

Child Care Q&A

Like everything else right now, child care has changed due to COVID-19. You can count on Pollywog to help you understand all the changes, including emergency child care, choosing a provider, and getting help to pay for it.

How do I find affordable and quality child care?

[Pollywog](#) and [Family Connections](#) are here to help you with this important decision. We are up-to-date on which care providers are open and have space available. Call 541-917-4884 for referrals that are personalized to your family's needs.

Why is my child's daycare closed right now?

When stay-at-home orders were issued for Oregon, all child care providers were required to close to prevent further spread of COVID-19. Child care providers who wanted to stay open could apply to become Emergency Child Care (ECC) providers.

What is Emergency Child Care?

[Emergency Child Care](#) (ECC) is a type of license with additional requirements for health and cleaning and limits the number of children.

ECC was initially only available to children of essential workers, but is now open to all workers who must work outside of their home although children of essential workers still have priority. Any child care provider can apply to become an ECC provider. At this time, about half of Oregon's child care providers are open under ECC licensing.

Get Help to Find Child Care Today

541-917-4884 www.pollywogfamily.org

In addition to classes and resources, Pollywog also provides personalized child care referrals for families. We work with local providers and know who is open and what spaces are available.



Is ECC safe for my child and my family?

Under emergency licensing, child care providers must meet additional requirements for health and safety to operate.

These requirements are designed to limit exposure among children in care, their care providers, and their families. They are in place to keep everyone as safe as possible, including the providers themselves.

Here are some of the ECC requirements for child care providers:

- ECC providers must follow requirements for cleaning, record keeping, daily health checks of staff and children, and the number of children in their care. They must plan activities that allow for physical distance between children, like outdoor play. Field trips must be postponed or cancelled.
- An ECC child care provider must keep 'stable' groups of children. This simply means that the groups of children will not change in order to limit virus exposure as much as possible. This also helps with tracing if someone shows symptoms.
- ECC providers are required to have flexible sick leave policies for both staff and children so no one has to worry about losing a job or a child care spot if they need to stay home for an illness.
- ECC providers are required to communicate with the health department regarding any confirmed cases in staff or children.

Choosing Good Child Care

Child care can vary widely, from small home-based providers to larger center-based care. Parents who are looking for child care can rely on the licensing requirements of Oregon to help them find safe child care that works for their family.

The Early Learning Division (ELD) is the government agency in charge of child care licensing, through its Office of Child Care (OCC). Most child care falls into one of three categories: [Registered Family Child Care](#), [Certified Family Child Care](#), and [Certified Center Child Care](#).

All providers in these categories undergo background checks, meet training requirements, and have health and safety reviews. They also must follow rules about the number of children and the ratio of children to adults based on age.

Child care providers who are not required to be licensed include family members, providers working in the family's home, and those caring for three or fewer child care children. These providers are in the license-exempt category but still must comply with safety requirements.

Parents have many factors to consider when choosing a care provider for their children. [Family Connections](#) at LBCC is a free resource that gives parents referrals for providers who are a good fit for their family. They also have a [checklist for parents](#) to use when evaluating child care options and can help families find ways to pay for child care.

The ELD and OCC also maintain a public database of regulated providers called the [Child Care Safety Portal](#). Parents can use this portal to search for a provider's history, including annual inspections and license changes as well as any complaint investigations.



Help Paying for Child Care

The crisis of COVID-19 required many child care providers to close temporarily, for the safety of families and providers alike.

ERDC helps eligible families pay for child care while they are working. It helps parents who are eligible to access child care by approved providers.

To help families and providers in the wake of these closures, Oregon DHS temporarily raised eligibility limits for the Employment-Related Day Care program (ERDC).

To learn more about ERDC or to apply online, go to the [ERDC information page](#) or call your [local DHS office](#).

More child care resources for families:

- [Linn/Benton/Lincoln Early Learning Hub](#) - connects child care partners and provides resources and support to families through Pollywog and Family Connections.
- Oregon's [Early Learning Division](#) - find information on child care regulations and more, the Child Care Safety Portal, and updates related to COVID-19.
- DHS's [Child Care Assistance Tips](#) - printable list to help parents choose the right child care provider for their family.
- [Find Child Care Oregon](#) - online child care search and tips for parents.
- [Inclusive Partners](#) - support and information for families with children with special needs.
- [Oregon's SPARK](#) - quality rating system for child care providers and early childhood educators.
- [Kidco HeadStart/Early HeadStart](#) - free child care and preschool funded by federal and state governments.

 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog YouTube](#)

Pollywog Family
6500 Pacific Blvd. SW, LM-132
Albany, OR 97321
541-917-4884

Pollywog Parent Newsletters

	Recipients	Opens	Clicks	Facebook Reach	Facebook Engagement
June Child Care Q&A	486	99	30	99	17
May ABC's of Food	480	117	36	37	11
April Support for at-home	485	177	32	182	46

The ASQ and Delilah's New Lovey

June 8, 2020, Hailey Cain



After Delilah's two-month well-baby check-up, the Pollywog staff asked if an ASQ screening was done during the visit. And after finding out that one had not been done, they helped me to do the two-month ASQ at home.

