



# Guidance FAQs

## Statewide Mask, Face Shield, Face Covering Guidance

(Updated 5-21-2021)

Below are answers to frequently asked questions (FAQs) about the Oregon Health Authority's (OHA) [Statewide Guidance for Masks, Face Coverings and Face Shields](#). OHA provides these FAQs to help the public understand the guidance, to respond to stakeholder questions, and to clarify how the guidance may apply in specific scenarios. These FAQs may be intermittently updated. The FAQs are not intended to take the place of the guidance, but rather to interpret, supplement and provide details of the guidance.

Fully vaccinated individuals are allowed to remove their masks, face coverings and face shields in most settings, in accordance with the [Interim Guidance on Fully Vaccinated Individuals](#). "Fully vaccinated individual" means an individual has received both doses of a two-dose COVID-19 vaccine or one dose of a single-dose vaccine and at least 14 days have passed since the individual's final dose of COVID-19 vaccine.

However, fully vaccinated individuals may be required to wear a mask, face covering or face shield and/or follow or other guidance if they are in:

- any setting where the owner or operator continues to require masks, face coverings or face shields in accordance with the [Statewide Mask, Face Coverings, Face Shields Guidance](#).
- health care settings.
- adult jails and correctional facilities.
- youth detention and correctional facilities.
- shelters and transitional housing.
- K-12 schools. (Fully vaccinated individuals must comply with [Ready School, Safe Learners \(RSSL\)](#) guidance face covering requirements).
- Planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States.
- U.S. transportation hubs such as airports and bus stations.

**These Questions and Answers apply to individuals who are not fully vaccinated and/or businesses, employers or faith organizations that require masks, face coverings or face shields in accordance with the [statewide guidance](#) or otherwise have decided not to implement a policy for checking proof of vaccination status.**

For questions and answers regarding fully vaccinated individuals and/or businesses, employers or faith organizations implementing a policy to allow fully vaccinated individuals to remove their masks, face coverings, or face shields, please review [Interim Guidance for Fully Vaccinated Individuals FAQs](#).

## Statewide Guidance Questions:

**Q1: What should I do if a potential customer or visitor shows up without a mask, face covering or face shield to an indoor space I am responsible for?**

**A1:** You could offer a mask, face covering or face shield. Businesses and persons responsible for indoor spaces open to the public should, but are not required to, provide, at no cost, disposable face coverings for customers or visitors who do not have one.

**Q1(a): What should I do if a potential customer or visitor shows up without a mask, face covering or face shield and claims their disability prevents them from wearing a mask, face covering, or face shield?**

**A1(a):** If a person with a disability cannot wear a mask, face covering or face shield where one is required, a place of public accommodation, such as a business or space open to the public, will need to work with that person to provide a reasonable modification. Some common reasonable modifications are: free curbside pick-up, free delivery or an appointment by phone or video. A reasonable modification **does not include** allowing a customer inside without a mask, face covering or face shield.

**Q1(b): Can I ask a person who claims their disability prevents them from wearing a mask, face covering or face shield for a doctor's note or can I ask them for specific information about their disability?**

**A1(b):** No, you should not ask an individual with a disability for a doctor's note or other similar proof of their disability. If an individual informs you that they are unable to wear a mask, face covering, or face shield, you must consider what reasonable modifications you can make to allow the individual access to services.

**Q1(c): What if a person refuses to wear a mask, face covering or face shield and does not have a disability?**

**A1(c):** The place of public accommodation should refuse service.

**Q2: Are there exemptions from the requirement to wear a mask, face covering or face shield for employees who say they cannot wear one?**

**A2:** If an employee cannot wear a mask, face covering or face shield because of a disability, the employer must work with the employee to determine whether a reasonable accommodation can be provided. An employer should work with their human resources department or speak to their legal counsel to determine their legal options for addressing this issue. Employers may also reach out to the [Bureau of Labor and Industries \(BOLI\)](#) for technical assistance. In addition, the employee may

remove their mask, face covering or face shield if the employee is fully vaccinated and the employer allows the employee to remove their mask, face covering or face shield in accordance with the [Interim Guidance on Fully Vaccinated Individuals](#).

