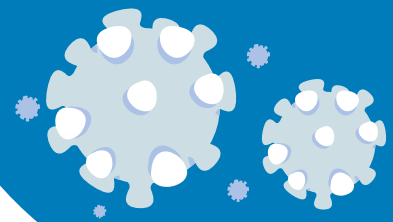


How can you prepare for changes in mask requirements?



What is changing with masks?

Starting April 3, Oregon is lifting mask requirements for health care settings. This includes intellectual and developmental disabilities services. The Office of Developmental Disabilities Services (ODDS) created this guide to help you make choices that feel safe and right for you and your family.

What does this mean for you?



You can still have your provider wear a mask. You can also ask visitors coming into your home to wear a mask.



If you are sick or don't feel good, protect others. Consider wearing a mask. Ask those who have been around someone who is sick to wear a mask.



Your personal agent or services coordinator and other supporters will ask if you want them to wear a mask. If you ask them to wear a mask, then they must.

Oregon ends mask requirements on April 3

"How can you continue to stay safe?"

Ways to stay safe from COVID-19



You have the right to ask your provider to wear a mask. We encourage wearing masks if you or your provider do not feel well.



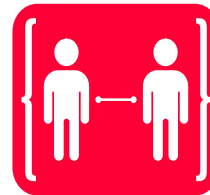
If you live or work in a foster home or residential setting and people you live with become ill, we encourage you to wear masks.



Your providers must ask you and your family if you want them to wear a mask before they come into your home.



Wash hands frequently



Maintain social distancing



Wear a mask when you feel sick

If you are unable to mask due to a medical condition, your provider should take steps to help you stay safe. They might ask for physical distancing from others, sanitize more, and make sure that everyone else who is able wears masks.