



# Living with COVID-19

**Together we have the ability to prevent COVID-19 from further spreading in our communities.**

Oregon has a framework to reduce transmission and protect Oregonians from COVID-19 until vaccines can be widely distributed.

While the rollout of vaccines in Oregon is promising, it will take time to reach the level of community immunity we need to fully return to normal life. Until vaccines are widely available with high participation rates, the surest way to protect ourselves and others is to continue practicing health and safety measures.

**All Oregonians have a part to play by continuing to:**



Wear a mask



Limit gatherings to small groups



Keep at least six feet away from others outside your household



Wash your hands



Stay home when sick



Get a flu shot



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## Find the Status of Activities in Your County

Baker County

Please select an activity

### Statewide/General

See Guidance for **Masks, Face Coverings, & Face Shields**

(14) ▼

### Baker County

For resources or more information on county-level restrictions [contact Baker county \(/Pages/county-contacts.aspx#Baker\)](/Pages/county-contacts.aspx#Baker).

HIGH RISK

### Bars, Restaurants, Breweries & Wineries

Indoor dining allowed Takeout highly recommended

Indoor capacity: not to exceed 25% maximum occupancy or 50 people, whichever is smaller Outdoor dining allowed

Outdoor capacity: 120 people maximum, including individual dining pods.

Individual dining pods allowed outdoors subject to outdoor capacity limit.

11:00 p.m. closing time

Indoor and outdoor seating: 6 people per party and per table maximum, limit 2 households

See FAQs for **Eating and Drinking Establishments - FAQ**

(12) ▼

See Guidance for **Eating & Drinking Establishments**

(12) ▼

See Printable  
Poster for **Dining  
Pods**Visit Link (English)  
(<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/1e3571.pdf>)

### Child Care Operations

See FAQs for **Childcare  
Resources for Families**Visit Link (English)  
(<https://oregonearlylearning.com/COVID-19-Resources/For-Families>)



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See FAQs for **Childcare Resources for Providers**

Visit Link (English)  
(<https://oregonearlylearning.com/COVID-19-Resources/For-Providers>)



See Guidance for **Child Care**

Visit Link (English) (<https://oregonearlylearning.com/covid-19-resources>)

## Churches, Synagogues, & Mosques

Indoor Capacity: Maximum 25% occupancy or 150 people total, whichever is smaller

Outdoor Capacity: 200 people maximum

See FAQs for **Faith Institutions, Funeral Homes, Mortuaries & Cemeteries - FAQ**

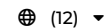


See Guidance for **Faith Institutions, Funeral Homes, Mortuaries, & Cemeteries**



## Drive-In Operations

See Guidance for **Drive-In Operations**



## Funeral Homes, Mortuaries, & Cemeteries

Indoor Capacity: Maximum 25% occupancy or 150 people total, whichever is smaller

Outdoor Capacity: 200 people maximum

See FAQs for **Faith Institutions, Funeral Homes, Mortuaries & Cemeteries - FAQ**



See Guidance for **Faith Institutions, Funeral Homes, Mortuaries, & Cemeteries**



## Gardens (Outdoor)

See FAQs for **Outdoor Entertainment Establishments FAQs**

(11) ▼

See Guidance for **Outdoor Entertainment Establishments**

(12) ▼

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## Grocery Stores/Pharmacies

50% max capacity.

Curbside pick-up encouraged

See FAQs for **Retail Stores, Indoor and Outdoor Shopping Centers and Malls**

(2) ▼

See Guidance for **Retail Stores**

(12) ▼

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## Hair Salons, Barbers, & Spas

Allowed

See FAQs for **Personal Services Providers FAQs**

(12) ▼

See Guidance for **Personal Services Providers**

(12) ▼

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## Higher Education

See Information for **Higher Education**Visit Link (English)  
(<https://www.oregon.gov/highered/about/pages/covid19.aspx>)See Information for **K-12 Schools**Visit Link (English) (<https://www.oregon.gov/ode/students-and-family/healthsafety/pages/covid19.aspx>)



## Hiking & Camping



Allowed

See FAQs for **Outdoor Recreation and Fitness Establishments - FAQs**

🌐 (9) ▼

See Guidance for **Outdoor Recreation & Fitness Establishments**

🌐 (12) ▼

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## Homeless Sheltering

See Information  
for **Homeless  
Sheltering**

Visit Link (English) ([https://govsite-assets.s3.amazonaws.com/zNjVaMzQ7OonPPgTDT6Q\\_Guidance-on-Executive-Order%2020-25%20regarding%20homelessness-2-.pdf](https://govsite-assets.s3.amazonaws.com/zNjVaMzQ7OonPPgTDT6Q_Guidance-on-Executive-Order%2020-25%20regarding%20homelessness-2-.pdf))

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## Indoor Gyms & Fitness

Capacity: Maximum 10% occupancy or 50 people total, whichever is larger.

