



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.