



Columbia County

COVID-19 Testing Resources

Just got tested for COVID-19 and have questions? The **After Testing Resource Guide** includes information on isolation and quarantine, what you can and can't do, how to tell close contacts you tested positive, telling your employer, ways to manage respiratory symptoms at home, how to stop the spread of germs, using a face covering properly and more.

For the **After Testing Guide**, Please visit the weekly COVID testing page on the Columbia County Public Health website:

www.columbiacountyor.gov/weeklycovidtesting

www.columbiacountyor.gov/pruebasgratisCovid

Have questions about COVID-19 Vaccine? Call 2-1-1

COVID-19 Wraparound Services

If you have recently tested positive for COVID-19, or have been identified as a close contact of someone who has tested positive and you need help with:

- Accessing financial assistance resources (such as rent, utilities, etc.)
- Food and personal hygiene product purchasing and delivery
- Social support for managing your time and isolation during quarantine

Contact for COVID-19 wraparound service:

Columbia Health Services

Email: contact@columbia-health.org + Phone: call or text 800-244-4870

Consejo Hispano—Kayla Slovak Perez

Email: kayla@consejohispano.org + Phone: 503-325-4547

Mental Health Support

Lines for Life and OHA have launched the Safe + Strong Helpline. The line offers free, 24-7 emotional support and resource referral to anyone who needs it – not only those experiencing a mental health crisis.

Phone: 800-923-4357 (800-923-HELP)

YouthLine offers teen to teen crisis help with both a phone line and a texting support line through Lines for Life.

Phone: 877-968-8491

Text teen2teen to 839863

Senior Loneliness Line supports seniors in our community who are feeling lonely and having difficulty connecting.

Phone: 503-200-1633