

Mayo Clinic Minute: Why you need to wear a mask

Video	Audio	
John O'Horo, M.D. Infectious Diseases Mayo Clinic	If you hate wearing a mask, Dr. John O'Horo says you are not alone. "I don't think anybody likes to wear a mask. That is absolutely true. It's uncomfortable, and it is the new normal ..."	
	... the new normal for grocery shopping, for entering buildings and being around others.	
	"It's difficult to be reminded of this every minute of every day when you're out in public."	
	But wearing a mask is an important step in reducing the spread of COVID-19.	
	"The reason we need to do this is because the risk of transmission is very real. And people may be transmitting without knowing that they're infected."	
	Dr. O'Horo says it's important for everyone to take safety measures seriously, and he offers five everyday actions.	
	"The five things that you always have to do are: Wear a mask, maintain your social distancing of 6 feet wherever you can, clean high-touch surfaces, wash your hands, and avoid crowds."	
	And make sure you get a flu shot. It won't prevent COVID-19, but it will reduce your risk of getting the flu.	
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.	