



For immediate release:

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Contact:

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Subject:

COVID-19 Virus Union County

La Grande, OR – Today the Center for Human Development, Inc. (CHD) is reporting two additional Union County cases of the novel coronavirus known as COVID-19. The two cases bring Union County’s total to three.

“We are seeing the number of cases increase across the nation and throughout Oregon so we are not surprised to be sharing this news today,” says Union County Public Health Administrator, Carrie Brogoitti. “We are likely to see additional cases, which is why we urge Union County residents to take the steps our federal and state government has outlined to reduce the spread and minimize the risk of becoming ill with the virus.”

OHA and CHD are working to identify and isolate those who may have been in close contact with these individuals in the last 14 days. If you are identified as someone that was a contact and may be at risk for COVID-19 you will be contacted. All Union County residents can monitor their symptoms and follow the steps outlined below if they do become ill. Your risk of contracting the virus can also be reduced by limiting contact with people outside of your household and maintaining six feet of distance from others when you leave your home for essential needs.

These steps also help protect members of our community who are most vulnerable to complications from COVID-19. Those considered “high risk” include adults 60 and older, or anyone with a serious health condition, including lung or heart problems, kidney disease, or diabetes, or anyone who has a suppressed immune system. People vulnerable to complications should follow federal Centers for Disease Control and Prevention [recommendations](#) to stay home as much as possible and avoid gatherings.

After someone contracts COVID-19, illness usually develops 2-14 days after exposure. The primary symptoms of COVID-19 include fever, cough, and shortness of breath. The COVID-19 virus spreads when someone who is sick coughs or sneezes close to another person (close means about six feet).

If you have trouble breathing or feel very ill, consider contacting your healthcare provider. Many recover at home without seeing a healthcare provider. Individuals who feel very ill should seek appropriate care as follows:

- If it is an emergency, call 911.
- If it is not an emergency but you feel sick enough to need a medical appointment, call your doctor's office. Let your healthcare provider know you are concerned about COVID-19 before you visit.
- If you do not have a doctor or need help finding a clinic call 211 for a list of clinics near you.

Every resident should take these basic steps to protect those most at risk:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose when you cough or sneeze.
- Stay home if you feel ill.

If you need further information, please find additional information on our webpage www.chdinc.org/covid19 or call 211 or 971-673-1111.

- [Regional response](#): Northeast Oregon Joint Information Center
- [Regional response](#): Union County updates its site with COVID-19 news and guidance.
- [Regional response](#): Grande Ronde Hospital updates its site with COVID-19 news and guidance.
- [Oregon response](#): The Oregon Health Authority leads the state response.
- [United States response](#): The Centers for Disease Control and Prevention leads the U.S. response.
- [Global response](#): The World Health Organization guides the global response.

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