# UPDATED MASKING GUIDANCE

May 17, 2021





**OSHA**<sup>®</sup>

# IF YOU ARE A WORKPLACE/BUSINESS IN THE POCONO MOUNTAINS...

- Consider requiring the use of <u>masks</u> among all staff. Masks are **most** essential in times when physical distancing is difficult. Information should be provided to staff on <u>proper use</u>, <u>removal</u>, <u>and washing of masks</u>.<sup>1</sup>
  - Face Coverings, either cloth face coverings or surgical masks, are simple barriers that help prevent respiratory droplets from your nose and mouth from reaching others. Face coverings protect those around you in case you are infected but do not know it and can also reduce your own exposure to infection in certain circumstances. Wearing a face covering is complementary to and not a replacement for physical distancing.<sup>2</sup>
- Employers should implement COVID-19 Prevention Programs in the workplace. The most effective programs engage workers and their union or other representatives in the program's development, and include the following key elements: conducting a hazard assessment; identifying a combination of measures that limit the spread of COVID-19 in the workplace; adopting measures to ensure that workers who are infected or potentially infected are separated and sent home from the workplace; and implementing protections from retaliation for workers who raise COVID-19 related concerns.<sup>2</sup>
- Guidance from the CDC, OSHA and PA Department of health will provide additional details on several key measures for limiting the spread of COVID-19, starting with <u>separating and sending home infected or</u> <u>potentially infected people from the workplace, implementing physical distancing, installing barriers</u> where physical distancing cannot be maintained, and suppressing the spread by using face coverings.



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### IF YOU ARE FULLY VACCINATED...

You will still need to follow guidance at your workplace and local businesses.

- COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.<sup>3</sup>
- COVID-19 vaccines reduce the risk of people spreading COVID-19.<sup>3</sup>
- If you are fully vaccinated, you can resume activities without wearing a mask or physically distancing **except** where required by federal, state, local, tribal or territorial laws, rules and regulations, **including local businesses and workplace guidance.**
- If you <u>travel in the United States</u>, you do not need to get tested before or after travel or self-quarantine after travel.<sup>3</sup>
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.<sup>3</sup>
- In general, people are considered fully vaccinated either...<sup>3</sup>
  - Two weeks after their second dose in a two-dose series, such as the Pfizer or Moderna vaccines.
  - Two weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all <u>precautions</u> until you are fully vaccinated.



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## IF YOU ARE NOT FULLY VACCINATED...

#### • WEAR A MASK. WHEN YOU WEAR A MASK, YOU PROTECT OTHERS AS WELL AS YOURSELF.

- Masks should completely cover the nose and mouth and fit snugly against the sides of face without gaps.<sup>4</sup>
- Masks should be worn <u>any time you are traveling</u> on a plane, bus, train, or other form of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.<sup>4</sup>
- People ages two and older should wear masks in public settings and when around people who don't live in their household.<sup>4</sup>
- Masks may not be necessary when you are outside by yourself away from others, or with people who live in your household. However, some public areas may have mask mandates, so please check the rules in your local area (such as in your city, county, or state). Additionally, check whether any federal mask mandates apply to where you will be going.<sup>4</sup>

#### • STAY SIX FEET APART

- A mask is NOT a substitute for <u>social distancing</u>. Masks should still be worn in addition to staying at least 6 feet apart, especially when indoors around people who don't live in your household.<sup>4</sup>
- Avoid crowds and poorly-ventilated places.<sup>4</sup>

#### • WASH YOUR HANDS

- Wash your hands with soap and water for at least 20 seconds or use <u>hand sanitizer</u> with at least 60% alcohol after touching or removing your mask.<sup>4</sup>
- 1. CDC Considerations for Restaurant & Bar Operators (December 16, 2020) tinyurl.com/2veyzs3r
- 2. OSHA Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace (January 29, 2021) tinyurl.com/7hrammad
- 3. CDC When You've Been Fully Vaccinated (May 13, 2021) tinyurl.com/afjtcbhc
- 4. CDC Guidance for Wearing Masks (April 19, 2021) tinyurl.com/26k8wdzx



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