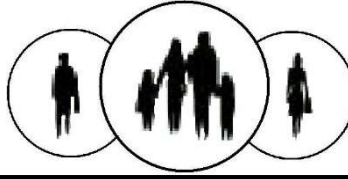


# CHEHALEM MEDICAL CLINIC

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## Information on Prevention, Diagnosis and Treatment of Corona Virus (COVID-19), Updated February 24, 2021. Refresh this page!

Information on the COVID-19 virus and pandemic is constantly changing, improving, and is subject to widespread disinformation. We offer these pages, frequently updated, and backed by good science and the most up-to-date news, in an attempt to keep our patients up-to-date, and get them protected with the COVID-19 Vaccine as soon as they are eligible.

### Prevention is the most important item

1. You catch the virus by getting it in your eyes, nose or mouth.
2. Avoid exposure to sick people, and avoid exposing others to your illnesses.
  - a. If you've been exposed, please quarantine yourself for 14 days.
  - b. Don't go to work if you are ill, and don't require ill employees to come to work.
3. Frequently wash your hands with soap and warm water for 20 seconds.
4. Use hand sanitizer with at least 60% alcohol only if handwashing isn't possible.
5. Avoid touching your hands to your face, eyes, nose or mouth.
6. The virus is inhaled from droplet spread from coughing/sneezing, within 6 feet.
7. If droplets land on surfaces/skin, they can be transferred to your face & inhaled.
8. Facemasks are proven effective in preventing ill people from spreading the disease and to a lesser extent preventing well people from inhaling the virus.
9. A moderate percentage of the virally infected show few if any signs or symptoms.
10. Symptomatic AND asymptomatic people can spread the disease.
11. **Wear a mask, wash hands, socially distance, get the shot when available.**

### Diagnosis – There are clues to higher risk illness.

1. Symptoms start 2-14 days after exposure including, in decreasing frequency...
  - A. **Fever &/or Chills, often over 100.4 deg. TAKE YOUR TEMPERATURE!**
  - B. **Cough.**
  - C. **Shortness of breath.**
  - D. **Fatigue.**
  - E. Muscle, Body or Head Aches.
  - F. Loss of Taste or Smell.
  - G. Sore throat.
  - H. Congestion.
  - I. Nausea, Vomiting or Diarrhea.
2. Seek emergency care in the ER immediately if you have ...
  - A. Trouble breathing with severe shortness of breath.
  - B. Persistent pain or pressure in the chest.
  - C. New confusion or inability to wake up.
  - D. Blue Lips or Face.

## **TESTING is Available, but tricky to obtain and not 100% accurate**

1. We recommend the PCR diagnostic nasal swab. Do not rely on the results completely, as there are False Positives and False Negatives., even for this test.
2. We can do nasal swab testing through Quest Diagnostics, with 2-5 day turnover
3. No Appointments are needed at...
  - A. Woodburn Ambulance,
    - i. Anyone who wants a test.
    - ii. Monday – Friday, 8 am – 5 pm.
    - iii. 1040 N Boones Ferry Rd, Woodburn, OR 97071, (503) 982-4699
  - B. OHSU Westside Mobile Testing
    - i. Patients with symptoms only
    - ii. Monday – Saturday, 9 am – 4 pm
    - iii. 4450 NE Century Blvd., Hillsboro, OR 97124, (833) 647-8222
4. Sign up with Walgreens through [www.walgreens.com/findcare/covid19/testing](http://www.walgreens.com/findcare/covid19/testing) for Drive-up testing. More information is at this website on turn-around and costs.
  - A. 13939 W Pacific Hwy, Tigard, OR 97223 (PCR)
  - B. 7280 SW Beaverton-Hillsdale Hwy, Portland, OR 97225 (PCR)
  - C. 20100 McLoughlin Blvd, Gladstone, OR 97027 (PCR)
  - D. 2150 Fairgrounds Rd. NE, Salem, OR 97301 (PCR)
  - E. 14600 SW Murray Scholls Dr., Beaverton, OR 97007 (ID NOW)
  - F. 18470 SW Farmington Rd., Beaverton, OR 97007 (ID NOW)

## **VACCINATION is Limited to High-Risk Groups**

1. The implementation of vaccination is through the Oregon Health Authority. Information can be found at <https://covidvaccine.oregon.gov/#overview>.
2. The distribution of the vaccine is phased to provide protection for those at-risk
  - A. Phase 1A started 12/20/2020, and includes Healthcare Providers and Long-term Care workers and residents.
  - B. Phase 1B, Groups 1, 2, 3 & 4 are now eligible, and includes Childcare providers, K-12 Educators and Staff, and People over 70 years of age.
  - C. Phase 1B, Group 5 will begin 2/28/2021, and includes People 65 and over.
3. Our Office HIGHLY recommends that you get vaccinated when eligible.
  - A. The vaccines are safe, despite all the Hype. The studies have been done.
  - B. The vaccines are effective, on the order of 95% effective.
  - C. There is NO virus, NO Preservatives, and NO mercury in the vaccine.
  - D. A Plan to distribute the vaccine and administer it is still in the works.
    - i. In Yamhill County, sign up with Yamhill County Public Health - <https://app.smartsheet.com/b/form/64653e059ff44cc59d68c7a935927cd7> or call 503-474-4100.
    - ii. Elsewhere in Oregon, try <https://covidvaccine.oregon.gov> or call 211.
    - iii. Wilsonville Costco or McMinnville Safeway may receive vaccine this week.
      - a. <https://www.costco.com/covid-vaccine.html>
      - b. <https://www.albertsons.com/pharmacy/covid-19.html>
4. After Vaccination you will still need to take precautions to prevent spread...
  - A. Wear your mask when indoors in public spaces. Wash your hands frequently.
  - B. Continue to observe Social Distancing.
  - C. Quarantine yourself if you are sick with any symptoms noted above.

## **Treatment is mainly supportive**

1. Symptoms vary – asymptomatic, thru mild URI symptoms, to deadly pneumonia.
2. Previously healthy people are less likely to have severe illness.
3. Very young, older, or chronically ill people are at increased risk of severe illness.
4. Mild symptoms may be treated symptomatically, while staying in quarantine.
5. Contact your doctor for moderate to severe symptoms, or for questions.
6. For severe respiratory distress, call 911 & explain your symptoms, for transport.
7. Treatment is improving with experience. Believe the Science, Not the Hype.

## **Guidance for Quarantine length and when to end Home Isolation**

1. If you tested COVID Positive and have had symptoms you may stop isolation...
  - A. 10 days after your symptoms appeared, AND
  - B. 24 hours have passed since your last fever (without meds), AND
  - C. You have seen improvement in your symptoms.
2. If you tested COVID POSITIVE but have had no symptoms you may stop isolation 10 days after the test was done.
3. If you tested COVID POSITIVE and have had severe symptoms, you may stop isolation...
  - A. 20 days after symptoms appeared, AND
  - B. 24 hours have passed since your last fever (without meds), AND
  - C. You have seen improvement in your symptoms.
4. If you tested COVID NEGATIVE, but have symptoms you may stop isolation...
  - A. 24 hours have passed since your last fever (without meds), AND
  - B. You have seen improvement in your symptoms.
5. You have symptoms but have not been tested, you may stop isolation...
  - A. 14 days after your symptoms appeared, AND
  - B. 24 hours have passed since your last fever (without meds), AND
  - C. You have seen improvement in your symptoms.
6. You have had no symptoms and have not been tested, but have been exposed (defined as cumulative exposure within 6 feet for 15 or more minutes) you may stop isolation 14 days after your last exposure.