

REDUCE THE RISK *Do your part to slow the spread of the Coronavirus*

LOCAL RESOURCES

Polk Co. Fire District 1

If you think you **have been exposed** to COVID-19 and develop a fever and symptoms, such as a cough or difficulty breathing, call your healthcare provider for medical advice.

If you **have or are being evaluated** for COVID-19 and you **have a medical emergency that requires you to call 911**, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical personnel arrive and try to meet them outside.

City of Independence

The City of Independence has adjusted operations at all of facilities in order to do our part in reducing the spread of the novel coronavirus, which causes the COVID-19 respiratory illness. City Hall is closed to the public, but staff will continue critical functions. Services will be available online or over the phone. Additionally, there will be a drop box inside the street-side doors should you have something you need to drop off to city staff.

The Police Department will see visitors by appointment only, which will be limited to victim interviews, fingerprinting of essential employees and public records requests. Any non-emergency reports will be taken over the phone. To report an emergency, call 911. For the most up-to-date information regarding City of Independence operations please visit our site at ci.independence.or.us. For general inquires of the city use the main phone number 503-838-1212.

City of Monmouth

The City of Monmouth is working closely with local and state health authorities to slow the spread of the COVID-19 virus and ensure the health and safety of Monmouth residents and employees. The city has temporarily suspended walk-in public access to city buildings, but will continue to respond to public inquiries by phone, email and scheduled appointments when necessary. There is a utility drop box in the alleyway next to City Hall available for items that need to be dropped off to city staff.

All city park equipment, including playgrounds, sports courts, covered areas, skate park and dog park are closed to the public until further notice. Park

visitors using walking trails and lawn areas must adhere to social distancing guidelines.

For information about the Senior Center Meals on Wheels Program, or to sign up to receive—or volunteer to make—check-in phone visits with senior citizens in our community, please call 503-838-5678. City announcements and closures, including meeting cancellations, are posted at the city's website: ci.monmouth.or.us, or contact City Hall at 503-838-0722. You may also sign up to receive emergency alerts and notifications through the county-wide Civic Ready notification system at youralerts.org.

Central School District 13J

The District Office is open regular hours with limited essential staff. Call 503-838-0030 for more information. Food Service workers are preparing and handing out free sack breakfasts and sack lunches Monday-Friday between 10 a.m. and noon at four schools, serving between 600 and 800 children each day.

Bus drivers are now delivering meals to bus stops outside city limits. Some federal and state rules still apply, including that children must be present. Rules change regularly and info is updated at central.k12.or.us/c_s_d_c_o_v_i_d19_i_n_f_o.

Child Care for emergency and essential workers, as prioritized by the state, will be provided by the YMCA at two District sites. Parents needing care can call 211 for more information.

Western Oregon University

Spring 2020 starts on April 1 and will be delivered remotely. Students taking a minimum of one credit in Monmouth can call the Student Health and Counseling Center (SHCC) to get assessed over the phone at 503-838-8313. SHCC is open Monday-Thursday, 8 a.m. to 5 p.m. and Friday from 9 a.m. to 5 p.m.

Employees: If you are unable to come to work and want to use sick time, please contact your supervisor or the Human Resources webpage. Looking for resources to deliver your course remotely? Please visit our Instructional Resiliency webpage, developed by Academic Affairs.

Connecting to WOU technology resources from home? Learn how to connect to VDI, VPN, WebX, network drives and more at University Computing Solutions.



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WHAT TO DO IF YOU ARE SICK

Stay home except to get medical care

+ **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.



+ **Stay in touch with your doctor:** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

If you need to call 911, put on a facemask before emergency medical personnel arrive and try to meet them outside. Local hospitals are implementing “no visitor” policies. For this reason, family will not be allowed to accompany patients who are transported by ambulance.

+ **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

+ **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.



+ **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.

Cover your coughs and sneezes

+ **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.



+ **Dispose:** Throw used tissues in a lined trash can.

+ **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Avoid sharing personal household items

+ **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



+ **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

For more information on what to do if you are sick visit:

[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

[cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html)

If you have questions or need non-emergency resources, call 503-606-2251 (English/Spanish).

Area hospitals

[Salem Hospital](#): 503-561-5200 • [West Valley Hospital](#) (Dallas): 503-623-8301

[Good Samaritan Regional Medical Center](#) (Corvallis): 800-863-5241



POLK CO. FIRE DIST. NO. 1 • CITY OF INDEPENDENCE • CITY OF MONMOUTH
CENTRAL SCHOOL DISTRICT 13J • WESTERN OREGON UNIVERSITY