

Eugene area COVID-19 Resources and Information

ONLINE GROCERY DELIVERY:

- https://www.fredmeyer.com/i/ways-to-shop?cid=loc_70100417-PD_gmb
- <https://www.instacart.com/grocery-delivery/eugene-or>
- <https://grocery.walmart.com/locations/delivery/Walmart-Eugene-OR-Supercenter-3258>
- https://www.yelp.com/search?find_desc=grocery+delivery&find_loc=Eugene%2C+OR
- <https://www.shipt.com/eugene-grocery-delivery/>
- <https://postmates.com/delivery/eugene/grocery-store>

FOOD DELIVERY:

- <https://www.grubhub.com/delivery/or-eugene>
- <https://postmates.com/delivery/eugene>
- <https://www.doordash.com/food-delivery/eugene-or-restaurants/>
- <https://www.bringmethat.com/t/or/eugene>
- <https://www.seamless.com/browse/or-eugene>
- <https://www.cascadiancouriers.com/>
- <https://www.ubereats.com/>

CITY OF EUGENE UPDATES:

- <https://www.eugene-or.gov/4333/COVID-19-Coronavirus>
- <https://www.facebook.com/CityofEugene/>

STATE OF OREGON UPDATES:

- <https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

CDC UPDATES:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CLOSURES AND EVENT CANCELLATIONS:

- <https://www.registerguard.com/news/20200312/cancellations-area-events-affected-by-covid-19>
- <https://www.eugeneweekly.com/2020/03/12/covid-19-cancellations/>
- <https://www.kezi.com/content/news/Coronavirus-in-Oregon-Latest-closures--cancellations-568746911.html>

MENTAL & EMOTIONAL HEALTH:

- <https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak>
- <https://mhanational.org/covid19>
- <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

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- <https://www.vaildaily.com/entertainment/3-funny-moments-in-history-to-remind-you-that-covid-19-will-be-a-moment-in-history-soon/>
- <https://www.goodrx.com/blog/coronavirus-covid-19-anxiety-how-to-cope/>

STAY-AT-HOME ACTIVITIES:

- Free online classes and seminars:
 - <https://www.edx.org/>
 - <https://www.coursera.org/courses?query=free>
 - <https://www.themuse.com/advice/45-free-online-classes-you-can-take-and-finish-by-the-end-of-this-year>
 - <https://www.classcentral.com/collection/top-free-online-courses>
- PNW Streaming Concert Calendar:
 - <https://www.opb.org/opbmusic/article/pnw-streaming-concert-calendar/>

OUTDOOR ACTIVITIES:

- (Please use common sense and avoid areas with many people, maintain good “distancing” practices, etc.)
 - <https://www.outdoorproject.com/travel/10-classic-hikes-near-eugene-oregon>
 - <https://titancourt.com/best-hiking-trails-eugene-oregon/>
 - <https://www.alltrails.com/explore/us/oregon/eugene>

LOCAL FACEBOOK SUPPORT GROUP:

- KLCC, MAR 15, 2020 (<https://www.klcc.org/post/lane-county-community-forms-online-support-group-response-covid-19>):

“A new Facebook group called the Lane County Mutual Aid Network hopes to mitigate the crisis.

The open group popped up online on March 11, and within a few days it has amassed more than 3,000 members.

“It makes me so happy to see it. It’s really motivating and sort of restores my faith in humanity,” Leslie Selcer said. Selcer, a University of Oregon doctoral student started the local group.

Similar groups have formed in major cities like Seattle and Portland. The idea is to connect people in need with those who can help, Selcer said. Some have offered food, toilet paper, and childcare services.”

- [Lane County Mutual Aid Network - COVID19 Response](#)

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BEST MEDIA ARTICLES:

- From Michael Caloz (<https://www.michaelcaloz.com/>), who is an excellent curator of information:

March 18, 2020:

“Here are the best articles I've found if you're having trouble understanding things like: why social distancing is critical, why this is worse than the flu, and why even young and healthy people need to be concerned:”

- Excellent overview of everything around the subject of COVID-19:
 - <https://www.flattenthecurve.com/>
- Why it's important even for people who are young and healthy to self-quarantine:
 - <https://www.vox.com/future-perfect/2020/3/11/21171903/coronavirus-social-distancing-pandemic-covid19>
- Letter from 400+ doctors to our governor recommending that no one should leave their homes except for medical care, etc.:
 - https://docs.google.com/document/d/1NEDCURC6Cko6lj9wAaK93_xHqvCLeNjAM9v7xRRPIUY/edit
- Detailed overview of COVID-19 and future projections:
 - <https://medium.com/@tomaspueyo/coronavirus-act-today-or-people-will-die-f4d3d9cd99ca>
- Notes from a panel of experts a few days ago at UCSF:
 - <https://www.dailykos.com/stories/2020/3/13/1927193/-UCSF-COVID-19-Panel-Notes>
- Why this might continue for a year or more, and why we need to take social distancing more seriously:
 - <https://www.vox.com/science-and-health/2020/3/17/21181694/coronavirus-covid-19-lockdowns-end-how-long-months-years>
 - <https://arstechnica.com/science/2020/03/new-model-examines-impact-of-different-methods-of-coronavirus-control/>

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Have any questions, corrections, or suggestions? Please share with Cliff Volpe at cliffvolpe@gmail.com