The Ages and Stages Questionnaire (ASQ) is a developmental screening tool that helps parents and professionals see a child's developmental and social-emotional progress. They can be done regularly from one month of age to five and ½ years.

Often, a pediatrician or other healthcare worker, home visitor, or teacher will provide parents with the ASQ form to fill out. I think that it wasn't done at the visit because of COVID-19, the doctors are trying to keep visits as short as possible to limit babies and kids exposure.

I may have been a little confused because I thought this was going to be a way more involved process where I'd have to do activities to see her development. After getting her dressed in something comfortable, I brought all her stuff out to the living room. But I really could have done the screening while lying in bed!

The ASQ for two-months is a super simple questionnaire that asks about your interactions with your baby and what you've noticed as their parent.



You Can't Pour from an Empty Cup

June 2, 2020, Shirley Rubio Blake

It is officially the month of June which means we are just halfway through the year, 2020. All I can say is wow. My year started off alright and overall it has been quite the adventure thus far.

I am a total planner and problem solver but the current situation is clearly out of my wheelhouse. Many times, I have felt a bit stuck. When my children ask me questions about school, summer camps and other activities we normally participate the answer is *honey, I don't know*. I then follow it up with *what I do know is that I love you, I am here for you and* then I fill them in for the plan for the day or time being.



Our quarantine started March 13th and since then there have been significant changes in our household. Like many families our family is also experiencing high levels of stress as there are many things to adjust to. The hardest one for me to manage has been distance-learning while trying to work from home and having a toddler to be present for. A couple of weeks ago I knew I needed to reach out for help because I was a little tired and it seemed as if I was pouring from an empty cup. I reached out to my son's teacher to let her know what we were trying to manage at home. She is a

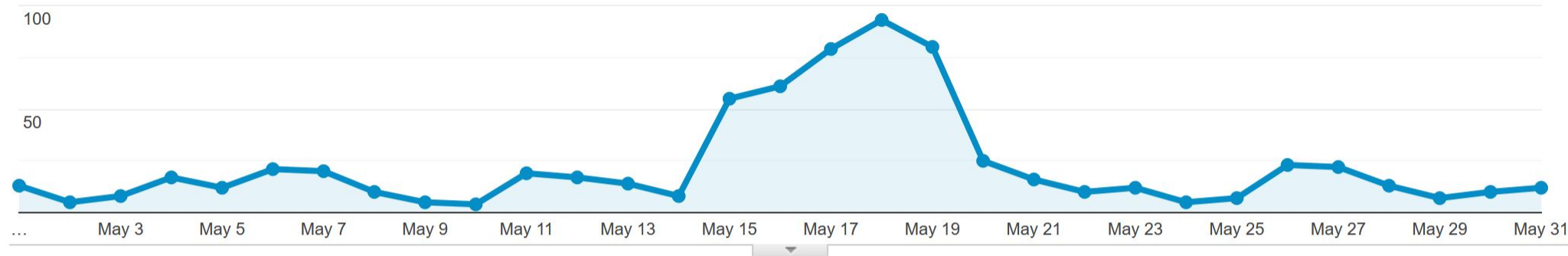
great teacher and was helpful in offering options for adjusting the workload. Next, I reached out to my

Overview

Users ▼ vs. [Select a metric](#)

[Hourly](#) [Day](#) [Week](#) [Month](#)

