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](#)

Contact: Erin Law, Senior Educator, Adult Classes & Trips | elaw@audubonportland.org
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.

**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](#)