

Eberth, Natasha

From: Jordan, Michael
Sent: Wednesday, June 29, 2022 8:22 AM
To: Citywide All Employees Distribution List
Subject: COVID-19 Update June 29, 2022

City employees,

Throughout the COVID-19 pandemic we have prioritized your health and safety by following guidance from the Center for Disease Control (CDC), Oregon Health Authority (OHA), Oregon Occupational Safety and Health Administration (OR-OSHA), and Multnomah County. This includes staying current with recommended COVID-19 vaccinations, wearing a well-fitting mask, being tested, and staying home when sick. Following this guidance has helped protect the City from experiencing major service disruptions and minimized the number of cases that were acquired while at work.

This update reflects where we are in the pandemic today related to the high number of vaccinated employees, the availability of treatments for those at high risk, the availability of vaccines for children, and the new virus variants that spread quickly and easily but tend to cause milder symptoms thanks to treatment and vaccines.

The following changes go into effect Thursday, June 30, 2022.

- Unvaccinated employees are no longer required to test for COVID-19 but must continue to wear KN95 or N95 masks while working indoors and whenever distancing is not possible. The value of testing staff without a known exposure and without symptoms is acknowledged to be low with the Omicron variants. Instead, voluntary post-exposure and screening tests will now be available to all employees. Location, time and date information is available on the [testing web page](#) and in the latest BHR Bulletin.
- Contact tracing and quarantine after exposure are not required in most cases, but in accordance with OR-OSHA rules we will continue to notify staff when there has been a COVID-19 positive employee in their workplace. These notifications will include the date and general location of the potential exposure.

We will continue to monitor recommendations from local, state, and national public health authorities and make additional updates when necessary. Please see below for additional clarification regarding exposure.

1. **If you have COVID-19 symptoms or test positive, you still need to isolate** away from others.
 1. Stay home and away from others for at least five days.
 2. After five days, you can return to a City work site if you
 - (a) Have had no fever for at least 24 hours without fever reducing medicine
 - AND
 - (b) Have only mild symptoms that are improving
 3. Continue to wear a well-fitting mask around others for five more days.
2. **If you are exposed* to COVID-19, you no longer need to quarantine** away from others. However, regardless of vaccination status, you should:
 1. Watch for symptoms for 10 days.
 2. Wear a well-fitting mask around others for 10 days.

3. Get tested if possible five days after your last exposure.
 4. If you test positive and/or develop COVID symptoms, stay home and follow isolation guidelines.
3. **Quarantining after exposure** to a positive case is **still required** in high-risk settings like fire stations and housing shelters where people live or work in congregate or healthcare settings. Bureaus may elect to require alternate work arrangements (such as teleworking) for staff with a known exposure to COVID-19.

*Exposed means spending at least 15 minutes or more within six feet of someone over the course of a day, with or without a mask.

More information:

- [Oregon Health Authority: How to Self-Isolate](#)
- [If You Test Positive for COVID-19](#)
- [OHA's Isolation and Quarantine Guidance](#)
- [Isolation and Quarantine | Multnomah County \(multco.us\)](#)
- City of Portland [COVID-19 Exposure Notification Template](#)

Sincerely,

Mike

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