

Transcription

Production Jennifer Johnson Address
Episode Mask up to open up
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Hi, I'm Skagit County Public Health Director Jenifer Johnson. On June 5th, we moved into Phase 2 of the Safe Start—Reopening Washington plan. Since then, we've unfortunately seen a spike in COVID-19 infections throughout Skagit County and Washington state. This increase has prevented Skagit from moving forward into Phase 3 and further lessening restrictions.

If you're frustrated by our situation, you're not alone. Countless business owners and workers are hoping to get back to work. Parents want to send their kids back to school. We all want our normal, day-to-day lives again. But COVID-19 is still prevalent in our communities and is going to be with us for a while.

One simple thing you can do to slow the spread of COVID-19 is wear a mask. Wearing a mask significantly reduces the likelihood of transmission between people—by some estimates, almost 70 percent. COVID-19 spreads through respiratory droplets. Masks work by preventing those droplets from getting into the air when a contagious person coughs, talks or sneezes. Masks also help keep any droplets present in the air from getting to a person wearing the mask.

Unless you have an underlying health condition like asthma—there are no medical side effects to wearing a mask. Medical professionals wear masks regularly— for hours at a time— with no ill side effects. My colleagues and I wear ours throughout the workday and we have never had an issue.

There's no reason not to: mask up to open up schools, mask up to open up business and mask up to get back to normal life.