**Q3: What should a transit provider do if a customer tries to get on the bus and says they have a health condition and cannot wear a mask, face covering or face shield?**

**A3:** A transit provider should arrange separate transportation for the person or make some other reasonable accommodation to provide transportation for the person, but the person should not be allowed on the bus.

Please note that there is no exception for wearing a mask, face covering, or face shield for fully vaccinated individuals on the bus or other public transportation or transport hubs.

**Q4: If a person cannot or is not wearing a mask or a face covering, but has a face shield on, does that meet the requirement?**

**A4:** Yes. However, a face shield should only be used alone when it's not feasible to wear a mask or face covering such as in the following situations:

- 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 with hearing impairments).
- When an individual is speaking to an audience for a short period of time and clear communication is otherwise not possible. In this situation it is important to consider:
  - Ways to lower risk to the audience include all audience members wearing masks or face coverings.
  - Having enhanced building ventilation (see [CDC's guidance on ventilation and filtration](#), [Ready Schools, Safe Learners – section 2j](#), and [American Society of Heating, Refrigerating, and Air-Conditioning Engineers' guidance](#)).

The Centers for Disease Control and Prevention (CDC) has issued an order that prohibits individuals from wearing a face shield alone on public transportation or in transportation hubs unless the person has a disability as is defined in the American's with Disabilities Act (ADA). See [Requirement for Persons to Wear Masks While on Conveyances and at Transportation Hubs \(January 29, 2021\)](#), effective February 1, 2021.

**Q5: Why does OHA recommend people wear masks and face coverings rather than face shields?**

**A5:** While face shields can be very good at blocking droplets that individuals release when they talk, sing, sneeze and cough, they are not as effective at limiting

the release of aerosols that can go around the shield. Masks and face coverings, when correctly worn, fitting snugly over the nose and mouth and hooking under the chin, are more effective at blocking the release of aerosols.

[Click here for a video](#) from Florida Atlantic University that shows the effectiveness of face masks and face coverings in blocking droplets and aerosols from coughs and sneezes.

It is best to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. If you use a tissue, throw the used tissue in the trash and immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains 60%-95% alcohol.

**Q6: What does “a short period of time” mean in the mask, face covering, face shield guidance?**

A6: The [Statewide Mask, Face Covering, Face Shield guidance](#) includes the following:

Use of a face shield alone should be done only on a very limited basis. Wearing a face shield alone without a mask or face covering increases the potential for transmission of viruses to those in the same room as the individual without the mask or face covering. 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).
- When an individual is speaking to an audience for a short period of time and clear communication is otherwise not possible.

“A short period of time” means a few minutes. When individuals wear a face shield without a face covering underneath, there is an increased risk of airborne spread of the virus that causes COVID-19. Airborne spread is a risk even for people further than six (6) feet apart, especially indoors or in places with poor ventilation.

**Q7: Is a chef’s plastic facemask, sometimes known as a “mingle mask,” that covers the chin and mouth area acceptable as a mask, face covering or face shield?**

A7: No. A face shield must cover the forehead, extend below the chin and wrap around the sides of the face.

**Q8: Do I have to wear a mask, face covering or face shield when I am going through a drive-thru or when someone is delivering food to my car?**

A8: If the business requires customers wear a mask, face covering or face shield when going through a drive-thru, then the customer must comply with the business's requirement.

**Q9: Does the government issue any documents to people with disabilities that state the person does not have to wear a mask, face covering or face shield?**

A9: No, the government does not provide documents that exempt a person from a mask, face covering or face shield requirement on the basis of a disability.

