



Why Wear A Mask...?

Yesterday I read this, posted on my friends Facebook timeline - Dave, he's a paramedic!

I liked the way this explained why wearing a mask is important; it reads in a positive 'shed light' kind of way, and so I wanted to share it with you all, I hope that is ok?

Let's say you woke up with a terrible cough, a fever, and severe body aches.

Immediately, you rush to the testing station and unfortunately, you're told you are positive for COVID-19. For the last two weeks, you've been unaware that you were infected and you've ignored "the rules." You've gotten together with some close friends for pizza, had a few people over, even visited a park and a beach. You figured, "I don't feel sick. I have the right to keep living my normal life. No one can tell me what to do."

With your diagnosis, you spend the next few days at home on the couch, feeling pretty crappy; but then you're well again because you're young, healthy and strong. Lucky you. But your best friend caught it from you during a visit to your house, and because she didn't know she was contagious, she visited her 82-year-old grandfather, who uses oxygen tanks daily to help him breathe because he has COPD and heart failure. Now, he's dead.

Your co-worker, who has asthma, caught it too, during your little pizza get-together. Now, he's in the ICU, and he's spread it to a few others in his family, too--but they won't know that for another couple of weeks yet.

The cashier at the restaurant where you picked up the pizza carried the infection home to his wife, who has MS, which makes her immunosuppressed. She's not as lucky as you, so she's admitted to the hospital because she's having trouble breathing. She may need to be placed in a medically-induced coma and intubated; she may not get to say goodbye to her loved ones. She may die surrounded by machines, with no family at her bedside.

All because you couldn't stand the inconvenience of a mask; of staying home; of changing your familiar routines for just a little while. Because you have the right, above all others rights, to continue living your normal life and no one, I mean no one, has the right to tell you what to do.

#SocialDistancing = It's not about YOU!

#WearAMask = It's not about YOU!

#StayHome = It's not about YOU!

#GetTested = It's not about YOU!

Written by Anonymous.

Copied and shared, please feel free to do the same and please #StaySafe

Elizabeth Wilkinson 2020 – original Source unknown www.theddc.org.uk