

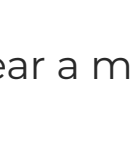
# Living with COVID-19

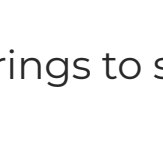
Together we have the ability to prevent COVID-19 from further spreading in our communities.

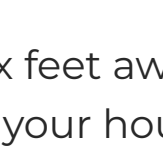
Oregon has a framework to reduce transmission and protect Oregonians from COVID-19 until vaccines can be widely distributed.

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:

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Wear a mask
- 

Limit gatherings to small groups
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Keep at least six feet away from others outside your household
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Wash your hands
- 

Stay home when sick
- 

Get a flu shot

## Find the Status of Activities in Your County

Please select a county

Please select an activity

**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.

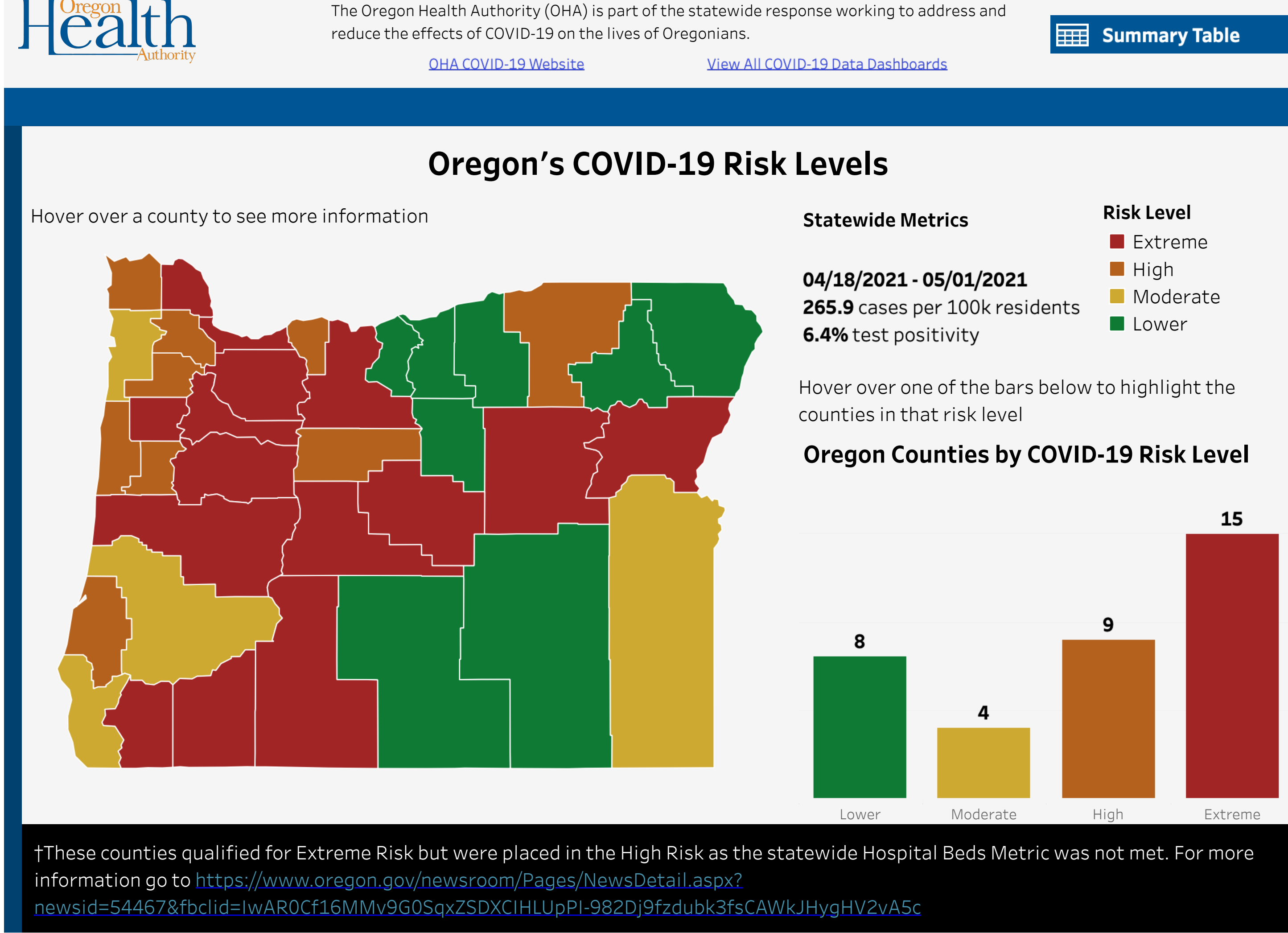
 [View all Guidance](#)

## 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.



## 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?

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- What does Oregon's Hospital Capacity look like?

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

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- What Happened to the Watch List?

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