**Q10: Where can I get more information about the Americans With Disabilities Act (ADA) and providing accommodations for persons with disabilities?**

A10: There are some great resources out there and here are links to a few of them:

- [Disability Issues Brief, The ADA and Face Mask Policies](#)
- [Oregon OSHA Advisory Memo](#)
- The Bureau of Labor and Industries [Technical Assistance for Employers](#) program can provide guidance on the reasonable accommodation process at 971-673-0824 or [bolita@boli.state.or.us](mailto:bolita@boli.state.or.us).

Those who experience disability discrimination, including denial of service without a reasonable modification should contact the Bureau of Labor and Industries [Civil Rights Division](#) at 971-673-0764 or email [crdemail@boli.state.or.us](mailto:crdemail@boli.state.or.us).

**Q11: Will I have to wear a mask, face covering or face shield when accessing state services or entering state buildings?**

A11: State employees and visitors to state agency office spaces must comply with the Oregon Health Authority's [mask and face covering guidance](#). Call or visit the website of the state agency before going to the location to determine whether it is open to the public.

**Q12: Does the Statewide Mask, Face Covering, Face Shield guidance apply to businesses not open to the public?**

A12: Yes.

**Q13: Do childcare centers and schools follow the statewide mask, face shield and face covering requirement?**

A13: No. Childcare facilities follow the [Specific Guidance for Child Care Sector](#) and schools follow the [ODE guidance](#) which includes requirements and recommendations on masks, face coverings and face shields for staff, students, visitors and volunteers.

**Q14: Does the Statewide Mask, Face Covering, Face Shield guidance apply to multi-family learning groups?**

A14: Multi-family learning groups must follow the [Youth Programs Guidance](#) or [Child Care and Early Education Guidelines](#), as applicable.

**Q15: Does the Statewide Mask, Face Covering, Face Shield guidance apply to institutions of higher education (colleges and universities)?**

A15: Yes. Visit the Higher Education Coordinating Commission [COVID-19 website](#) to access guidance for higher education institutions.

**Q16: What are the recommendations for face coverings for those who are fully vaccinated but immunocompromised?**

A16: If you are immunocompromised you should talk to your doctor about what precautions you need to keep taking. Evidence suggests vaccines may be less effective in immunocompromised people. For some immunocompromised individuals it may be prudent to keep masking and physical distancing particularly when around people that are unvaccinated.

**Q17: Do employees have to wear face coverings if they are outdoors?**

A17: No. Employees do not need to wear facial coverings outside unless their employers require it.

**Q18: Does the Statewide Mask, Face Covering, Face Shield guidance apply to apartment buildings?**

A18: Yes. People must wear a mask, face covering or face shield when in common areas of apartment buildings, such as in lobbies, hallways, elevators and laundry rooms. These areas are considered indoor spaces open to the public. People are not required to wear a mask, face covering or face shield when they are in their own apartments.

**Q19: What issues may people have about wearing or not wearing face coverings?**

A19: There are different reasons why someone may wear or not wear a face covering. Some reasons include that a person may have a disability or medical condition that prevents them from safely wearing a face covering. People of color may experience harassment, bias, exclusion or other negative reactions or effects when wearing masks or face coverings or when not wearing masks or face coverings. This may be because of racial bias, stereotyping or discrimination. Oregon law does not allow discrimination, or hate or bias crimes. A hate or bias *crime* is a criminal act, including offensive physical contact, assault, property damage or threats, that may be motivated by another person's perceived:

- Race,
- Color,
- Disability,
- Religion,
- National origin,
- Sexual orientation, or
- Gender identity.

Bias *incidents* are any hostile expression toward another person, including hate language, mocking, mimicking, exclusion, or discriminatory refusal of service, relating to the other person's perceived protected class (listed above).

A person who believes they experienced a hate or bias crime or incident because of wearing of a mask, face covering or face shield or not wearing a mask, face covering or face shield in public has resources available to help them. To report a **bias crime**, call law enforcement at 911. To report a **bias incident**, call the Oregon Department of Justice at 1-844-924-BIAS (2427). Dial 711 for Oregon Relay. For more information, go to [StandAgainstHate.Oregon.gov](https://standagainsthate.oregon.gov). To file a civil rights complaint visit Bureau of Labor and Industries (BOLI) [website](https://www.boli.state.or.us) or call 971-673-0764.

