

# GET CARE. IT'S SAFE.

Don't put off the health care you need now.

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- Oregon providers are taking extra steps to protect you from COVID-19.
  - Safe care is available in person and in virtual video visits.
  - Doctors worry that delayed care and missed vaccines could be more harmful than COVID-19.
  - Talk with your primary care provider about any concerns and the safest way to get care.
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## DON'T DELAY: WELL-CHILD VISITS

- Check-ups and vaccinations are important for babies, children and teens.
  - Vaccinations prevent dangerous diseases.
  - In-person visits can help find and treat conditions early.
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## DON'T DELAY: EMERGENCY CARE

- Seek immediate care for urgent problems such as injuries, heart attacks and strokes.
  - Timely treatment can help you recover.
  - Waiting too long can lead to serious complications, disability or loss of life.
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## DON'T DELAY: CARE FOR CHRONIC CONDITIONS

- Tend to ongoing conditions such as diabetes, arthritis, and mental health issues.
  - Protect your quality of life.
  - Lower your risk of needing hospital care.
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