● Users



Users

634



New Users

597



Sessions

740



Number of Sessions per User

1.17



Pageviews

1,522



Pages / Session

2.06



Avg. Session Duration

00:01:02

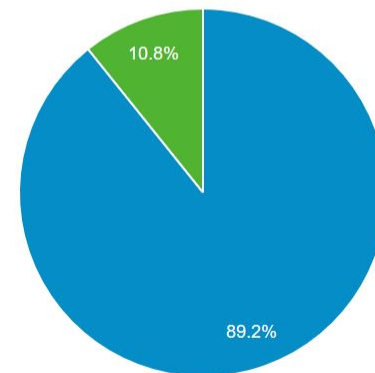


Bounce Rate

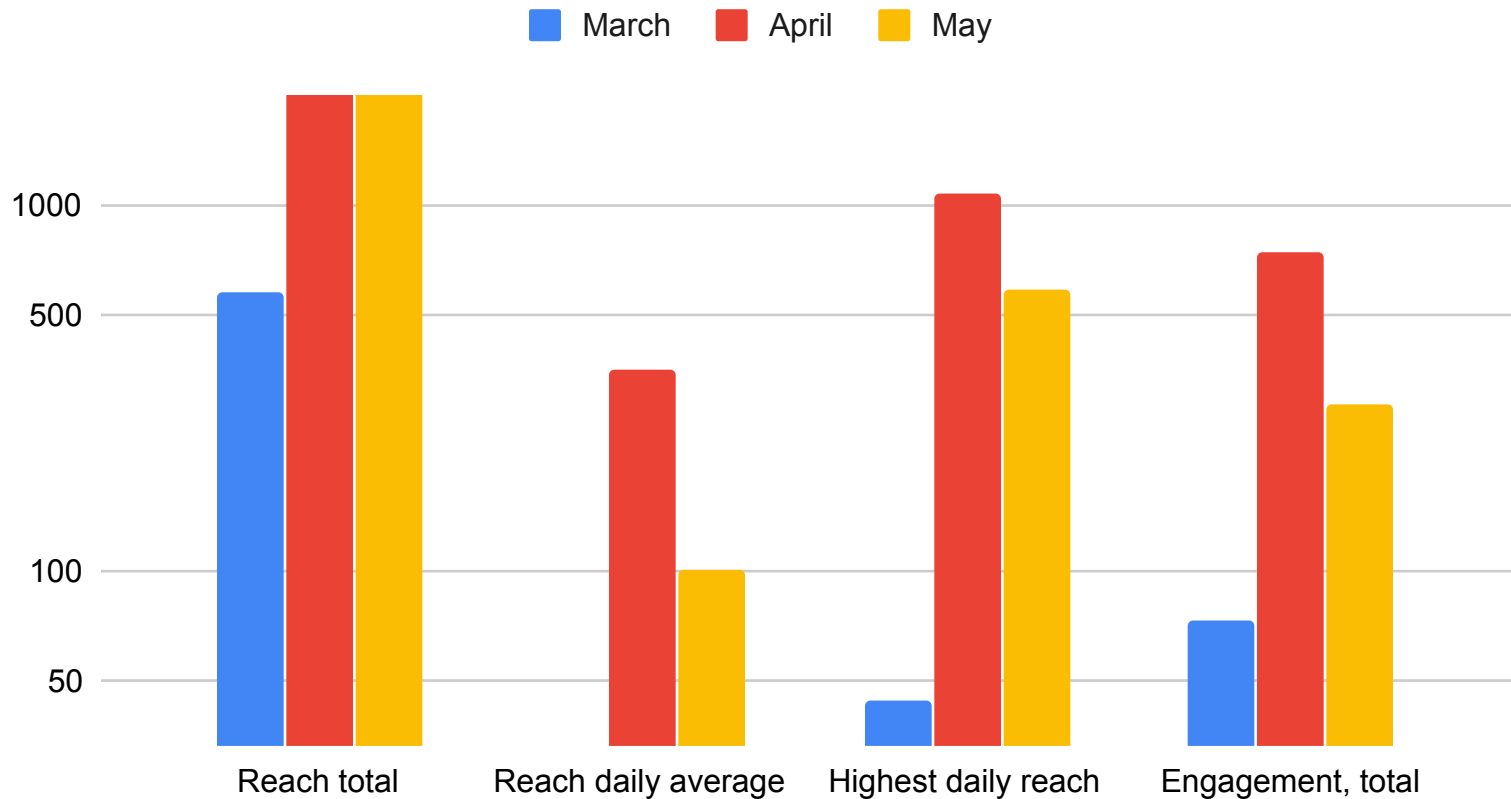
40.95%



■ New Visitor ■ Returning Visitor



Pollywog Family Posts on Facebook





Pandemic Parenting:

Resources and virtual support for early parenting in the COVID-19 era

¿Prefiere un grupo en Español?

Por favor presione aquí para mayor información.

Do you miss in-person parenting groups and the chance to interact with other families? We do too!

Join us for our confidential, virtual parenting group and:

- Connect and build community with area families
- Share parenting tips
- Learn about area resources

Discussion topics include but are not limited to:

- Living life with a little one during quarantine
- Practical ideas for dealing with anxiety
- Connecting with your support network

Boost Oregon Virtual Community Workshop

Learn about your children's vaccines
without fear or judgment.



**Tuesday, June 16
7 pm**

Led by mom &
certified physician assistant
Rebecca Reveal

Register Today!
[www.boostoregon.org/
community-workshops](http://www.boostoregon.org/community-workshops)

Oregon Health Authority Webinar Resource List

COVID-19 Information and Updates

- [Oregon Health Authority COVID-19 updates](#)
- [Governor Kate Brown's COVID-19 Resources for Oregonians](#)
- [Center for Disease Control Coronavirus \(COVID-19\)](#)
- [World Health Organization Coronavirus Disease \(COVID-19\) Pandemic](#)
- [Safe and Strong Website](#)

Oregon Health Authority List of Community Engagement Webinars

Weekly Wednesday Webinars

- English Informational Webinars: 1:00pm – 2:00pm. [Registration Link](#)
- Español: Cada miércoles; 2:30pm - 3:30pm [Registration Link](#)