**Q20: What barriers may people with disabilities experience when other people wear masks, face coverings or face shields?**

A20: Barriers people with disabilities may experience are:

- Some people need to see mouth movements or facial expressions to know what you are saying.
- Some people with developmental disabilities or differences can misread or misinterpret facial expressions. A person may have trouble with understanding emotion from tone of voice alone. If you're wearing a mask, they may get cues only from your eyes or eyebrows, which could lead to a negative interpretation or misunderstanding of the emotion or intent of the speaker.
- Some people who are hard of hearing read lips. Mouth movements and facial expressions can communicate a lot of information and masks that are not clear prevent people from seeing the speaker's mouth.
- Sign language uses the mouth to communicate certain words and meanings. When a face covering blocks a person's mouth, it makes it hard for people using sign language to communicate.

Employers and places of public accommodations must work with persons with a disability to arrange a reasonable accommodation that will permit an employee to do their job or allow a patron to access services. Those denied a reasonable accommodation should contact Bureau of Labor and Industries (BOLI) [Civil Rights Division](https://www.boli.state.or.us/civil-rights-division) at 971-673-0764 or [crdemail@boli.state.or.us](mailto:crdemail@boli.state.or.us).

**Q21: How can I communicate well while I wear a mask, face covering or face shield so that someone with a disability can understand me?**

A21: Be sure to have a plan to use other communication methods such as:

- Use hand gestures or sign language as appropriate
- Have a notepad and pen ready (following proper cleaning guidelines)
- Have printed instructions with pictures and large print
- Have a small dry erase board and marker that you disinfect at each use

- Download a speech-to-text app on your phone (following proper physical distancing guidelines)

**Q22: Can transparent face coverings help with the above barriers?**

**A22:** Yes. Solid face coverings may block the entire face. People with disabilities may rely on seeing the speaker’s face to communicate well and interpret situations.

People who are deaf or hard of hearing are usually in favor of transparent face coverings, like face shields. These coverings can ease communication.

Droplets and aerosols released from coughing or sneezing are only partially blocked by masks, face coverings and face shields. For this reason, OHA recommends the following:

- Limit social and recreational activities where people cannot stay six (6) feet apart.
- Stay at least six (6) feet from others during necessary trips such as to grocery stores, pharmacies, healthcare places or to other essential locations.
- Cover your cough or sneeze with a tissue and throw it away immediately; or cough or sneeze into your upper sleeve, not into your hands. Follow with cleaning hands with soap and water or with hand sanitizer.
- Avoid touching your eyes, nose, mouth or face.
- Clean your hands regularly and thoroughly with soap and water or use hand sanitizer (60-95% alcohol content) if you cannot wash your hands.
- If you are sick with symptoms of COVID-19, contact your health care provider to get tested and stay away from work, family and friends. You should stay away from work, family and friends for 10 days, and should return to your usual activities at least 24 hours after fever and cough have gone away without the use of fever-reducing medicine.
- You can make transparent face coverings at home. You can find a transparent face covering template [here](#).

Please refer to [Statewide Guidance for Masks, Face Coverings and Face Shields](#).

**Q23: Is there anyone who should not wear a mask, face covering or face shield?**

**A23:** The following should not wear a mask, face covering or face shield:

- Children under the age of two (2).
- Anyone who cannot safely wear a mask, face covering or face shield because of a disability or medical condition, in which case an accommodation should be requested.
- Anyone who is having trouble breathing, is unconscious, or unable to put on the face covering, take it off or remove it without help.
- Anyone who is sleeping.

#### Q24: What are examples of face coverings?

A24: A “face covering” is defined as 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. Face coverings that do not fit snugly below the mouth or chin are not acceptable face coverings.

