



TOGETHER FOR NATURE

## Adult Programs and COVID-19 Guidelines

Safety is of paramount importance to Portland Audubon. We follow strict COVID-19 safety protocols as defined by the CDC, and our programs follow all safety protocols dictated by the Oregon Health Authority. Furthermore, we follow our own COVID-19 guidelines as described below. **Please see your specific program and trip leader for additional details.**

### Mandatory Guidelines for In-person Programming

- **Properly placed masks must be worn at all times** regardless of vaccination status unless otherwise indicated by your leader, including when the group is **outdoors or indoors**, and participants from different households ride together in vehicles. If at any time you need to temporarily remove your mask (to have a drink of water, etc.), please walk away from the group.
- Due to the highly contagious nature of the Omicron variant, we strongly recommend wearing a K95 or N95 mask for any indoor program.
- We ask participants to maintain a **minimum of 6 feet of physical distance** between guests from different households whenever possible.
- **Proof of complete, up-to-date vaccination is required on any program where participants are indoors together for extended lengths of time (greater than 15 minutes)**, including ride-sharing. All group vehicle use will require you to wear masks. All participants and leaders must be fully vaccinated and up to date with all recommended boosters. Per the [CDC](#), you are considered up to date until you are eligible for a booster – 5 months after the second dose in a two-shot series (Pfizer-BioNTech or Moderna vaccines) or two months after the J&J/Janssen vaccine. After this period, a booster shot is recommended, and you are no longer up to date. Boosters must be completed at least 14 days before the program begins.
- Please stay home if you or anyone in your household has had signs or symptoms of COVID-19, per the [CDC symptom list](#). You will not be permitted on the program if you have any signs or symptoms of COVID-19. You will not be allowed on the program if you have tested positive for COVID-19 or have been in contact with a positive COVID-19 case within the past two weeks.

Additional information on specific COVID-19 policies can be found in the following documents:

[2021 Domestic Ecotour Policies](#)

[2021 International Ecotour Policies](#)

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We encourage everyone to keep informed of developments, as this situation is rapidly evolving. Portland Audubon will continue to follow and adhere to recommendations issued by the CDC or Public Health — Multnomah County. General inquiries can be made at [info@audubonportland.org](mailto:info@audubonportland.org).

**Additional Resources**

Public Health — [Multnomah County Information COVID-19](#)

Public Health — [Multnomah County COVID-19 Daily Situation Reports](#)

Oregon Health Authority — [COVID-19 Information](#)

Centers for Disease Control and Prevention — [COVID-19 Information](#)

Centers for Disease Control and Prevention — [COVID-19 Travel FAQ](#)