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The Value of Wearing a Cloth Face Mask

Expect President Trump to ask Americans to wear a face mask outside of their homes. A New York City doctor knee-deep in coronavirus patients agrees. His job is deciding which patients need a ventilator. On YouTube, he shared four ways to protect yourself.

First, wash and sanitize your hands frequently. Second, wear a face mask when you’re not at home, not to protect yourself from breathing in the virus, but to remind yourself not to touch your face. If you touch a contaminated surface and then your face, the virus can enter your mouth, nose, or eyes. Third, practice six feet of social distancing. And fourth, keep your social circles small.

Many small businesses are now making cloth masks or you can make your own, or simply wear a bandana.

PHYSICIAN YOUTUBE: Dr. Dave Price of Weill Cornell Medical Center in New York City: https://bit.ly/2UFgYHp