



CITY OF COBURG • P.O. BOX 8316 • COBURG

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Message from Mayor Ray Smith

I want all of you to know that the City of Coburg is preparing for potential response to COVID 19 and issues that may affect our residents. We are keeping in close contact with County and State agencies to have the latest information. While Lane County Health is the lead agency for this type of issue, we are trying to organize Coburg's resources to give assistance to our citizens that may be directly affected by the COVID 19 pandemic.

While we are a small town with limited resources, we are trying to plan ahead for providing assistance to people that may need to "self-isolate" in their homes for the recommended 2 weeks. We should all plan to be able to survive 2 weeks without any outside assistance after any disaster. The pandemic heightens the need to have this plan in place for every home.

The City of Coburg will continue to provide local information and links to information from other agencies as it becomes available. We are trying to coordinate our available resources and create response protocols that will provide the best assistance possible to our citizens. Our Emergency Services Coordinator is working with other agencies like Coburg Rural Fire District and Lane County Health to provide the best information and safest response to assist our citizens during this time of concern.

Thank you,

Mayor Ray Smith

A Notice from the City of Coburg Emergency Manager Jim Bell

Coronavirus - this "new" virus is among the virus strains that make their way around the world periodically and is genetically related to common cold viruses. Most people who get this virus will have mild symptoms of an upper respiratory illness (sneezing, cough, fever) and then get well. People who are older and those with health problems (heart/lung problems) might develop pneumonia and require more medical care. Here are tips from the Oregon Health Authority and CDC websites:

- Cover your coughs and sneezes with a tissue and then throw the tissue in the trash,
- If you are not sick, wearing a mask will not prevent you from getting COVID-19,
- **Frequent hand washing helps prevent the spread of COVID-19.** Wash your hands often with soap and water for 20 seconds. Avoid touching your eyes, nose and mouth with unwashed hands,

- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol,
- Avoid close contact with people who are sick if possible,
- Clean and disinfect surfaces (such as doorknobs/handles, tabletops, etc.) that are often touched,
- Take care of your overall health. Staying current on your vaccinations, including flu vaccine, getting adequate sleep, eating well and exercising all help your body stay resilient and able to fight off infections,
- Check on your neighbors if they are sick (avoid direct contact indoors or stay at least 8 feet away) and get them help if they need it,
- **The CDC, Oregon Health Authority and Lane County Public Health have current information on COVID-19 on their websites,**

<https://www.oregon.gov/oha/Pages/index.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://lanecounty.org/cms/One.aspx?portalId=3585881&pageId=16503774>

Lane County Public Health COVID-19 phone line = 541-682-1380

- *If you do develop a cough, fever and sneezing – call your health care provider before going to their office. Do not go to work, school or other locations where it might be spread.*
- *If you have a fever and have trouble breathing – call 911.*