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](http://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](http://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](https://www.cdc.gov/coronavirus/2019-ncov/more꿎vice/transportation.html) 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.**
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 required by the Los Angeles County Health Officer Order to wear a mask when they are providing care or working in-person with patients, clients, and residents. They are also required to wear a mask in patient care areas when patients, clients, or residents are present. See the order for more details.

**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.