



March 12, 2022, changes to quarantining and masking guidelines

(Updated 3-11-2022)

What is changing?

- Masks are no longer required in schools and general indoor settings*.
- If you're exposed to someone with COVID-19, you no longer need to quarantine away from others. In schools and day care environments, this means children don't need to go home after an exposure.

What is not changing?

- Masks will still be required in health care settings, on public transportation and in airports.
- Quarantining after an exposure to someone who has COVID-19 is still recommended in high-risk settings like congregate care settings, jails, shelters and health care settings.
- If you have COVID-19 or symptoms, you still need to isolate away from others. This means children and adults should stay home if they have COVID-19 symptoms or test positive.
- Schools will continue to exclude individuals who have symptoms or known COVID-19 infections, and the isolation period remains at five days with five additional days of masking.

Why are these changes happening?

- Oregon's COVID-19 case numbers and hospitalizations have dropped to pre-Omicron levels.
- Oregon's COVID-19 test positivity rate has dropped dramatically.
- A significant proportion of Oregon's population has been immunized through vaccinations and COVID-19 infections.
- COVID-19 transmission occurs quickly, and many people who have the virus have no symptoms, or mild symptoms. A lot of cases never get reported.

- The changes align with Centers for Disease Control and Prevention (CDC) guidance.

Some people in Oregon may choose to continue wearing masks.

Oregon Health Authority recommends people who are unvaccinated, immunocompromised, at higher risk for complications, 65 and older, or who live with someone in one of these categories should continue to mask.

***Individual businesses and school districts may choose to set their own mask rules.**

Resources to support further conversations

- [Ready Schools, Safe Learners Resiliency Framework for the 2021-22 School Year](#)
- [Levels of Community Spread by Oregon County](#)
- [New CDC guidance](#) on case investigation and contact tracing effectiveness
- [COVID-19 forecast](#) (Oregon Health & Science University, 3/3/2022)
- FAQs - [mask requirement in health care settings](#)
- FAQs - [lifting mask mandates](#)
- [Full Oregon rule on mask guidelines](#), including a list of health care settings.
- [Collateral to support communications](#)

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