A covering that incorporates a valve that is designed to facilitate easy exhalation, mesh masks, lace masks or other covers with openings, holes, visible gaps in the design or material, or vents **are not** face coverings because they allow droplets to be released from the mask. OHA recommends against single layer covers (e.g., bandana, gaiter, or scarf) because they generally have limited filtration ability.

Recommendations for face coverings:

- Face coverings should not be overly tight or restrictive and should feel comfortable to wear and allow free breathing.
- Two or more layers of a breathable tightly woven covering/fabric. OHA recommends doubling, tripling or folding over a single layer (such as a gaiter or bandana) to increase effectiveness.
- Face coverings can be combined to achieve two or more layers. For example, a combination of layers such as cotton with polypropylene (such as a medical mask with a cloth face covering on top) can be used. The combination must be breathable, or air will escape around the face covering rather than go through it.
- Visit [OHA's Mask and Face Covering website](#) for videos and information about how to make and wear face coverings.

#### Q25: Are masks with exhalation valves acceptable face coverings?

A25: No. Masks with exhalation valves are intended to make breathing easier and prevent humidity buildup. Depending on mask type and mask fit, these masks can protect the wearer from inhaling droplets and aerosols. However, most of these masks do not filter exhaled or forced aerosols and droplets because the exhalation valve is not equipped with a filter. These masks are not acceptable to prevent transmission of viruses.

#### Q26: What is the age recommendation for masks, face coverings or face shields for children?

A26: A mask, face covering or face shield is required for all people ages five (5) years and older, two (2) years of age and older using public transportation or in transportation hubs. OHA **strongly recommends** that children between two (2) and five (5) years of age, wear a mask, face covering or face shield at all times indoors when they cannot keep physical distancing of at least six (6) feet from people they don't live with.

#### Q27: Will a mask, face covering or face shield protect me from COVID-19?

**A27:** Masks, face coverings or face shields can reduce the spread of COVID-19. This includes spread from people who have the virus but no symptoms. Therefore, OHA recommends the following:

- Get vaccinated, if you are eligible to do so.
- Stay home if you are sick.
- If you are at higher risk, stay home as much as possible even if you feel well.
- If you become sick, return home, self-isolate, and call your health care provider.
- Wash your hands often.
- Clean commonly touched surfaces and objects.
- Cover coughs and sneezes with your elbow or tissue. If you use a tissue, throw the tissue in the trash immediately and wash your hands with soap and water or use hand sanitizer right after.
- Do not touch your face.
- Keep physical distance - six (6) feet between you and people not in your household.
- Avoid overnight trips and travel the minimum distance needed to obtain essential services.

**Q28: Where can I get more information about face coverings, such as how to make them, where to get them, and other tips?**

**A28:** Here are a few resources about face coverings:

1. [OHA Masks and Face Coverings website](#)
2. [Information from the Centers for Disease Control and Prevention \(CDC\)](#) on face coverings and COVID-19.

**Q29: Is it safe to wear a mask or face covering for prolonged periods of time?**

**A29:** Yes. Prolonged masking is common in many occupations to protect workers. Some examples include health care workers (e.g., performing prolonged surgery), construction (e.g., protection against dust and other particles) and environmental workers (e.g., removing mold). The face coverings that are typically worn by the general public during COVID-19 are less tight-fitting than the masks worn by health care, construction and environmental workers, so they are even less likely to restrict airflow in a way that could cause health problems. People with breathing difficulties may have problems wearing face coverings. Anyone who cannot safely wear a mask, face covering or face shield because of a disability or medical condition should request an accommodation.

**Q30: What has research shown about wearing masks, oxygen and carbon dioxide levels?**

**A30:** People need to breathe in oxygen and breathe out carbon dioxide. Oxygen and carbon dioxide are small molecules that pass through most face coverings easily. Studies of the effects of face coverings on oxygen and carbon dioxide (CO<sub>2</sub>) levels have typically focused on health care workers wearing N95 respirators or other medical-grade face masks. These studies have found that there may be a slight increase in CO<sub>2</sub> levels with medical-grade face masks, but not close to a level that would pose any risk to a person.