Every Other Wednesday June 10th, June 24th

- Migrant and Seasonal Farm Worker Partner Webinar: 10:00am-11:00 am
[Registration Link](#)

Friday Listening Sessions: June 5, June 19th

- Central and Eastern Oregon; 12:00pm - 12:45pm; Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler;
[Registration Link](#)
- Central Coast and Southwest Oregon; 1:00pm - 1:45pm; Coos, Curry, Douglas, Jackson, Josephine, Lane, Lincoln; [Registration Link](#)

- Northwest Oregon; 2:00pm - 3:00pm; Benton, Clackamas, Clatsop, Columbia, Linn, Marion, Multnomah, Polk, Tillamook, Washington, Yamhill; [Registration Link](#)

Resources

- Food Security and Farmworker Safety Project
 - <https://www.oregon.gov/ODA/agriculture/Pages/FSFSPProject.aspx>
- COVID-19 videos produced by Multnomah County and City of Portland
 - <https://beta.portland.gov/pbem/help-stop-spread-covid-19-video>
- Faith community guidance
 - [Interim Guidance for Communities of Faith- CDC](#)
- OHP resources button at the top of OHA's COVID page
 - <https://govstatus.egov.com/OR-OHA-COVID-19>
- Oregon WIC
 - <https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/interest-form.aspx>
- Effective Communication for People Who are Deaf or Hard of Hearing
 - <http://nwadacenter.org/factsheet/accessibility-drive-thru-medical-sites>
- COVID-19: Deaf and Hard of Hearing Communication Access Recommendations for the Hospital
 - <https://www.nad.org/covid19-communication-access-recs-for-hospital/>
- Webinar: "ADA National Network Learning Session: COVID19, Health Care, and the ADA"
 - <http://adapresentations.org/healthcare/registration.php>
- OHSU: Oregon Office on Disability and Health sponsoring the Oregon's Food Resources: COVID-19 Pandemic Webinar Series
 - Zoom Meeting: <https://zoom.us/j/869177337> Meeting ID: 869 177 337

- Recordings available at <https://www.ohsu.edu/university-center-excellence-development-disability>
- Department of Human Services
 - <https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>
- Department of Business and Consumer Services
 - Insurance, Mortgage, Avoiding Fraud and Scams
 - English:
 - <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus.aspx>
 - Insurance, Mortgage, Avoiding Fraud and Scams
 - Spanish:
 - <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus-sp.aspx>
- COVID-19 infection control guidance for in-person interpreters and health care providers who work with them
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2288L.pdf>
- Community Warehouse is offering pre-packaged, portable **HOME 2 GO Essential Item Kits** that provide essential furnishings to people during the health crisis and adhere to health & safety guidelines for preventing the spread of disease.
 - <https://www.communitywarehouse.org/home-2-go/?bblinkid=217309148&bbemailid=20867075&bbejrid=1459384246>
- COVID-19 videos in Korean Language:
 - <https://youtu.be/dHQ0GGSYvk>
- COVID-19 videos in Russian Language:
 - <https://youtu.be/tGutm92izFY>
- COVID-19 videos in Thai Language:

- <https://youtu.be/kIH--s8xkBQ>
- COVID-19 videos in Arabic Language:
 - <https://youtu.be/WRC3S73gMbY>
- COVID-19 videos in Vietnamese Language:
 - <https://youtu.be/1Z6b5EyvoiU>

4/29/2020

- Safe and Strong Website
 - <https://www.safestrongoregon.org/>
- Compiled a list of **COVID-19 Resources for Undocumented Communities**. This includes national resources and state specific resources.
- The Betancourt Macias Family Scholarship Foundation has created a national emergency fund for undocumented families who have been impacted by COVID-19. Applicants can apply online or by phone in both English and Spanish.
 - **Application for Funds**
 - **Donation Link** (\$31,770 has been raised so far)
- **English**
 - What's COVID-19 – <https://youtu.be/-dTEQwNuh3E>
- **Spanish**
 - Oregon Se Queda en Casa (Oregon Stays Home) <https://youtu.be/ZG04TpQtLRo>
- **Korean**
 - What's COVID-19 – <https://youtu.be/dHQ0GGSYvk>
- **Russian**
 - What's COVID-19 – <https://youtu.be/tGutm92izFY>
- **Thai**
 - What's COVID-19 – <https://youtu.be/kIH--s8xkBQ>
- **Arabic**
 - What's COVID-19 – <https://youtu.be/WRC3S73gMbY>
- **Vietnamese**
 - What's COVID-19 – <https://youtu.be/1Z6b5EyvoiU>

