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 THE GENERAL PUBLIC**

### REQUIREMENTS

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

- As required in the workplace by Cal/OSHA and LACDPH Health Officer Orders (see next page).
- 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.**

### 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.**
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

- Follow the above guidelines for when the COVID-19 impact level is MEDIUM.
- Additionally, everyone **should wear a mask** when indoors in public.

## RULES AND RECOMMENDATIONS FOR WORKERS

### REQUIREMENTS

**Healthcare and Direct Care Settings**

All healthcare personnel working in licensed healthcare facilities in LA County **who have not received both an annual influenza and an updated COVID-19 vaccine ARE REQUIRED TO wear a respiratory mask** for the duration of respiratory virus season (November 1 – April 30) when in contact with patients or when working in patient-care areas. See the [Health Officer Order](#) for details.

**Other Workplace Settings**

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](#).

### RECOMMENDATIONS

**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.