GET CARE.
IT’S SAFE.
Don’t put off the health care you need now.

• 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.

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.

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.

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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