



MASK WEARING GUIDANCE

Practical guidance from doctors on the use of masks in the workplace and beyond

NOT NEEDED



- Outdoors (exception is large crowded spaces where physical distancing may be difficult)
- Indoors and alone
- In the presence of family / household members who are otherwise healthy

USE PERSONAL DISCRETION



(Based on preference, level of community transmission, risk tolerance, & personal risk factors)

- When at a desk or in personal workspace and able to ensure physical distancing
- At work in common or heavily trafficked areas, unless required

RECOMMENDED



- When in proximity to anyone displaying respiratory symptoms
- Anywhere physical distancing cannot be achieved or maintained
- When visiting businesses, community buildings, grocery stores, and other indoor areas when community transmission is high, especially in more crowded conditions and where workers are themselves wearing masks
- Using public transportation (buses, trains, subways, flights, taxis/Uber), especially in more crowded conditions and when physical distancing is not feasible

REQUIRED



- Anyone diagnosed with COVID-19 or significant respiratory symptoms who cannot quarantine
- Anyone working with or caring for a known COVID-19 patient
- When working around or in close contact with high-risk populations (e.g. age > 60, cardiovascular disease, diabetes, chronic lung disease, immunosuppressed, cancer)
- In any healthcare environment, unless otherwise stated (many outpatient clinics allow for voluntary mask use)
- When local ordinance requires it

#1 piece of no-nonsense advice from MD's:

"Everyone should stay home when they are ill or experiencing respiratory symptoms of any kind. Together we can stop the spread."