



Reopening Public Health Recommendations for the General Public

Governor Kate Brown's framework for Reopening Oregon will help people in Oregon restart public life and business while maintaining healthy communities. The framework outlines actions people in Oregon must take to move forward safely.

As the state reopens, it's important to remember the risks. We must all do our best to protect ourselves and one another. If we all follow these actions, we will help save the lives of our colleagues, neighbors, friends and family members.

Actions to protect ourselves and others from COVID-19:

- Stay home if you are sick.
- To avoid exposure to COVID-19, if you are at risk for severe illness (over age 65 or have underlying medical conditions) you should stay home even if you feel well.
- If you become symptomatic (for example, have a cough, a fever or shortness of breath) while in public, please return home and self-isolate immediately.
- Contact your health care provider if you need medical attention.
- Practice good hand hygiene by frequently washing your hands for at least 20 seconds or by using hand sanitizer with 60-95% alcohol content.
- Cover your coughs/sneezes with your elbow or a tissue. If you use a tissue, immediately throw away the tissue in the garbage and wash your hands.
- Avoid touching your face.
- Keep a physical distance of at least six (6) feet between you and people who you do not live with.
- Use cloth, paper or disposable face coverings in public. As Oregon is reopening and restrictions are being lifted on businesses and public spaces, it may be difficult to ensure that you can stay six (6) feet away from others at all times. Please review [Statewide Mask, Face Shield, Face Covering Guidance](#).
- Stay close to home. Avoid overnight trips and minimize non-essential travel, including recreational day trips to destinations outside the community where you live. Travel the minimum distance needed to obtain essential services; in rural areas, residents may have to travel greater distances for essential services, while in urban areas, residents may only need to travel a few miles for those services.

Additional resources:

- [Statewide Mask, Face Shield, Face Covering Guidance](#)
- [OHA General Guidance for Employers](#)
- [Statewide Gatherings, Indoor Social Get-Together Guidance](#)
- [Know the Facts About Coronavirus](#)
- [Physical Distancing: Keep Your Distance to Prevent COVID-19](#)
- [COVID-19 Testing in Oregon](#)

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsosha.state.or.us.