

Office of Developmental Disabilities Services

Guidance on Phase 1 Reopening in Oregon

The Office of Developmental Disabilities Services (ODDS) is dedicated to supporting the safety and health of Oregonians with intellectual and developmental disabilities during the COVID-19 pandemic.

Some counties in Oregon are reopening certain businesses and services, with guidance from public health. While staying home is not always fun, studies have shown that people with intellectual and developmental disabilities are at higher risk of bad side effects from COVID-19, including pneumonia. Even as counties reopen, ODDS recommends that you do your best to stay home right now.

It is not easy to stay home, especially as places in your community begin to reopen. Try to stay home and if you decide to leave your home, please protect yourself. The virus is thought to spread mostly from person-to-person, between people who are close together. Remember, the virus is still present in our communities and the best way to prevent illness is to avoid being exposed.

Here are some tips for staying safe:

- Wear a cloth face cover or disposable surgical mask when you go out in public. Remember that a face cover is not a substitute for keeping your distance from others.
- Clean and disinfect often touched surfaces in your home daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Stay home if you are sick.
- If you have a disability, are over age 60 or have other medical conditions, you should stay home even if you feel well.
- Practice good hygiene – hand washing, hand sanitizing, cover coughs, and don't touch your face.
- Practice physical distancing and stay at least six feet away from people who are not part of your household.

If COVID-19 cases start to increase again in Oregon, communities may have to go back to "Stay at Home" orders. Everyone can do their part by continuing to stay home and stay safe.