In Los Angeles County, most places can operate with no social distancing or capacity restrictions. However, everyone must wear a mask when they are in indoor public settings regardless of their vaccination status. This is because of the sustained and substantial community transmission of COVID-19 and the increasing presence of the Delta variant, which spreads more easily. While people carry out their everyday activities, it is important to take steps to stay safe.

**Wear a mask indoors, regardless of your vaccination status**

You are required by the Los Angeles County **Health Officer Order** to wear a mask in all indoor public settings, venues, gatherings, and public and private businesses in Los Angeles County.

- **You are allowed to take off your mask while you are:**
  - Actively eating or drinking as long as you are sitting or standing in a specific place such as a table or counter.
  - Alone in a separate room or office.
  - Showering or swimming.
  - Performing or receiving a personal hygiene or personal care service (like a facial or shave) that cannot be done without removing your mask.

- **There are some people who should not wear a mask**, such as children younger than 2, people with certain medical conditions or disabilities, and people instructed by their medical provider not to wear a mask. Children ages 2 to 8 should wear a mask only when under adult supervision. To learn more about mask wearing visit [http://ph.lacounty.gov/masks](http://ph.lacounty.gov/masks).

- **If you are an employee in a workplace in Los Angeles County, you must wear a mask indoors** even when it is not required by the **Cal/OSHA COVID-19 Prevention Emergency Temporary Standards** (ETS). This is because you must follow the more protective mask requirements in the County Health Officer Order. Certain employees may be exempt from wearing a mask in specific situations provided alternative safety measures are in place. See the **Health Officer Order** and **Best Practices for Businesses** webpage for details of workplace requirements.

**Follow the rules set by the business or venue**

You are required to wear a mask outdoors if that is the policy of the venue.

Businesses, workplaces, and community organizations may have other rules in place for the safety of staff, visitors, and the community. For example,

- Some activities and events may require reservations, advanced ticket purchase, or only accept contact-less payment.
- Some fitness centers may choose to operate at reduced capacity or cap fitness class sizes.
COVID-19 Prevention In Public Settings

- Restaurants and ticketed events may have limited seating.
- Very large events may require attendees to be tested for COVID-19 or show proof of vaccination. Check with the organizers before you go or buy a ticket.

All visitors must follow the posted rules.

Consider these best practices, especially if you are not fully vaccinated

Wear a mask in very crowded outdoor venues.
- This includes while waiting in line, for example to enter, exit, use the bathroom, or buy food or drinks. This is strongly recommended.

Double mask or wear a respirator if you are in sustained close contact with other people who may not be fully vaccinated.
- Consider “double masking” (wearing a cloth mask over a surgical mask) or wearing a respirator (e.g., N95 or KN95) for a higher level of protection. This is especially important if you are not fully vaccinated and are in an indoor or crowded outdoor setting.

Maintain social distancing.
- Avoid crowds and stay at least 2 arms lengths away from others (about 6 feet) if possible.
- If you have small children with you, keep them close by so that they are away from others.

Practice good hand hygiene.
- Wash your hands frequently with soap and water or use hand sanitizer with at least 60% alcohol.
- Avoid eating and touching your face with unclean hands.

Select outdoor activities with better air flow.
- For example, when dining out, opt for outdoor seating. When exercising, if outdoors is not possible, choose indoor spaces with good air flow.

To learn more about how to reduce your risk and slow the spread of COVID-19 including which situations are riskier, visit [http://ph.lacounty.gov/reducerisk](http://ph.lacounty.gov/reducerisk).

Getting vaccinated is the best way to protect against COVID-19.

Vaccinations are free and available to everyone age 12 and over, regardless of immigration status. Vaccines are widely available across LA County without an appointment. In-home vaccination is available to people who are homebound.

Visit [VaccinateLACounty.com](http://VaccinateLACounty.com) and click on “How To Get Vaccinated” to find a location near you or call the **Public Health Vaccine Call Center** at 833-540-0473, open daily 8:00 am to 8:30 pm.