- **Chuukese**
 - What's COVID-19 – <https://youtu.be/DVhKosrWzgs>
- **Amharic**
 - What's COVID-19 – https://youtu.be/hK_bwm3M1no
- **Burmese**
 - What's COVID-19 – <https://youtu.be/TfHqvNtQB1E>
- **Cantonese**
 - What's COVID-19 – <https://youtu.be/li0CiwAPumc>
- **Farsi**
 - What's COVID-19 – <https://youtu.be/NnywoljloMs>
- **French West Africa**
 - What's COVID-19 – https://youtu.be/bpj4Nxx_EVY
- **Japanese**
 - What's COVID-19 – <https://youtu.be/KkcZV25xUsk>
- **Marshallese**
 - What's COVID-19 – https://youtu.be/vgK_S2RCyDY
- **Nepali**
 - What's COVID-19 – <https://youtu.be/4w9alsjWFTU>
- **Rohingya**
 - What's COVID-19 – <https://youtu.be/q82izzwFgqs>
- **Somali**
 - What's COVID-19 – <https://youtu.be/w4dUFpw1muo>
- **Tingingya**
 - What's COVID-19 – <https://youtu.be/b2NEjxANBSU>
- **OHA 2311 Covid-19 Prevention Tips**
 - **English:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/le2311.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/le2311.pdf>
 - **Russian:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lr2311.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lr2311.pdf>
 - **Chuukese:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/l272311.jpg>

- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/I272311.pdf>
 - **Marshallese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/I332311.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/I332311.pdf>
 - **Arabic**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Ia2311.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Ia2311.pdf>
 - **Hmong:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Ih2311.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Ih2311.pdf>
 - **Somali:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Ii2311.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Ii2311.pdf>
 - **Korean:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Ik2311.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Ik2311.pdf>
 - **Simplified Chinese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/In2311.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/In2311.pdf>
 - **Spanish:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Is2311.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Is2311.pdf>
 - **Vietnamese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Serverd/Iv2311.jpg>

- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/2311.pdf>
 - **Traditional Chinese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/42311.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/42311.pdf>

- **OHA 2311A Covid-19 Stay Home, Save Lives**
 - **English:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/le2311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/le2311a.pdf>
 - **Russian:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lr2311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lr2311a.pdf>
 - **Traditional Chinese:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/l42311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/l42311a.pdf>
 - **Chuukese:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/l272311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/l272311a.pdf>
 - **Marshallese:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/l332311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/l332311a.pdf>
 - **Arabic:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/la2311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/la2311a.pdf>
 - **Hmong:**

- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lh2311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lh2311a.pdf>
 - **Somali:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/li2311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/li2311a.pdf>
 - **Korean:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lk2311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lk2311a.pdf>
 - **Simplified Chinese:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lm2311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lm2311a.pdf>
 - **Spanish:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lv2311a.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lv2311a.pdf>
 - **Vietnamese:**
- OHA 2311B Covid-19 Grocery Shopping
 - **English:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/le2311b.jpg>
 - PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/le2311b.pdf>
 - **Russian:**
 - JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/lr2311b.jpg>

- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/Ir2311b.pdf>
 - **Traditional Chinese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/I42311b.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/I42311b.pdf>
 - **Chuukese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/I272311b.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/I272311b.pdf>
 - **Marshallese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/I332311b.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/I332311b.pdf>
 - **Arabic:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/Ia2311b.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/Ia2311b.pdf>
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- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/Ih2311b.pdf>
 - **Somali:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/Ii2311b.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/Ii2311b.pdf>
 - **Korean:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/Ik2311b.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/Ik2311b.pdf>
 - **Simplified Chinese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Service/In2311b.jpg>

- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ln2311b.pdf>
 - **Spanish:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2311b.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2311b.pdf>
 - **Vietnamese:**
- JPG: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2311b.jpg>
- PDF: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2311b.pdf>

- OHA 2325 Publications and Creative Services COVID-19 Materials List
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2325.xlsx>

- Public Charge and COVID-19 Emergency
 - **English**
 - https://govsite-assets.s3.amazonaws.com/cOexRYmFQ2qCSb2JUQp2_Public%20Charge%20COVID-19%20Final%20English%20042720.pdf
 - **Spanish**
 - https://govsite-assets.s3.amazonaws.com/NP10owNQRBy1UPUqfCMw_Public%20Charge%20COVID-19%20Final%20Spanish%20042720.pdf
 - **Arabic**
 - https://govsite-assets.s3.amazonaws.com/MfDIE9XT0ivmPIGJutDo_Public%20Charge%20COVID-19%20Final%20Arabic%20042720.pdf
 - **Korean**
 - https://govsite-assets.s3.amazonaws.com/HDaWnhgsRyC5m48IBjnh_Public%20Charge%20COVID-19%20Final%20Korean%20042720.pdf
 - **Russian**
 - https://govsite-assets.s3.amazonaws.com/yJfcZ8uYTUqX2Rd0sSE9_Public%20Charge%20COVID-19%20Final%20Russian%20042720.pdf
 - **Somali**

