



Date: May 12, 2022

## Public Health Recommendations:

### Wearing Masks, Face Coverings and Face Shields and Physically Distancing

**Definitions. For purposes of these recommendations, the following definitions apply:**

- “Face covering” means a cloth, polypropylene, paper or other face covering that covers the nose and the mouth and that rests snugly above the nose, below the mouth, and on the sides of the face.
  - The following **are not** face coverings because they allow droplets to be released: a covering that incorporates a valve that is designed to facilitate easy exhalation, mesh masks, lace masks or other coverings with openings, holes, visible gaps in the design or material, or vents.
- “Face shield” means a clear plastic shield that covers the forehead, extends below the chin, and wraps around the sides of the face.
- “Fully vaccinated individual” means an individual has received both doses of a two-dose COVID-19 vaccine or one dose of a single-dose COVID-19 vaccine and at least 14 days have passed since the individual’s final dose of COVID-19 vaccine.
- “Health care setting” means any place where health care, including physical or behavioral health care is delivered and includes, but is not limited to any health care facility or agency licensed under ORS chapter 441 or 443, such as hospitals, ambulatory surgical centers, birthing centers, special inpatient care facilities, long-term acute care facilities, inpatient rehabilitation facilities, inpatient hospice facilities, nursing facilities, assisted living facilities, and residential facilities, behavioral health residential facilities, home health care, hospice, pharmacies, in-home care, vehicles or temporary sites where health care is delivered (for example, mobile clinics, ambulances, secure transportation, and street based medicine), and outpatient facilities, such as dialysis centers, health care provider offices, behavioral health care offices, urgent care centers, counseling offices, school-based health centers, offices that provide complementary and alternative medicine such as acupuncture, homeopathy, naturopathy, chiropractic and osteopathic medicine, and other specialty centers.
- “Mask” means a medical grade mask.

- “Public transportation” means any form of transportation open to the public including but not limited to trains, buses, trolleys, street cars, vans, school buses, airplanes, boats, ride sharing services. Public transportation does not include private vehicles unless the private vehicle is being used for public transportation such as ride sharing services.
- "Ride sharing services" means transportation services, whether public or private, where a driver transports an individual or a group of people in a vehicle and charges a fare or bills for services. Ride sharing services include, but are not limited to, taxicabs, Uber, and Lyft.
- “Transportation hub” means any airport, bus terminal, marina, seaport or other port, subway station terminal (including any fixed facility at which passengers are picked-up or discharged), train station, U.S. port of entry, or any other location that provides transportation subject to the jurisdiction of the United States.

## The recommendations in this document are for the general public.

### Notes:

- **Masks are required** in health care settings following [OAR 333-019-1011](#).
  - [Health Care Setting Masking Requirements FAQ](#) [more languages available here](#).
- The following settings **may have masking requirements**. OHA recommends that individuals check requirements before accessing services in these settings.
  - [Houseless Shelters](#)
  - [Certain workplaces as required by the Oregon Occupational Safety and Health Administration \(OR-OSHA\)](#)
  - Correctional Facilities

### The Oregon Health Authority strongly recommends that:

- All individuals that wish to wear a mask continue to do so.
- All people in Oregon support the right of other individuals to choose whether and when to wear a mask.
- Individuals continue to wear a mask when on public transportation, in ride-sharing services, on airplanes and in transportation hubs such as airports.
- Individuals review the Centers for Disease Control and Prevention’s (CDC) [Community Levels](#) to understand the rate of COVID-19 transmission in their community.
- Individuals who live in communities with high transmission continue to wear a mask or face covering when in indoor public places, including in schools and other community settings.

- Individuals who live with someone who is immunocompromised or at high risk of severe COVID-19 disease, wear a mask or face covering indoors when with the at-risk or immunocompromised household member.
- In outdoor crowded areas or large gatherings, individuals who are unvaccinated, immunocompromised, at [risk for severe COVID-19 disease](#), or living with someone in one of these categories continue to wear a mask or face covering and maintain physical distancing of at least six (6) feet from other individuals. Crowded areas and large gatherings of individuals include but are not limited to venues, event areas, sports events, fairs, festivals, parades, graduation ceremonies or wedding receptions.
- Individuals who are fully vaccinated and immunocompromised speak to their healthcare provider about what precautions they need to keep taking. Evidence suggests vaccines may be less effective in immunocompromised people. OHA recommends that for some immunocompromised individuals the safest option is to keep masking and physical distancing particularly when around people that are unvaccinated.

**OHA does not recommend** that individuals wear a face shield instead of a mask or face covering. Face shields can be very good at blocking droplets that individuals release, but they are not as effective at limiting the release of aerosols that can go around the shield. Wearing a face shield without a mask or face covering underneath the shield should be limited to situations when wearing a mask or face covering is not feasible, such as:

- When a person has a medical condition that prevents them from wearing a mask or face covering.
- When people need to see mouth and tongue motions in order to communicate (e.g., for communicating with children in certain developmental stages or people hard of hearing).

**For children 12 years and younger OHA strongly recommends that:**

- Individuals under the age of two (2) DO NOT wear a mask, face covering or face shield.
- As children under 5 are not yet eligible for vaccination, when in areas with high transmission, children ages 2–4 years wear a face covering indoors unless:
  - They have a verified medical condition or disability that prevents them from safely wearing a face covering;
  - They are unable to remove the face covering independently;
  - They are sleeping, eating, or drinking.
- When individuals ages two (2) to 12 wear a mask, face covering or face shield, they do so with the assistance of and under the close supervision of an adult. This is because young children can have challenges wearing a mask, face covering or face shield

properly (e.g., excessively touching the face covering, not changing the face covering if visibly soiled, risk of strangulation or suffocation).

## **Additional Resources**

- [Centers for Disease Control and Prevention: Your Guide to Masks](#)
- [COVID-19 and Oregon OSHA](#)
- [Early Learning Division COVID-19 Resources](#)
- [Higher Education Coordinating Commission COVID-19 Resources](#)
- [Oregon Department of Education Resources](#)
- [Oregon Youth Authority Resources](#)
- [Oregon Department of Corrections Resources](#)
- [OHA Mask and Face Covering webpage](#)
- [OHA Mask and Face Covering FAQ](#)

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)