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July 28<sup>th</sup>, 2021

**FOR IMMEDIATE RELEASE**  
**CDC and OHA Recommend Indoor Mask Use**

On Monday the CDC and OHA all recommended the universal use of masks in all indoor settings. OHA and CDC's recommendation applies to all individuals and not just the unvaccinated population as the Delta variant increases throughout the state. Dr. Dean Sidlinger, state epidemiologist and state health officer stated "The highly contagious Delta variant has increased tenfold in the past two weeks in Oregon, and it is now estimated to be associated with 80% of the new cases in Oregon. The use of face masks provides significant protection for individuals who are unvaccinated as well as an additional level protection from a small but known risk of infection by the virus for persons who have already been vaccinated."

While this is only a recommendation, the best way to protect yourself, and those around you, is to go to [www.cooshealthandwellness.org](http://www.cooshealthandwellness.org) to book an appointment for your FREE COVID-19 vaccine. If you have specific question on guidance for each risk level you can go [HERE](#). If you have general questions regarding COVID-19, please visit our website [HERE](#) for the most recent guidance, or email us at [covid19.questions@chw.coos.or.us](mailto:covid19.questions@chw.coos.or.us).

**Dr. Eric Gleason MS**

**Deputy Director**

*Pronouns: He/Him/His*

**Coos Health & Wellness**

Together, inspiring healthier communities

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