- https://govsite-assets.s3.amazonaws.com/yBvv0bm8S6ihZdbBxGO7_Public%20Charge%20COVID-19%20Final%20Somali%20042720.pdf
 - **Simplified Chinese**
- https://govsite-assets.s3.amazonaws.com/IBD2mOSyzNNr6zEDPwkw_Public%20Charge%20COVID-19%20Final%20Simplified%20Chinese%20042720.pdf
 - **Traditional Chinese**
- https://govsite-assets.s3.amazonaws.com/R59XUyPwRCGWyFveUmEw_Public%20Charge%20COVID-19%20Final%20Traditional%20Chinese%20042720.pdf
 - **Vietnamese**
- https://govsite-assets.s3.amazonaws.com/AGkho4EyTy6M2en6A5LI_Public%20Charge%20COVID-19%20Final%20Vietnamese%20042720.pdf

5/6/2020

- Public Charge FAQ
 - <https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx?wp1284=f:%7bc:77198,o:%7bt:2,o:%5b%22Public+Charge+rule%22%5d%7d%7d>
- Oregon Lifeline Program
 - For more information or to request an application, call [800-848-4442](tel:800-848-4442), weekdays from 9 a.m. to 4 p.m., email puc.rspf@state.or.us or [go to the Oregon Lifeline website](#).
- OHA Agricultural Employer and Agricultural Worker guidance documents
 - Workers: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2349.pdf>
 - Employers: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2350.pdf>

- Senior Loneliness Line:
 - The Senior Loneliness Line team of volunteers and staff are specially trained in working with older adults and can provide ongoing support, connect you with resources or just listen. Your information is completely confidential.
 - [503-200-1633](tel:503-200-1633) | [800-282-7035](tel:800-282-7035) | [facebook.com/SeniorLonelinessLine](https://www.facebook.com/SeniorLonelinessLine)
 - www.SeniorLonelinessLine.org

- COVID-19 Cases by Zip Code
 - <https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Emerging%20Respiratory%20Infections/COVID-19-Weekly-Report-2020-05-05-FINAL.pdf>

- COVID-19 Basics and Beyond: Helping communities manage the mental and emotional impacts of COVID-19 Training
 - **UPDATED REGISTRATION INFO:**
<https://attendee.gotowebinar.com/register/8456035373187128844>

5/13/2020

- OHP-CAWEM and COVID-19 Fact sheets
 - **English**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2341b.pdf>
 - **Traditional Chinese**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l42341b.pdf>
 - **Arabic**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/la2341b.pdf>
 - **Simplified Chinese**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lm2341b.pdf>
 - **Russian**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lr2341b.pdf>
 - **Spanish**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2341b.pdf>
 - **Vietnamese**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2341b.pdf>

- Mother's Day video in Spanish
 - YouTube link: <https://youtu.be/selpRMFkoIU>

- Myths and Truths Mam video

- <https://www.facebook.com/TVJAM/videos/519390232300199/>
- Staying connect while physically distancing
 - **English**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2348.pdf>
 - **Spanish**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2348.pdf>
 - **Arabic**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/la2348.pdf>
 - **Simplified Chinese**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ln2348.pdf>
 - **Traditional Chinese**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l42348.pdf>
 - **Chuukese**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l272348.pdf>
 - **Hmong**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lh2348.pdf>
 - **Marshallese**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l332348.pdf>
 - **Koran**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lk2348.pdf>
 - **Russian**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lr2348.pdf>
 - **Somali**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/li2348.pdf>
 - **Vietnamese**
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2348.pdf>

- OHA Contact Tracing Interest Form
 - <https://app.smartsheet.com/b/form/dd28696cca4b4e59946d7faa0d2de120>
- ADA Guidance for Emergency Managers and Local Public Health Authorities
 - <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2309.pdf>

5/20/2020

- Washington State COVID-19 Translated Resource Directory
 - <https://www.dshs.wa.gov/sites/default/files/ESA/oria/documents/DSHS-ORIA%20WA%20COVID%20TRANSLATED%20RESOURCES%20DIRECTORY.pdf>
- Guidance for School aged Summertime Day Camps
 - <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2357.pdf>
- Mask and Face Covering Guidance for Business, Transit and the Public
 - English
 - <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2288K.pdf>
 - Spanish
 - <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/l2288K.pdf>
 - Arabic
 - <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/la2288K.pdf>
 - Chuukese
 - [https://sharesystems.dhsoha.state.or.us/DHSForms/Served/l2722888K.pdf](https://sharesystems.dhsoha.state.or.us/DHSForms/Served/l272288K.pdf)
 - Korean
 - <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/lk2288K.pdf>
 - Hmong
 - <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/lh2288K.pdf>
 - Marshallese

