

Transcription

Production COVID: Public Address
Episode Parenting in the Pandemic
Duration 03:5
Deliver format H264

Dear Skagit County friends, relatives and colleagues:

As Director of your Public Health Department, I am amazed and heartened by the great effort so many of you are taking to maintain social distancing, staying home and staying healthy, and doing all you can to make Skagit safe.

Please know that I'm leading a broad team of professionals who are working tirelessly to counter this epidemic locally.

Also, Skagit is blessed with hospitals, health care providers, first responders and law enforcement who are working around the clock to secure the wellbeing of all of us.

But I'm also a mom of two tweener daughters with baby boomer parents who are in the risk age group.

So, I experience personally some of the fears, frustrations, and difficulties you are facing.

There are early signs that Skagit may be flattening the curve. Preliminary data suggests that Skagit's social distancing may be working. However, we need more time to be safe and certain.

The thing protecting people now is social distancing (and washing our hands with soap and warm water for 20 seconds or more).

Now as much as ever we need to stay home and be even more diligent in doing so.

I can't emphasize enough that it is critical for each one of us to maintain social distancing and wear masks or face coverings if we go out in public for essential services.

We will have greater economic recovery and a quicker return to normalcy when we stay the course.

If not, we threaten the health and life of ourselves, our loved one, our neighbors, and all those in Skagit who are most at risk. It would be far worse to do this all for nothing.

To lose our jobs, our incomes, to be away from people we care for -- and still have COVID-19 win.

It is so tempting with the beautiful weather we been having to go out into the world for non-essential reasons and without masks. We just can't do that yet.

And please be aware that when the Governor starts to loosen social distancing, it will need to be a well thought out plan, step-by-step and not all at once.

We will need to take care of the gains against COVID we have made.

Skagit has faced hard times before and we have always joined together and risen to the challenge. At a distance we are joining together. Physical distancing doesn't have to become emotional distancing.

We are keeping connected through phone calls, social media, and hellos shouted across the street to neighbors. We might be picking up groceries for neighbors at higher risk. Our families might be growing closer -- eating more meals together

And we are staying home and staying healthy. Remember, this will not be forever

This is hardest period of life most of us have ever experienced, and in the middle of these troubles, at some time during each day, I find myself feel a sense of gratitude.

I'm grateful to work with such a skilled and incredibly hardworking Public Health team.

I'm grateful and humbled to partner with astoundingly driven, talented and compassionate hospitals staff, other health care providers, law enforcement, fire departments and all essential services heroes. But, most of all I'm grateful and proud to be connected to this amazing and strong community of Skagit County

Thank you.

Please stay home and stay healthy.