

Oregon Stay at Home Order

March 23, 2020

This morning Governor Kate Brown issued an executive order directing everyone to stay at home as much as possible, to cancel all social events and activities, and added to the list of businesses that must close. Check to see if your business is on the list and make sure your employees are practicing social distancing in the office (or better, let them work from home if you can).

Social Distancing in our communities and at work

Let staff telecommute to the greatest extent possible

- Use video conferencing platforms such as Zoom to connect and try to maintain normalcy.
- If you are concerned about productivity, set daily goals and expectations and schedule regular Zoom check-ins.
- To combat the isolation, some companies have begun check-in coffee chats in the mornings, and check-out chat at the end of the day

While in the workplace

- Stagger shifts, move each employee to their own office or , at the least, cubicle.
- Only one person in the lunchroom at a time, no group or team meals.
- In meetings sit at least 6 feet apart.
- If you are a public-facing business that is allowed to remain open, such as for take-out, follow CDC guidelines and provide face masks, gloves, soap, hand-sanitizer and other PPE if you can, and keep staff 6 feet apart.
- Provide hand sanitizer and wipes so workers can regularly wipe down surfaces. And remind everyone to wash their hands!

Out and about - Maintain your space of 6 feet apart, be mindful of others, and don't hoard and don't touch your face. Stay at home, only go where you must.

Symptoms? STAY HOME. Call your doctor right away if you have any symptoms of a cold, the flu or coronavirus. The list of most common symptoms may not be inclusive of all so it's better to be safe.

Business that can remain open and activities you can do

Allowed (must keep 6 feet from others):

- Hospitals and health care
- Grocery stores
- Banks
- Pharmacies
- Take-out/delivery from restaurants and bars
- Pet stores
- Gas stations
- Certain retail stores
- Outdoor activities like walking your dog, jogging, or biking in your neighborhood
- Child care facilities and babysitters (only if abiding by new rules)

Businesses that must close and activities no longer allowed

Not Allowed:

- Social gatherings (parties, celebrations) with people from outside of your household
- Dine-in restaurants and bars
- Nightclubs and concerts
- Shopping at outdoor or indoor malls and retail complexes
- Fitness: Gyms, sports and fitness centers, health clubs, and exercise studios, dance and yoga studios
- Grooming: Hair salons, barbershops, nail salons, massage parlors, non-medical wellness spas, cosmetic stores, tattoo parlors
- Entertainment: Theaters, amusement parks, arcades, bowling alleys, music concerts, sporting events, museums, skating rinks
- Outdoors: State parks, playgrounds, campgrounds, pools, skate parks, festivals

Questions?

You can find more information [about the executive order here](#), or feel free to contact me through email or the phone.

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