- <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lh2288K.pdf>
 - Russian
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lr2288K.pdf>
 - Simplified Chinese
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ln2288K.pdf>
 - Somali
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/li2288K.pdf>
 - Traditional Chinese
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l42288K.pdf>
 - Vietnamese
 - <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2288K.pdf>
- Coalition of Community Health Clinics- For help finding a clinic
 - <https://coalitionclinics.org/>
 - What is Contact Tracing video
 - https://www.youtube.com/watch?v=HKr0BO_dG5I
 - Potential Violations of Reopening Phases
If stakeholders or community partners want to report a violation of reopening, they can do that with Oregon Occupational Safety and Health Administration (OR-OSHA).
 - Visit <https://osha.oregon.gov/workers/Pages/index.aspx> or call the central office at 503-378-3272 (toll free inside Oregon: 800-922-2689).
 - National Day Laborer Organizing Network- Popular Education Resources for COVID-19
 - ndlon.org/confrontando-el-coronavirus-con-educacion-popular/
 - BOLI's page on coronavirus and workplace laws in Oregon
 - <https://www.oregon.gov/boli/pages/coronavirus-and-workplace-laws.aspx>

- CDC's advice for returning international travelers
 - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

5/27/2020

- Viva NW Google Drive
<https://drive.google.com/drive/folders/1SRjzfAbpnq9cgFmji2L57q2CTwccxwJN?usp=sharing>

Follow us on Social Media

- Oregon Health Authority Spanish Facebook
 - <https://www.facebook.com/OregonHealthAuthority>
- Oregon Health Authority Spanish Facebook page
OHA en Español
 - www.facebook.com/ohaespanol
- Oregon Health Authority Twitter
 - <https://twitter.com/OHAOregon>
- Oregon Health Authority YouTube
 - https://www.youtube.com/playlist?list=PLd4xfJU3qzMXx_oEU7DzWPJB0TI3WDUuG

Community Engagement Educational Materials

- OHA Community Engagement Educational Print Materials Order Form
<https://app.smartsheet.com/b/publish?EQBCT=847d922133c049e3869379a40e23ece3>
- Viva NW Google Drive
<https://drive.google.com/drive/folders/1SRjzfAbpnq9cgFmji2L57q2CTwccxwJN?usp=sharing>

Email Contact Information

- ORES8.OHALiaison@dhsosha.state.or.us
- This is a shared inbox and it may take 1-2 business days to respond.

Food Pantries, Meal Sites and Food Stamps in Linn, Benton, and Lincoln counties

updated 4-7-20

Please call ahead to make sure pantry and meal sites service hours haven't changed. For Lincoln County sites, call Lincoln County Food Share at (541) 265-8578 or 1-800-939-3663.

Linn County Food Pantries Emergency Food Boxes

Albany:

Fish of Albany: 1880 SE Hill St., Albany. Call Mon.-Fri. 9 a.m.-3 p.m. for same day food box pick up after 3 p.m. Clothing, medical, and emergency transportation. **541-928-4460**

Salvation Army - Albany: 345 Columbus St., Albany. Mon., Wed. & Fri. 9-11:30 a.m. Also some programs for children; energy assistance, Mon. & Wed., 9-11:30 a.m. **541-928-4774**

Brownsville:

Sharing Hands: 439 North Main, Brownsville. Wed. & Fri. 10 a.m.-4 p.m. Food boxes, utilities, prescriptions, gas, propane. Also operate a thrift shop, 107 Bishop Way, Tue.-Sat., 9 a.m.-3 p.m. **541-466-3003**

Harrisburg:

God's Storehouse: 180 Smith Street, Harrisburg. Open Tues. & Thurs. 9 a.m.-5 p.m. Clothes and some furniture at low cost. **541-995-8403**

Jefferson:

Jefferson Community Pantry: 310 N Second St, Jefferson. Wednesdays, 3-6 p.m. **503-871-8329**

Lebanon:

Caring Team Ministry: 3000 S. Santiam Hwy., Lebanon. Fri. 10 am – 5 pm. **541-451-1271**

Fish of Lebanon: First Presbyterian Church, Ash & 2nd St., Lebanon. Food distribution on Tues. & Fri. 1:30-3 p.m. Call first for an appointment. Utility, rent, clothing, medicine on Mon.-Fri., 9 a.m.-3 p.m., call first. **541-259-3200**

Lord's Storehouse: 726 SW Oak, Lebanon. Food boxes, clothing, Mon. & Thurs. 10 a.m-1:30 p.m. **541-259-1464**

St. Vincent de Paul: 233 2nd Street, Lebanon. Food boxes, Wed. 1:30-4 p.m. Rent, utility assistance, Wed. 9-11 a.m. **541-258-5405**

Sweet Home:

Hope Church of Sweet Home: 890 Mt. View Rd., Sweet Home. Thurs. 10 a.m.-1 p.m. (Call for emergency assistance) **541-405-0611**

Seventh Day Adventist Community Service Center: Currently closed. **541-367-4524**

