



**Date:** June 30, 2021

## COVID-19 Public Health Recommendations for the General Public

While on June 30, 2021 Governor Kate Brown lifted most restrictions related to COVID-19, it's important to remember that COVID-19 does still pose a risk. 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:

- Get vaccinated.
- Stay home if you are sick. More infectious variants of the SARS-CoV2 virus are prevalent in Oregon. These variants spread more readily and could result in more people becoming infected with COVID-19. Getting vaccinated helps reduce the spread of these variants.
- Review the [Public Health Recommendations: Wearing Masks, Face Coverings and Face Shields and Physically Distancing in Public Settings](#)
- If you are unvaccinated or at [risk for severe COVID-19 illness](#) wear a mask and physically distance from others when in crowds or large gatherings.
- 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.
- Get tested if you have symptoms of COVID-19.
- 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.

### Additional resources

- [Public Health Recommendations: Wearing Masks, Face Coverings and Face Shields and Physically Distancing in Public Settings](#)
- [Know the Facts About Coronavirus](#)
- [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 the Health Information Center at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhsoha.state.or.us](mailto:COVID19.LanguageAccess@dhsoha.state.or.us)