May 2, 2020

Oregon Guidance on Face Covering Use by the Public* to Prevent Spread of COVID-19

As Oregon moves toward reopening businesses and public spaces, complying with measures to prevent the transmission of COVID-19 will be more important than ever. These measures include:

- Physical distancing, as mandated by the Governor’s Executive Order
- Washing hands often
- Cleaning surfaces often
- Covering your cough
- Staying home when you are sick, and
- Using face coverings (either cloth, paper, or disposable) as appropriate.

Consistent with the Centers for Disease Control and Prevention (CDC) recommendations, the Oregon Health Authority recognizes the use of face coverings may reduce the spread of COVID-19 among Oregonians. This includes viral spread from people who have the infection, but no symptoms.

As businesses and public spaces reopen in Oregon, it may be difficult to always keep 6 feet between people. Therefore, OHA recommends that the public use face coverings in businesses and public settings.

Face coverings do not change the need to:

- Limit social and recreational activities where people can’t stay 6 feet apart.
- Stay at least 6 feet from others during necessary trips to grocery stores, pharmacies or health care entities.
- Cover your cough or sneeze with a tissue and throw it away right after; or cough or sneeze into your upper sleeve, rather than into your hands.
- Avoid touching your eyes, nose, mouth or face.
- Clean your hands regularly and thoroughly with soap and water or use alcohol-based hand sanitizer if you can’t wash your hands.
- If you’re sick, isolate yourself. Stay away from work, family and friends. Do so until 72 hours after both fever and cough have gone away without the use of fever-reducing medicine.

*For recommendations on masks and face coverings in health care settings, see related guidance from Oregon Health Authority or from Centers for Disease Control and Prevention.
You can get this document free of charge in other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsoha.state.or.us.