon City: (503) 656-1020
- **Virginia Garcia**
  - (503) 214-1668
- **Zoom+Care**
  - Clackamas: (503) 684-8252