

Oregon's Stay at Home Order - Social Distancing Required in the Workplace March 23, 2020

March 23, 2020 Governor Kate Brown mandated new restrictions on businesses and social activities with the "STAY HOME, SAVE LIVES" Executive Order. The new order requires social distancing in the workplace that includes **maintaining a minimum of 6 feet between individuals at all times.**

Social Distancing at work - REQUIRED

The following are required when working in the same room or building for ALL employees;

- **Telecommute if possible**
- **Maintain a distance of at least 6 feet from other people at all times, including customers**
- **As per CDC updated guidelines, wear gloves anytime you are disinfecting and cleaning surfaces**
 - Open windows, adjust air conditioning and ventilation when possible to bring in more outside air
 - Provide gloves, hand sanitizer and cleaning wipes and/or solutions, and paper towels to staff
 - Stagger work schedules
 - Work in isolated offices, rooms or cubicles
 - Park at least 1 space away from other vehicles
 - Wash your hands frequently and according to recommended CDC guidelines
 - Regularly wipe down hard surfaces including desktops, door handles, doors, handrails, fridges, sinks, bathrooms, tables, and more with proper disinfecting cleaning wipes or spray
 - Don't share landline phones or workstations
 - Don't ask to borrow or use someone else's mobile phone
 - Don't touch people or shake hands
 - Don't touch your face
 - Dispose of anything that touches your mouth, such as coffee cups, plastic utensils, paper napkins, and food remnants in a closed garbage receptacle
 - Wash your dirty dishes with soap and water immediately after eating
 - Only one person at a time in lunch areas
 - Do not share food from the same container
 - Practice sneezing and coughing etiquette by using tissues or your elbow

ARE YOU SICK - Symptoms of COVID-19

If you are experiencing any symptoms related to coronavirus, the flu or a cold, please stay home and contact your healthcare provider;

- Fever
- Headache
- Dry cough
- Congestion
- Sore throat
- Stomach upset or diarrhea

For the complete text of Governor Brown's Stay Home Executive Order;

https://govsite-assets.s3.amazonaws.com/jkAUIYKcSh6DoDF8wBM0_EO%2020-12.pdf

For up to date information on the virus, please visit;

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

**CDC recommends 6 feet for social distancing, World Health Organization recommends 3 feet or more for social distancing*