

CHARBONNEAU COUNTRY CLUB EMERGENCY PREPAREDNESS COMMITTEE
NEIGHBOR CARE BULLETIN
07/28/2020

Rules to Live by During a Pandemic

Your Charbonneau Emergency Preparedness/Public Safety (EPPS) committee has been bringing you these Neighbor Care bulletins as a way for us to all share accurate, science-based information regarding Covid19 and to remember we are all in this together. If you are like many of us, you are asking yourself “when does ‘normal’ come back?” Since this is not going away anytime soon, we went looking for some practical advice on how to live through a pandemic. The following is a shortened version of a NYTimes article titled “Rules to Live by During a Pandemic.”

1. **Check the health of your state and community:** To gauge your risk of coming into contact with an infected person, pay attention to two important indicators of Covid-19 in your area: the percentage of tests that are positive, and the trend in overall case rates. When positive test rates stay at **5 percent or lower for two weeks**, that suggests there’s adequate testing in your state to get virus transmission under control, and you’re less likely to cross paths with the virus. The closer the number is to 2 percent, the better. You can check this chart from Johns Hopkins University: (Oregon is at 5.27%)
<https://coronavirus.jhu.edu/testing/testing-positivity>
2. **Limit the number of your close contacts:** You’re safest with members of your household, but if you want to widen your circle to extended family or friends, keep the number of close contacts as low and as consistent as possible. One way to do this is to form a “corona bubble,” which happens when two households form an exclusive social circle, agreeing on safety guidelines and to see only each other.
3. **Manage your exposure budget:** Risk is cumulative. Going forward, you’ll need to make trade-offs, choosing activities that are most important to you (like seeing an aging parent) and skipping things that might matter less (an office going-away party). Think about managing virus risk just as you might manage a diet: If you want dessert, eat a little less for dinner.
4. **Keep higher risk activities as short as possible:** Every time you make plans, ask yourself, “If an infected person happens to be nearby, how much time could I be spending with them?” It takes an extended period of close contact with an infected person, or extended time in a poorly ventilated room with an infected person, to have a substantial risk of catching the virus through the air.
5. **Keep taking pandemic precautions:**
 - Keep a mask handy. Wear a mask in enclosed spaces, when you shop or go to the office and anytime you are in close contact with people outside your household.
 - Practice social distancing — staying six feet apart — when you are with people who live outside your household. **Keep social activities outdoors.**
 - Wash hands frequently, and be mindful about touching public surfaces (elevator buttons, hand rails, subway poles, and other high-touch areas)
 - Adopt stricter quarantine practices if you or someone in your circle is at higher risk.