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Dec. 22, 2021

To: Individuals, families, providers and partners  
From: Lilia Teninty, Director, Office of Developmental Disabilities Services (ODDS)  
Subject: Staying safe this holiday season

Gov. Kate Brown, Oregon Health Authority (OHA) and Oregon Health & Science University (OHSU) recently shared [concerning information](#) about the projected spread of COVID-19 in Oregon due to the new Omicron variant.

The Omicron variant appears to be more contagious. Cases of COVID-19 are expected to rise. Here is a reminder of what you can do to stay safe and healthy, especially during this holiday season.

- **Get vaccinated as soon as you can.** [Ensure your eligible children are vaccinated.](#)
- **Get boosted.** [If your last vaccine was at least 6 months ago](#) (or two months ago for Johnson & Johnson), get a booster shot right away. With roughly three weeks until the projected surge begins and two weeks for the booster shot to become fully effective, the time to act is now.

**What else can you do?**



- Wear a well-fitting mask in indoor public spaces and crowded outdoor spaces. As a reminder, masks are required for all developmental disabilities providers with the exception of providers who live with the person supported. This policy includes personal support workers and independent providers such as behavior professionals.
- Get tested for COVID-19 before and after traveling. Monitor for symptoms.
- If you are meeting people at higher-risk of COVID-19 infection, take more precautions such as wearing a KN95 or N95 mask.

You can find first, second, third and booster doses at [Oregon's high-volume vaccination sites](#). You can also find [other vaccine locations](#) near you. Contact your Services Coordinator or Personal Agent to help you get a booster shot or vaccination appointment. Vaccinations are also available through pharmacies, doctor's offices and vaccine clinics.

You can also call 211 or 1-866-698-6155 or email: [help@211info.org](mailto:help@211info.org). COVID-19 vaccines are free.

Information on ODDS' COVID policies and worker's guides are outlined in transmittal [PT-20-074](#).

I appreciate everything that people with intellectual and developmental disabilities, family members, providers and case managers are doing to support health and safety. I wish you a safe and healthy holiday season.



Lilia Teninty  
Director  
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