Sweet Home Emergency Ministries (SHEM): 1115 Long St., Sweet Home. Food boxes, clothing, propane, prescriptions, rent & utility assistance, Tues., Wed. & Sat. 9-11:30 a.m.. Closed 2nd Sat. of month. **541-367-6504**

Linn County Meal Sites

Albany:

Albany Helping Hands: 619 9th St. SE, Albany. Mon.-Sun. Breakfast 7-8 a.m., Lunch at 12; Dinner at 5-6 p.m.; shelter. **541-926-4036**

Family Tree Relief Nursery Meal Program: 1305 SE Hill, Albany. Thur. 3:30-5 pm. **541-967-6580**

St. Mary's Soup Kitchen: 815 Ellsworth, Albany. Mon., Wed., & Fri. 5-6 p.m. **541-926-8562**

Lebanon:

Lebanon Soup Kitchen: 170 East Grant Street, Lebanon. Mon, Wed., Fri. 4:30-5:30 p.m. Also clothing, blankets, sleeping bags, diapers. **541-451-7667**

Sweet Home: SHEM Meal Site (Manna): 845 6th Ave., Sweet Home. Tues., Wed. & Fri. 5-6:00 p.m. **541-367-6504**

Benton County Food Pantries Emergency Food Boxes

Alsea:

Alsea Food Bank/Jeni's Place: 18595 Alsea Hwy. Thur. 10 a.m.-6 p.m. **541-487-3663**

Blodgett:

Coastal Range Food Bank: 11663 Nashville Rd., Blodgett. Sat. & Sun. 11 a.m-2 p.m., and emergencies. crfb@casco.net, **541-456-2141**

Corvallis:

Community Outreach, Inc: 865 NW Reiman Ave., Corvallis. Food boxes, Mon.- Fri. 8 a.m.-7 p.m. Emergency shelter, outpatient medical clinic for uninsured. Information and referral, advocacy, case management, phone with message service, mail service. **541-758-3000**

HSRC Food Pantry: Champinefu Lodge/OSU, 1030 SW Madison. Food boxes, Wed. 10 am-3 pm. **541-737-3747**

South Corvallis Food Bank: 1800 SW 3rd St., Ste 110, Corvallis. Mon. & Wed. 1-3 p.m., Thurs. 5-7 p.m. Saturday 10 a.m.-noon. **541-753-4263**

St. Vincent de Paul Food Bank: 501 NW 25th Street, Corvallis. Mon., Wed, Fri. 1:30-4 p.m. **541-286-4183**

St. Vincent de Paul Pantry at Garfield School: 1205 NW Garfield St, Corvallis. One Saturday/month, 10 a.m.-noon. Call for dates. **541-286-4183**

Monroe:

South Benton Food Pantry: 650 Orchard St., Monroe. Every Thurs. of month 10 a.m.- noon, except 4-6 p.m. on 3rd Thurs; 4th Sat. of month, 10 a.m. – noon.. **541-745-8759**

Philomath:

Philomath Food Bank: 360 S 9th, Philomath. Tues. 4:30 -7:30 p.m., & Thurs. 9 to 11:45 a.m. **541-929-2499**

Benton County Meal Sites

Corvallis:

Corvallis Family Table: Tunison Center, 365 SW Tunison St., Corvallis. “To go” meal prepared and delivered to Tunison Center for pick up on the 4th Thursday of the month (2nd Thursday in Nov & Dec), 4:30-6:00 p.m. **541-752-7220 ext 312** (Closed June, July & August)

Stone Soup Program, Corvallis: **541-757-1988**

St. Mary’s: St. Mary’s Catholic Church, 501 NW 25th Street, Corvallis. Mon. & Thurs. 5:30- 6:30 p.m., Wed. & Fri. 11:30 a.m.-12:30 p.m.

First Christian Church: 602 SW Madison, Corvallis, Tues. 5:30-6:30 p.m., Sat. 10 a.m. – 1p.m., Sun. 5:30-6:30 p.m.

Philomath:

Neighbor to Neighbor: United Methodist Church Social Hall, 1123 Main Street, Philomath. Tuesdays 5:30-6:30 p.m. **541-929-6614**

Lincoln County Food Pantries and Meal Sites

For information about food pantries and emergency meal sites in Lincoln County, please contact
Food Share of Lincoln County
541-265-8578
www.foodsharelincolncounty.org

Food Stamps

Linn County:

Albany: 118 2nd Ave. SE. Mon. - Fri. 7 a.m. - 5 p.m. **541-967-2078**

Lebanon: 44 Industrial Way, Suite E. Mon. - Fri. 7 a.m. - 5 p.m. **541-259-5860**

Benton County: New Location

Corvallis: 4170 SW Research Way, Suite 200. Mon. - Fri. 8 a.m. – 5 p.m. **541-757-4201**

Lincoln County:

Newport: 120 NE Avery St. Mon. - Fri. 7:30 a.m. - 5:00 p.m. **541- 265-2248**

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http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

*(1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

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