

Learn the facts. Take action. Be prepared.

Sheltering-in-Place...

Prepare NOW to stay at home!

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Sponsored by: Emergency Volunteer Corps of Nehalem Bay

Prepare NOW to Shelter in Place (stay at home)!

As coronavirus testing ramps up, it's clear the virus is spreading rapidly in the US. Many states have enacted shelter in place recommendations or mandates. As of March 20, Oregon Governor Kate Brown had not yet ordered residents to shelter in place, but she announced that all Oregonians should stay home except for essential activities.

We are all susceptible to this virus. Sheltering in place (stay at home) is similar to what Governor Brown recommends: we should go out only for activities such as procuring food and medicines, and receiving needed medical care.

To decrease personal risk, sheltering in place is essential for older folks and those with underlying medical conditions – two groups who are known to be at increased risk of mortality if infected. We know now that younger, healthy people also are experiencing severe life-threatening disease, and this group should take precautions to decrease their potential exposures as well. **We can only protect ourselves and our Nehalem Bay communities if all of us work to minimize the spread of disease and slow its progress.**

How can you prepare to shelter in place?

Stock up now on nonperishable, easy-to-prepare food. If you go to a **grocery store, choose a time when the store is not crowded** and practice social distancing and good hygiene:

- stay 6 feet away from all other people while in the store
- wipe down any surfaces before you come into contact with them
- wash your hands thoroughly when you return home

As an alternative to visiting a grocery store, opt for picking up groceries and supplies ordered online or arrange for home delivery. Here are some local options:

Little Apple in Manzanita (website: manzanitamarket.com, phone: 503 368-5362) delivers to elderly or immunocompromised customers.

Fresh Foods in Manzanita (email: manzanitafreshfoods@hotmail.com, phone: 503 368-5250) will begin home delivery on March 23. Details still being worked out.

Costco in Warrenton, online ordering for members only, home delivery. Same day service is not available in our area, but there is two-day delivery for non-perishable grocery items. Visit Costco.com and click the dropdown box next to the search bar. Select "Grocery" and search for the items you'd like. Any items eligible for 2-day delivery will be tagged with 2-Day Delivery.

Fred Meyer in Warrenton or Tillamook, online ordering with curbside delivery at their store parking lot pick-up area after you notify them you are there. Set up an online account at fredmeyer.com.

Walmart in Warrenton, online ordering (grocery.walmart.com) for curbside delivery at their store. You notify them via the app or text message when you are on the way.

We don't know how long the emergency will last, so this is a good time to set up mail delivery of prescriptions, if available through your health care plan. Check online with your insurer. Also,

Rinehart Pharmacy, 230 Rowe St, Wheeler (phone 844 715-2299) will have curbside prescription pick-up starting March 23.

If you get sick, obtaining medical care may be a challenge in our coastal communities. Investigate the option of obtaining care from your usual provider by phone, video or secure texting. You may need to set this up in advance, so contact your providers now to find out what virtual options they offer.

If you need in-person medical care, call your provider before going in. If you do not have a health care provider in this area, see the list below for local urgent care or emergency resources. Please call them before visiting as well.

Urgent Care Clinics:

Adventist Health, 10445 Neahkahnie Creek Rd, Manzanita. 503 368-6244
Providence Seaside, 725 S Wahanna Rd, Seaside, 503 717-7060
Columbia Memorial Hospital Medical Group, Seaside, 503 738-3002

Emergency Rooms:

Providence Seaside Hospital, 725 Wahanna Rd, Seaside, 503 717-7000
Columbia Memorial Hospital, 2111 Exchange St, Astoria, 503 325-4321
Adventist Health Tillamook Hospital, 1000 Third St., Tillamook, 503 815-2280

It's a stressful time for us all, with the level of uncertainty and concern for our well-being and that of our loved one. Please do what you can now to prepare for whatever comes next.

Note about the author: A resident of Manzanita, Victoria Holt is a MPH (Master's in Public Health) and PhD from University of Washington - both of these were in Epidemiology. Faculty member in the Department of Epidemiology at the University of Washington for 26 years, retiring 3 years ago as Chair of the department.

Be Prepared....Not Scared!

Emergency Volunteer Corps of Nehalem Bay

Promoting a Culture of Preparedness!

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