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Jan. 26, 2022

To: ODDS Partners and Providers  
From: Lilia Teninty, Director, Office of Developmental Disabilities Services  
Subject: CDC masking guidance

The Centers for Disease Control and Prevention (CDC) [updated its masking recommendations.](#)

- N95 and KN95 masks are recommended over other types of masks.
- Well-fitting respirators, including N95s, offer the most protection. When used correctly, they filter out most airborne particles and reduce the risk of COVID-19 transmission.

Oregon Health Authority also published [masking tips](#), along with [tips on choosing an effective mask](#). Wearing a well-fitting N95 or KN95 along with getting vaccinated and boosted is one of the best ways to protect yourself and those around you.

The [White House announced](#) it will be send 400 million N95 masks to pharmacies and health centers around the country within the next few weeks.

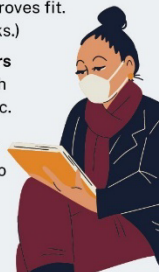
While requirements are not changing at this time, the Office of Developmental Disabilities Services (ODDS) does want to make individuals

## Here's how to help your mask help you.

Breathing through a mask creates a barrier against respiratory droplets.

- 1** If available, N95 or KN95 masks are the best option to protect from particles that could be carrying the virus that causes COVID-19. These high filtration masks are designed for a tight fit to the face.
- 2** If an N95 or KN95 are not available, a cloth mask worn over a disposable surgical mask adds an additional layer and improves fit. (Don't wear two disposable masks.)
- 3** A cloth mask with multiple layers blocks more droplets than a cloth mask with only one layer of fabric.
- 4** Make sure your mask fits snugly over your mouth and nose, with no gaps around the nose or cheeks.

Oregon Health Authority



with intellectual and developmental disabilities (I/DD), family members, providers, and case management entities aware of this guidance. High-quality, snug masks are essential to slow the spread of COVID-19, particularly the highly contagious Omicron variant. I encourage direct care providers to wear an N95 or KN95 to protect yourself and those you support.

Thank you for supporting health and safety of Oregonians with I/DD.

Sincerely,

A handwritten signature in black ink, appearing to read "Lilia". The signature is fluid and cursive, with a large initial "L" that loops around the first few letters.

Lilia Teninty  
Director  
Office of Developmental Disabilities Services

*Previous Director's Messages are available at*  
[http://www.oregon.gov/DHS/SENIORS-  
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