

Dear St. Helens School District Families,

We realize that the current situation around COVID-19 has had significant impacts on your day-to-day lives. However, these preventable measures are said to help slow the rate of spread of coronavirus and, as public health agencies explain, flatten the curve of the virus's impact on our citizens and health care systems. In the meantime, please refer to helpful resources that our team has put together and feel free to share with others:

Health Resources

- Oregon Health Authority: 503-947-2340, [Oregon Health Authority](#)
- Clinics:
 - Legacy Medical Group – St. Helens: 503-397-0471 [Legacy St. Helens](#)
 - Legacy Urgent Care – St. Helens: 503-397-7119 [Legacy Urgent Care St. Helens](#)
 - Sacagawea Health Clinic – St. Helens: 503-366-7645 [Sacagawea Health Clinic](#)
 - OHSU Primary Care – Scappoose: 503-418-4222 [OHSU - Scappoose](#)
- Mental health:
- Columbia Community Mental Health: 503-397-5211 [CCMH St. Helens](#)
 - [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)
 - [Taking Care of Your Mental Health in the Face of Uncertainty](#)
 - [Helping Children Cope With Changes Resulting From COVID-19](#)
 - [Managing Stress and Anxiety When Navigating a Health Crisis](#)

Food Resources

- Oregon Food Bank: 503-439-6510, [Oregon Food Bank](#)
- Columbia Pacific Food Bank: 503-397-9708 [Columbia Pacific Food Bank](#)
- Community Action Team: 503-397-3511 [Community Action Team](#)
- SHSD meals for students: [SHSD meals for students](#)
- SNAP benefits - 155,000 Oregonians work in restaurants and bars. Thousands of others work in stores and businesses that are temporarily closing. Public structures like SNAP are here for these critical moments. SNAP offers nutrition assistance to eligible individuals and families. You can learn more on the [Oregon Department of Human Services](#) website about whether you are eligible for SNAP, and can apply online to help keep food on the table.

Rental, Mortgage, or Housing Assistance

- The Federal government announced on Wednesday, March 18, that [HUD](#) has authorized the Federal Housing Administration (FHA) to implement an immediate [foreclosure and eviction moratorium](#) for single-family homeowners with FHA-insured mortgages for the next 60 days.
- [211](#) and [Community Action Team](#) may be able to direct you to resources for payment assistance.
- Reach out to your bank or credit union directly if you are having trouble making a mortgage payment.

- See this statement from [Oregon Bankers Association](#) on ways that banks may be able to help the banking community and its customers. They urge that if you are experiencing financial hardship to call your bank or credit union and discuss what options may be available to you.

Utilities Assistance

See below a list of utilities that will not disconnect customers/suspend service for those who cannot make a payment due to impacts caused by the coronavirus. If your utility company is not listed below and you are experiencing a hardship in making a payment, reach out to them. They may also be offering assistance.

- [NW Natural](#)
- [Columbia River PUD](#)
- [Comcast](#)
- [Century Link](#)
- [AT&T](#)

Internet

- Comcast Internet Essentials provides two months free and \$9.95/month for qualifying households. Learn more [here](#).

Unemployment

- The Governor's office has compiled a [resource page](#) that can help employees navigate where to begin. If you qualify, file for unemployment insurance as soon as possible [here](#). Due to high call volume, the best way to file a claim right now is online. Be patient, traffic to the online site is high as well and may have intermittent outages. Click [here](#) to visit Oregon's resource page for both Employees and Employers to find answers on specific questions and scenarios.

Other Community Resources:

- 2-1-1 Information: Food, Shelter, Clothes, Child Care, Utilities, and More. Call, text, or email Oregon 211 for resources if you are in need 24/7. Text 211 to get started. Help in English and Spanish available; <https://www.211info.org/>
- Oregon Department of Human Services - 503-397-3292 [Oregon Department of Human Services](#)

How You Can Help

- [St. Helens Senior Center](#) – Meals on Wheels - needs monetary donations. Checks need to be made out to St. Helens Senior Center and donations can be mailed to PO Box 692 St. Helens, OR 97051 or donated on their Facebook page [St. Helens Senior Center Facebook](#)
- [Columbia Pacific Food Bank](#) - financial donations welcome
- [United Way of Columbia County](#)

Avoid Scams

Attorney General Ellen Rosenblum has created a [price gouging hotline](#) and has some tips to avoid coronavirus related scams. Here are some additional links from her office:

- [Price Gouging](#)
- [Coronavirus: Scammers Love Scary News](#)
- [Attorney General urges businesses to offer refunds due to coronavirus cancellations](#)

In order to avoid becoming a victim of a coronavirus-related scam, follow these six tips:

- Do Not Click on links from sources you do not know. They could download a virus onto your computer or device. Make sure the anti-malware and anti-virus software on your computer is up to date. One virus to worry about is enough!
- For the most up-to-date information about the coronavirus, take it upon yourself to visit the websites of the [Oregon Health Authority](#) (OHA), the [Centers for Disease Control and Prevention](#) (CDC) or the [World Health Organization](#) (WHO). If you receive an email or text claiming to be from one of these, do not click – it could be an imposter scam.
- Ignore online offers for vaccinations. If you see ads touting prevention, treatment, or cure claims for the coronavirus, ask yourself: if there has been a medical breakthrough, would you be hearing about it for the first time through an ad or sales pitch?
- Give wise when it comes to donations, whether through charities or crowdfunding sites. Do not let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, do not do it.
- Be alert to scam “investment opportunities.” The [U.S. Securities and Exchange Commission](#) (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly-traded companies can prevent, detect, or cure coronavirus and that the stock of these companies will dramatically increase in value as a result.
- Excessive prices? Contact the Oregon Department of Justice’s Consumer Hotline if you see merchants charging exorbitant prices for goods and supplies like face masks, toilet paper and hand sanitizers. Oregon law protects consumers from being charged excessive prices for essential consumer goods and services. These include food, shelter, bottled water, fuel and other items necessary for the health, safety and welfare of Oregonians. To reach the Oregon Department of Justice’s Consumer Hotline, call 1-877-877-9392 or visit <https://www.doj.state.or.us/consumer-protection/>

City and County Resources

- [City of St. Helens](#)
- [St. Helens Police Department](#)
- [Columbia County Sheriff's Office](#)
- [Columbia River Fire & Rescue](#)
- [Columbia County Public Health](#)
- [St. Helens Public Library](#)

Support for Students and Families Experiencing Disability

- [Fact Oregon](#)

Please continue to check your email and monitor the District website for the latest updates: [St. Helens School District](#)