



Date: August 3, 2021

Public Health Recommendations:

Wearing Masks, Face Coverings and Face Shields and Physically Distancing in Public Settings

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 441 and 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 homes and assisted living facilities, home health care, hospice, in-home care, vehicles or temporary sites where health care is delivered (e.g., mobile clinics, ambulances), and outpatient facilities, such as dialysis centers, physician offices, urgent care centers, counseling offices, 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.
- “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 Oregon Health Authority strongly recommends that:

- In indoor public settings, individuals, regardless of vaccination status, wear a mask or face covering.
- In outdoor crowded areas or large gatherings, individuals who are unvaccinated or who are at [risk for severe COVID-19 disease](#) 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.
 - When in crowded areas and large gatherings outdoors, individuals who are fully vaccinated should consider wearing a mask or face covering if they are at [risk for severe COVID-19 disease](#) or live with individuals who are unvaccinated, immunocompromised or at other [risk for severe COVID-19 disease](#).
- **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).
- 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.
- Individuals review and follow mask guidelines from the [Centers for Disease Control and Prevention](#).

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.
- When individuals ages two (2) to 12 wear a mask, face covering or face shield, that 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, etc.).

Notes:

- Children two (2) years of age and older are required to wear a mask or face covering on public transportation and when in transportation hubs.
- Children two (2) years of age and older, with some exceptions, are required to wear a mask or face covering when at school, in accordance with Oregon Administrative Rule [333-019-1015](#).

There are certain settings where masks, face coverings and physical distancing may be required.

Settings such as the ones listed below may have requirements for masks, face coverings and physical distancing. OHA recommends that individuals check requirements before accessing services in these settings.

- Health care settings.
- K-12 schools
- In state agency workplaces and facilities
- Adult jails and correctional facilities.
- Youth detention and correctional facilities.
- Certain workplaces as required by the Oregon Occupational Safety and Health Administration (OR-OSHA).
- On planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States.
- In U.S. transportation hubs such as airports and bus stations.
- In other settings where the owner or operator requires individuals to wear a mask, face covering or face shield and physical distance.
 - Individuals should be aware that some businesses, events or facilities may have mask, face covering, face shield requirements and/or physical distancing requirements and may exclude from their business, event or facility those individuals who, regardless of their vaccination status, fail to comply with those requirements.
 - Individuals who have a medical condition that makes it hard to breathe or a disability that prevents the individual from wearing a mask, face covering or face shield can request an accommodation from a business, event or facility operator to enable full and equal access to services, transportation and facilities open to the public.
 - OHA recommends that businesses, events or facilities have mask, face covering, face shield requirements and/or physical distancing requirements post a sign (or signs) with those requirements in a place that is visible to all individuals entering the premises.

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](#)

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 Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsosha.state.or.us.