



Los Angeles County WHEN YOU NEED TO WEAR A MASK

The Los Angeles County requirements and recommendations for wearing masks in public indoor settings depend on the COVID-19 impact level, which is determined by how many people are newly hospitalized due to COVID-19 in the County. This level is reported weekly as the [COVID-19 Hospital Admissions Level](#) by the CDC. **The current impact level is LOW.**

For a mask to work well, it needs to have both a [good fit and good filtration](#). While all masks provide some level of protection, well-fitting respirators (such as N95, KN95, and KF94) provide the best protection. There are some people [who should not wear a mask](#), such as children younger than 2. People with communication difficulties or certain disabilities may need [special considerations](#).

RULES AND RECOMMENDATIONS FOR INDOOR PUBLIC SPACES

This guidance is for the general public.

REQUIREMENTS

When the level is **LOW**, **MEDIUM**, or **HIGH**, you **MUST** wear a mask:

- If it is required by the site, including some businesses, health facilities, schools, and workplaces.
- If it is required by Public Health for managing an outbreak, including in workplaces and congregate settings.
- If you have COVID-19 and must be around others until you end isolation. This includes when you are at home. If you are eligible to end isolation, you must continue to wear a mask around others from Day 6 through Day 10. The exception is that if you have two negative COVID-19 tests in a row that were taken at least a day apart, you do not need to wear a mask. Follow all the isolation instructions at ph.lacounty.gov/covidisolation.
Note that if you are returning to the workplace after a COVID-19 infection you are required to mask around others through Day 10 per Cal/OSHA.
- Workers must follow masking rules in the workplace (see next page).

RECOMMENDATIONS

THE LEVEL IS CURRENTLY LOW, so it is **STRONGLY RECOMMENDED** that you wear a mask indoors:

(unless required – see above)

- If you are a [close contact](#) to someone with COVID-19 for 10 days from the last day that you were exposed. This is especially important when around those at higher risk for severe COVID-19 disease. Follow all the instructions for close contacts at ph.lacounty.gov/covidcontacts.
- If you have any respiratory symptoms (such as a cough, runny nose, sore throat) and you need to be around others.
- In healthcare settings, when visiting or receiving care.
- On public transit and in transportation hubs (See CDC's [Masking During Travel](#) guidance.)

In all other settings, you are encouraged to choose to wear a mask based on your preference and personal risk.

**** No one can be prevented from wearing a mask to participate in an activity or enter a business. ****





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If the local COVID-19 impact level increases, then mask wearing becomes increasingly important.

When the level increases to **MEDIUM**

- If you are **at risk for severe illness**, wear **your most protective mask**, such as a N95, KN95, or KF94 respirator, when you are indoors in public. This is especially important when you are in crowded or poorly ventilated places.
- If you share a home or spend time with someone who is at risk for severe illness, wear a mask when you are indoors with them. Also, consider taking a COVID-19 self-test before you see them.

When the level increases to **HIGH**

- **Everyone** should wear a mask when indoors in public.
- If you are **at risk for severe illness** consider avoiding spending time indoors in public, unless it is essential. If you do spend time indoors in public, wear **your most protective mask**, such as a N95, KN95, or KF94 respirator. This is especially important when you are in crowded or poorly ventilated places.
- If you share a home or spend time with someone who is at risk for severe illness, wear a mask when you are indoors with them. Also, consider taking a COVID-19 self-test before you see them.

WORKERS

Workers must follow masking rules in the workplace.

Healthcare and Direct Care settings: Workers in healthcare facilities and direct care settings are **strongly recommended** to wear a mask when they are providing care or working in-person with patients, clients, and residents.

Other workplace settings, employers may choose to require workers and visitors to wear masks.

Cal/OSHA Employers are required to follow the [Cal/OSHA COVID-19 Prevention – Non-Emergency Regulations](#) or, in some workplaces, the [Cal/OSHA Aerosol Transmissible Diseases \(ATD\) Standard](#). Cal/OSHA has more protective masking rules for workers in certain situations. Examples include:

- Workers who are returning to work after having COVID-19 infection are required to wear a mask around others through Day 10. See [Cal/OSHA FAQs: Exclusion Requirements for Employees Who Test Positive](#).
- If there is an outbreak in a workplace, all exposed employees are required to wear a mask when indoors, or when outdoors and less than six feet from another person for 10 days after last exposure. See [Cal/OSHA FAQs: Outbreaks](#)

Review the Cal/OSHA links above for more information on the COVID-19 Prevention regulations.

When workers are not required to wear a mask, employers must allow workers to wear a mask if they want to, unless it would create a safety hazard, such as interfering with the safe operation of equipment. See [Cal/OSHA FAQs: Face Coverings](#).