Indoor full-contact sports allowed for adult/club/youth sports with guidance requirements.

Indoor full-contact sports allowed for K-12 with submitted plan.

See FAQs for **Indoor Recreation & Fitness Establishments FAQ**

🌐 (11) ▼

See Guidance for **Indoor Recreation & Fitness Establishments**

🌐 (17) ▼

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## Indoor Pools

Capacity: Maximum 10% occupancy or 50 people total, whichever is larger.

Indoor full-contact sports allowed for adult/club/youth sports with guidance requirements.

Indoor full-contact sports allowed for K-12 with submitted plan.

See FAQs for **Indoor Recreation & Fitness Establishments FAQ**

🌐 (11) ▼



### K-12 Schools

See Information for <b>K-12 Schools</b>	Visit Link (English) ( <a href="https://www.oregon.gov/ode/students-and-family/healthsafety/pages/covid19.aspx">https://www.oregon.gov/ode/students-and-family/healthsafety/pages/covid19.aspx</a> )
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### Long-Term Care

See Information for <b>Long-Term Care</b>	Visit Link (English) ( <a href="https://www.oregon.gov/dhs/covid-19/pages/ltc-facilities.aspx">https://www.oregon.gov/dhs/covid-19/pages/ltc-facilities.aspx</a> )
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### Masks/Face Coverings

See FAQs for <b>Statewide Mask, Face Shield, Face Covering FAQs</b>	<div> (12) ▼</div>
See Guidance for <b>Masks, Face Coverings, &amp; Face Shields</b>	<div> (14) ▼</div>

### Museums


Capacity: Maximum 10% occupancy or 50 people total, whichever is larger.

11:00 p.m. closing time.

See FAQs for <b>Indoor Entertainment Establishment FAQ</b>	<div> (12) ▼</div>
See Guidance for <b>Indoor Entertainment Establishments</b>	<div> (12) ▼</div>

### Offices

Recommend remote work if able

See Guidance for <b>General Guidance for Employers &amp; Organizations</b>	<div> (12) ▼</div>
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## Outdoor Pools

Maximum 15% capacity.

Outdoor full-contact sports allowed for adult/club/youth sports with guidance requirements.

Outdoor full-contact sports allowed for K-12 with submitted plan.

See FAQs for **Outdoor Recreation and Fitness Establishments - FAQs**

(9) ▼

See Guidance for **Outdoor Recreation & Fitness Establishments**

(12) ▼

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## Outdoor Recreation & Fitness

Maximum 15% capacity.

Outdoor full-contact sports allowed for adult/club/youth sports with guidance requirements.

Outdoor full-contact sports allowed for K-12 with submitted plan.

See FAQs for **Outdoor Recreation and Fitness Establishments - FAQs**

(9) ▼

See Guidance for **Outdoor Recreation & Fitness Establishments**

(12) ▼

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## Professional & Division I Sports

See Guidance for **Professional, Semi-Professional, Minor League & Collegiate Sports**

(12) ▼

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## Self-Service Food & Drinks

See Guidance for **Self-Service Operations**

(12) ▼



## Shopping Centers & Malls



Capacity: Maximum 50% occupancy.

Curbside pick-up encouraged

See FAQs for **Retail Stores, Indoor and Outdoor Shopping Centers and Malls**

🌐 (2) ▼

See Guidance for **Indoor / Outdoor Shopping Centers & Malls**

🌐 (12) ▼

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## Shopping / Stores

50% max capacity.

Curbside pick-up encouraged

See FAQs for **Retail Stores, Indoor and Outdoor Shopping Centers and Malls**

🌐 (2) ▼

See Guidance for **Retail Stores**

🌐 (12) ▼

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## Social & At-Home Gatherings (Outdoor)

Maximum 8 people

See FAQs for **Gatherings - FAQs**

🌐 (11) ▼

See Guidance for **Social & At-Home Gatherings**

🌐 (13) ▼

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## Social and At-Home Gathering (Indoor)

Maximum 6 people.

Recommended limit: 2 households

See Guidance for **Social & At-Home Gatherings**

🌐 (13) ▼





## Street Fairs & Markets

50% max capacity.

Curbside pick-up encouraged

See Guidance for **Retail Stores**

(12) ▼

## Tattoo/Piercing

Allowed

See FAQs for **Personal Services Providers FAQs**

(12) ▼

See Guidance for **Personal Services Providers**

(12) ▼

## Theaters

Capacity: Maximum 10% occupancy or 50 people total, whichever is larger.

11:00 p.m. closing time.

