

Transcription

Production Jennifer Johnson Address
Episode Masking
Duration 1'33"
Deliver format H264

Hi, I'm Skagit's Public Health Director Jennifer Johnson. Wearing a mask is a very simple thing you can do to prevent the spread of COVID-19. Droplets may leave your mouth when you sneeze, cough or even speak loudly. Wearing a mask works as a barrier that stops droplets that could be carrying the COVID-19 virus from infecting other people.

It is very important that you wear your mask correctly in order for it to be effective. If you're wearing a standard fabric mask like I've got here, make sure that it is tucked under your chin and pulled over your nose (Demonstrate). If you're wearing a loose face covering, like this bandana, it's important to make sure that it covers your nose as well as your mouth. Droplets can come from either your nose or mouth- so it's important you cover both.

Unless you have a health condition that makes breathing difficult, like emphysema or asthma, there are no negative impacts to wearing a mask. Contrary to some rumors, your oxygen levels won't be impacted by wearing a cloth mask or face covering. My colleagues and I wear masks all day while we're at work, and none of our staff have ever had an issue.

If you have questions about wearing a mask, the Governor's order requiring masking or any other COVID-19 related topic, please call our Health Department at 360-416-1300 or email us at health@co.skagit.wa.us. We are here to answer your questions or concerns, so please feel free to reach out to us.