

## Phase One Reopening Guidance

### General Guidance for the Public

- Stay home if you are sick.
- If you become symptomatic (cough, fever, shortness of breath) while in public, please self-isolate immediately and return home and contact your health care provider if you need medical attention.
- Individuals at risk for severe complications (over age 60 or have underlying medical conditions) should stay home to avoid exposure to COVID-19.
- Practice good hand hygiene with frequent handwashing for at least 20 seconds or use hand sanitizer (60-95% alcohol content).
- Cover coughs/sneezes with elbow or tissue (immediately discard tissues in garbage and wash hands).
- Avoid touching your face.
- Practice physical distancing of at least six (6) feet between you and others not in your household.
- Use cloth face coverings in public, as appropriate. 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. We recommend that everyone have a cloth or paper face covering available to use in public settings.
- Stay close to home, avoid overnight trips and other non-essential travel. Travel the minimum distance needed to obtain essential services; avoid traveling further than 50 miles from home. 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.