



December 2 City of Eugene Community Update

This document was published December 2, 2020. For the most up to date information on the City's work related to COVID-19, please visit our [COVID-19 web pages](#). For health and safety information about COVID-19 including confirmed cases and testing data, please visit [Lane County Public Health](#) or [Oregon Health Authority's](#) websites.

As we turn our calendars to December, we'd like to share gratitude for those who modified their Thanksgiving holiday – potentially sacrificing time with loved ones – and helped to slow the spread of COVID-19 in our community, region and state. We know it's hard, but you're making a difference for your family, friends and neighbors.

Many thanks to those who continue shopping locally and ordering from our restaurants and breweries. We all need support this time of year, including our small businesses. For those remaining items on your holiday shopping list, check out the [Eugene Area Chamber of Commerce's shop local guide](#).

Oregon's Risk and Protection Framework

Tomorrow brings more changes as the state's two-week freeze expires. Governor Kate Brown announced [Oregon's Risk and Protection Framework](#) starting December 3. This new health and safety framework uses current data to help inform safety measures at the county level.

Lane County falls under the extreme risk category due to the spread of COVID-19 in our community. While this is the highest risk category under Governor Brown's new order, there are some changes.

What's allowed:

- Outdoor dining; takeout highly recommended
- Retail stores, including Farmers' and Holiday markets; max 50 percent of capacity, encourage curbside pickup
- Faith institutions; indoor max 25 percent capacity or 100 total (whichever is smaller), 150 outdoor
- Parks, hiking trails and outdoor gardens; max 50 people
- Outdoor recreation and fitness establishments; max 50 people
*Amazon Pool reopens December 3 - [See registration info](#)
- Outdoor entertainment establishments; max 50 people

- Personal services

See [Oregon Health Authority's Guidance by Activity Table](#) for full details.

The Oregon Health Authority will reassess county risk levels every two weeks based on the [Disease Metrics Table](#). Governor Brown emphasizes that there is no Zero Risk category. Until COVID-19 vaccines are widely available, health and safety precautions will remain in place so that schools, businesses, and communities can reopen, and stay open.

Learn more about the new health and safety framework on our [Keeping Eugene Safe page](#).

Mental Wellbeing During the Holidays

Many of us are feeling exhausted, anxious, and sad after dealing with months of the pandemic. Pandemic fatigue is real, and if you are feeling it you are not alone. It's more important than ever to take care of ourselves. Here are a few ways to prioritize your wellbeing:

- Take care of your body by getting enough sleep, maintaining a nutritious diet and exercising regularly.
- Replenish your energy and reduce stress through activities like meditation, yoga, gardening, music, reading, walking in nature or watching a comedy.
- Connect with others. Being apart from friends and loved ones can be incredibly challenging and isolating. Find safe ways to connect like phone calls, video chats or online classes.
- Limit your news intake. The bombardment of negative and sensational headlines can be overwhelming. Take a break for a day or two or limit yourself on a daily basis.
- Create new traditions to give yourself something fun to look forward to, like a Friday family movie night or Sunday self-care.
- Get outside with [Eugene's parks and trails](#), a tour of the [20x21 Mural Project](#), or a drive to play in the snow.

The CDC has put together a guide for [holiday celebrations and small gatherings](#) with suggestions of how to safely celebrate. See our [Health and Wellbeing page](#) and open the Mental Health tab to find other helpful local and national resources.

Hult Center Presents Still at Home Talent Show – Holiday Edition



The Hult Center’s “Still at Home Talent Show – Holiday Edition” is now seeking entries from local creatives between now and December 10 for 2020 Holiday Card designs, original dances, as well as holiday songs both new and reimagined. Get the [full details on how to apply](#) and possibly win some snazzy prizes.

Stay Safe This Holiday Season



Follow the Four

1. Stay six feet apart
2. Wear a mask
3. Wash Your hands
4. Avoid large gatherings

COVID-19 Resources

See a list of [Community Resources](#) for physical and mental health, food, housing, businesses, employees, schools and children, as well as information in Spanish.

Also learn how you can help. Our partners have a significant amount of information available online. Please visit these resources for the most up to date information:

- [Centers for Disease Control and Prevention](#)
- [State of Oregon](#)
- [Oregon Health Authority](#)
- [Lane County Public Health](#)
- Lane County Call Center: Open Monday through Friday from 8 a.m.-5 p.m., 541-682-1380

Previous Community Update

[November 24, 2020 Community Update](#)