**Q31: What if I feel uncomfortable wearing a face covering?**

**A31:** People who feel uncomfortable wearing a cloth face covering for prolonged periods should consider different cloth material and take frequent short breaks at least six (6) feet of distance away from other people, as needed.

**Q32: What is the correct way to put on a cloth face covering?**

**A32:** Below are instructions for how to put on a cloth face covering:

- Wash your hands before putting on your face covering.
- Put it over your nose and mouth. If wearing a mask, secure it under your chin.
- Make sure you can breathe easily.
- Do not put the covering around your neck, or on your forehead.
- Do not touch the face covering while wearing it. If you touch the covering, wash your hands afterwards.
- Visit [OHA's Mask and Face Covering website](#) for videos and information about how to make and wear face coverings.

**Q33: What is the correct way to remove a cloth face covering, a face mask or face shield?**

**A33:** Below are instructions for how to remove your face covering, face mask, or face shield:

- Handle face covering, mask or face shield only by ties, straps or ear loops.
- Be careful not to touch your eyes, nose or mouth when removing.
- Wash your hands immediately after removing a face covering.

**Q34: What is the correct way to wash a cloth face covering, a face mask or face shield?**

**A34:**

- Cloth face covering: If your cloth face covering becomes dirty or wet, wash it with soapy water and dry it before re-using. You can also include it in your regular laundry if it does not damage the material.
- Medical masks: These should not be washed. Dispose of a medical mask at the end of the day or if it becomes dirty or wet earlier.

- Face shields: Clean once or more a day by gently scrubbing with soapy water or uniformly spraying with 60-95% alcohol solution if it does not damage the face shield material.

**Q35: What is considered a “private individual workspace”?**

A35: A private individual workspace is an indoor space within a public or private workplace used for work by one individual at a time that is enclosed on all sides with walls from floor to ceiling and with a closed door.

**Q36: Do I have to wear a mask or face covering if I am in my cubicle at work and no one else is in the cubicle with me?**

A36: Yes. Unless the employee is fully vaccinated and the employer allows the employee to remove their mask, face covering or face shield in accordance with the [Interim Guidance on Fully Vaccinated Individuals](#). Otherwise, the employee must wear a mask, face covering or face shield in a cubicle unless the cubicle is a private individual workspace. A private individual workspace is an indoor space within a public or private workplace used for work by one individual at a time that is enclosed on all sides with walls from floor to ceiling and with a closed door.

**Q37: Am I required to wear a mask or face covering if I leave my private individual workspace to go to the workspace of a co-worker?**

A37: Yes. Unless the employee is fully vaccinated and the employer allows the employee to remove their mask, face covering or face shield in accordance with the [Interim Guidance on Fully Vaccinated Individuals](#). Otherwise, you must wear a mask, face covering or face shield in public and private workplaces anytime you are in an indoor space that could be shared with other people.

**Q38: Do I have to wear a face covering when I’m in my own home?**

A38: No. Individuals are not required to wear a face covering while in their own homes. It is strongly recommended that masks, face coverings and face shields be worn at all times when indoors around individuals you do not live with, including inside private residences.

**Q39: Do I have to follow the requirement for public and private workplaces if I am working from my home?**

A39: If you are working from your home with other people from your workplace, then the [Statewide Mask, Face Covering, Face Shield guidance](#) would apply. If you are working at home by yourself or only with your household members present, the guidance would not apply.

**Q40: Do I have to wear a face covering when I am outside?**

A40: No. OHA **strongly recommends** that individuals who are unvaccinated or who are at risk for severe COVID-19 disease continue to wear a mask, face covering or face shield when in outdoor crowded areas or in outdoor large gatherings of individuals, and maintain physical distancing. 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.

**Q41: Are masks, face coverings or face shields required for outdoor youth sports?**

A41: No. In accordance with the [Statewide Mask, Face Covering, Face Shield guidance](#), masks, face coverings and face shields are not required for individuals when they are outdoors.