See FAQs for **Indoor Entertainment Establishment FAQ**

(12) ▼

See Guidance for **Indoor Entertainment Establishments**

(12) ▼

## Transit Agencies

See Guidance for **Transit Agencies**

(12) ▼

## Youth Programs



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See FAQs for **Youth Programs**

🌐 (7) ▼

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See Guidance for **Youth Programs**

🌐 (12) ▼

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## Zoos

Maximum 15% capacity

11 p.m. closing time

See FAQs for **Outdoor Entertainment Establishments FAQs**

🌐 (11) ▼

See Guidance for **Outdoor Entertainment Establishments**

🌐 (12) ▼

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**Note:** All activities are subject to more detailed, sector-specific guidance. All activities assume mask usage, at least 6 feet of physical distancing, provision for hand hygiene, and enhanced cleaning protocols. Congregate homeless sheltering, outdoor recreation & sports, youth programs, childcare, K12 schools (including sports), higher education, and current Division 1 and professional athletics exemptions operate under sector-specific guidance for all risk levels.

📅 [View all Guidance \(/Pages/guidance.aspx\)](/Pages/guidance.aspx)

## Current Risk Level by County

County Risk Levels are updated every two weeks in response to how COVID-19 is spreading in our communities.

On Tuesday of Week One (called the Warning Week), data for the previous two weeks is published so counties can prepare for potential risk level changes the following week.

On Tuesday of Week Two (called the Movement Week), updated data is published and County Risk Levels are assigned. Risk Levels take effect on Friday and remain in effect for the next two weeks while this process repeats.




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 [View all Counties & Risk Levels \(https://public.tableau.com/views/OregonCountiesCOVID-19RiskLevelsSummaryTable/SummaryTable?:language=en&display\\_count=y&publish=yes&:origin=viz\\_share\\_link\)](https://public.tableau.com/views/OregonCountiesCOVID-19RiskLevelsSummaryTable/SummaryTable?:language=en&display_count=y&publish=yes&:origin=viz_share_link)

## Understand Your County's Risk Level

As we live with COVID-19 through the coming months, risk reduction measures are important to limit the spread of disease, reduce risk in communities more vulnerable to serious illness and death, and to help conserve hospital beds and staff capacity so that all Oregonians continue to have access to quality care.

Disease spread and percent positivity determine the risk level for activities allowed. Some of this data includes case rates for larger population counties or absolute cases for smaller population counties. Other metrics serve as additional data for context. Counties must remain in a risk level for at least two weeks before moving to a less restrictive phase, and must propose community mitigation measures to minimize risk based on disease spread. The Oregon Healthy Authority and the Governor's Office use this data to assign risk level, but counties may choose to remain in a more restrictive risk level for the safety of their community.

Spread (plus other factors)		Risk level assigned
Minimal Spread	=	Lower Risk
Moderate Spread	=	Moderate Risk
Substantial Spread	=	High Risk
Widespread	=	Extreme Risk



## Understand how data is used to make decisions

We rely on science and data to inform guidance to reduce the risk of COVID-19 spread in our communities. And, as we learn more about the virus itself, we are changing the way we use data to inform the guidance we issue to reduce risk of transmission in the community.

We know that living with COVID-19 and the measures we are taking to control its spread have been difficult – impacting our mental health, daily rituals, and the economy. Some communities in our state – communities of color, individuals with disabilities, and the elderly – have been especially impacted by COVID-19. But by working together, we can reduce the spread of this disease, allow more students and staff to return to school with lower risk, and start to revitalize the economy. Below is the framework guiding our approach to reduce transmission and protect Oregonians from COVID-19.

### Indicators of COVID-19 Spread

We use indicators of disease spread to determine which restrictive measures will reduce risk from COVID-19. The principles for reducing risk inform sector-specific guidance to protect Oregonians — including workers, customers, and others — in these sectors

Indicators	Applies to	Minimal Spread	Moderate Spread	Substantial Spread	Widespread
Rate of COVID-19 cases per 100,000 over 14 days	Counties with 30,000+ people	<50.0	50.0 to <100.0	100.0 to <200.0	≥200.0
Number of COVID-19 cases over 14 days	Counties with <30,000 people	<30	30 to <45	45 to 59	≥60
Percentage test positivity over previous 14 days	Counties with >15,000 people	<5.0%	5.0% to <8.0%	8.0% to <10.0%	≥10.0%

### Common questions & answers

**Why are some activities open in certain risk levels (like grocery stores or churches) while others (like schools and gyms) are closed?**



**What does Oregon's Hospital Capacity look like?**



**What can I do to reduce my county's risk level so more activities and businesses can open?**



**What Happened to the Watch List?**






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Tracking COVID-19 (<https://public.tableau.com/profile/oregon.health.authority.covid.19#!/vizhome/OregonsCOVID-19DataDashboards-TableofContents/TableofContentsStatewide>)

Current Status and Guidance ([/Pages/living-with-covid-19.aspx](#))

County Contact Info (/Pages/county-contacts.aspx)

Social Media Toolkit (/Pages/social-media-toolkit.aspx)

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