



This message is prepared by the Cannon Beach Medical Reserve Corps in collaboration with the Emergency Volunteer Corps of Nehalem Bay. March 23, 2020

## Stay at Home—Be Safe

As coronavirus testing ramps up, it's clear the virus is spreading rapidly in the U.S. Clatsop County's first case was announced March 23, 2020. Governor Kate Brown has issued an Executive Order, March 23, 2020, directing Oregonians to stay home to the maximum extent possible.

We are all susceptible to this virus. Staying home except to procure food, medicines and receiving needed medical care is the best prevention.

To decrease personal risk, staying home is essential for older people and those with underlying medical conditions. These two groups are known to be at increased risk of mortality if infected. We know that younger, healthy people also are experiencing severe life-threatening disease and this group should stay home as well. **We can only protect ourselves and our Cannon Beach, Arch Cape and Falcon Cove residents if all of us work together to minimize the spread of disease and slow its progress.**

### **How can you further prepare to Stay at Home-Be Safe?**

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

- Stay six feet away from all other people in the store or inline
- 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 or order online or arrange for home delivery.

**Fresh Foods in Cannon Beach** (503) 436-0945. Special senior hours are 7:00 – 8:00 am. We request that orders be e-mailed in to [frontend@freshfoodsmarketplace.com](mailto:frontend@freshfoodsmarketplace.com) Please put the city of delivery in the subject line so each store can fill its' appropriate orders. Payment by cash (to the nearest dollar) or check. Rewards card can still be applied. Please include a phone number, and desired delivery window, we will do our best to accommodate.

**Mariner Market** (503 436-2442) You can call ahead and pick up your order.

**Surf Crest Market and Pizza** (503) 436-1189. Home delivery for orders greater than \$20.00

**Costco in Warrenton**, online ordering for member's 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 would like. Items eligible for two day delivery will be tagged.

**Fred Meyer in Warrenton**, 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 your way.

## **Cannon Beach Food Bank**

Open Wednesday's from 2:00 – 5:00 pm for people in need. Drive down Spruce Street to the gate at the parking lot of the “old” Cannon Beach School. Pick up pre-boxed food. Please stay in your car, walkers please go to the window.

## **Prescriptions**

This is a good time to set up mail delivery of prescriptions if it is available through your health care plan. Check with your insurance.

**Rite Aid Pharmacy** (503) 738-8422. Postal delivery offered, excluding controlled substances or perishable items. Curbside pickup is offered with pre-payment over the phone.

**Safeway Pharmacy** (503) 738-4706. Delivery within a 10 mile radius. Curbside pickup. Tuesday and Thursday from 8:00-9:00 am is available for seniors.

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.

If you need in-person medical care, call your provider before going in.

If you are an already established **Providence Cannon Beach** patient you can call directly at (503) 717-7400. Communications with patients are being conducted by phone, email and face to face if needed. The Providence website has tips for staying well and symptoms of concern.

Urgent Care Clinics:

Call before coming if you have any respiratory symptoms or a fever.

**Providence Seaside**, 725 S Wahanna Rd. Seaside (503) 717 7060

**Columbia Memorial Hospital Medical Group**, 1111 N Roosevelt Dr. Suite 210, Seaside (503) 738 3002

The **Cannon Beach Citizen Emergency Response Team** is conducting outreach to identify community members who may need assistance; food delivery, pharmacy

delivery, meals, or other assistance. Please email the CERT team with contact information to [CannonBeachCERT@gmail.com](mailto:CannonBeachCERT@gmail.com) . The information will be held in confidence.