**Q42: Am I required to wear a mask, face covering or face shield once I am fully vaccinated?**

A42: No, UNLESS you are in:

- any setting where the owner or operator continues to require masks, face coverings or face shields in accordance with the [Statewide Mask, Face Coverings, Face Shields Guidance](#).
- health care settings.
- adult jails and correctional facilities.
- youth detention and correctional facilities.
- shelters and transitional housing.
- K-12 schools. (Fully vaccinated individuals must comply with [Ready School, Safe Learners \(RSSL\)](#) guidance face covering requirements).
- Planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States.
- U.S. transportation hubs such as airports and bus stations.

Please review the [Interim Guidance and for Fully Vaccinated Individuals](#) and the [associated FAQ](#) for more information.

Please note that some businesses or organizations may opt not to implement a policy to allow for fully vaccinated individuals to remove their masks. In those settings, you must continue to comply with the [Statewide Mask, Face Coverings, Face Shields Guidance](#) and wear a mask.

**Q43: What does “at low risk for severe COVID-19 disease” mean?**

A43: Individuals who are at low risk for severe COVID-19 disease are under the age of 65 and **do not** have any of the underlying health conditions in [this list from the CDC](#), including:

- Cancer
- Chronic kidney disease
- Chronic lung diseases, including chronic obstructive pulmonary disease (COPD), asthma (moderate-to-severe), interstitial lung disease, cystic fibrosis, and pulmonary hypertension

- Dementia or other neurological conditions
- Diabetes (type 1 or type 2)
- Down syndrome
- Heart conditions (such as heart failure, coronary artery disease, cardiomyopathies, or hypertension)
- HIV infection
- Immunocompromised state (weakened immune system)
- Liver disease
- Overweight and obesity (defined as body mass index, or BMI, greater than 25 kg/m<sup>2</sup>)
- Pregnancy
- Sickle cell disease or thalassemia
- Smoking, current or former
- Solid organ or blood stem cell transplant
- Stroke or cerebrovascular disease
- Substance use disorder

**Q44: The Statewide Mask, Face Covering, Face Shield Guidance has an exception for activities where wearing a mask, face covering or face shield is not feasible. For which activities is wearing a mask, face covering or face shield considered not feasible?**

**A44:** In Oregon, there is an exception to the mask, face covering, face shield requirement for individuals when they are **engaged** in an activity that makes wearing a mask, face covering, face shield not feasible. Examples of activities where wearing a mask, face covering, face shield is not feasible are swimming, gymnastics, water polo and wrestling. Individuals are required to wear a mask, face covering, face shield when they are not engaged in these activities. For example, when on the pool deck or on the sidelines of a wrestling match, individuals are required to wear a mask, face covering or face shield.

**Q45: How will the mask, face covering, face shield requirement be enforced?**

**A45:** The state will first seek to work with businesses and persons responsible for indoor spaces open to the public to educate them about the requirements prior to taking any enforcement action.

Businesses and persons responsible for indoor spaces open to the public are expected to ensure that their employees, contractors, volunteers, customers and visitors comply with the mask, face covering, face shield requirement. If a business or person responsible for an indoor space is making every effort to comply, that will be

taken into consideration in any potential enforcement action. Any enforcement activity will focus on systemic issues, not isolated problems.

It is a Class C misdemeanor to violate the mask, face covering, face shield requirement. The Oregon Health Authority and Local Public Health Authorities can issue civil penalties and take other enforcement actions for violations of the mask, face covering, face shield requirement. An individual or business that has a state issued license, may be subject to a licensing action for violating the [mask, face covering, face shield guidance](#).

Any complaints or inquiries about workplace requirements can be directed to [Oregon Occupational Safety and Health Administration \(OR-OSHA\)](#).

**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@dhsoha.state.or.us](mailto:COVID19.LanguageAccess@dhsoha.state.or.us).