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Masks are best COVID-19 defense for communities



Your Turn
Dr. Corin DeChirico
Guest columnist

One of the biggest challenges the health care field has faced in attempting to stop the spread of the novel coronavirus has been the rapid evolution of new information as it becomes available.

Initially, as we were just starting to learn about the virus, Centers for Disease Control and Prevention (CDC) recommended people not wear masks

in public, in part to make sure masks were available to health care workers. As more information became known about how the virus spread, the CDC updated its recommendations for widespread use of face coverings when interacting with others to help prevent transmission of the virus. This recommendation is particularly critical as stay at home restrictions lift and social distancing becomes more challenging.

As the only Federally Qualified Health Center (FQHC) in Collier County that serving approximately 50,000

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There are many reasons not to cover your face



Your Turn
Rick Cannon
Guest columnist

I do not wear a mask unless I cannot social distance.

According to the World Health Organization's publication "Advice on the use of masks in the context of COVID-19: 6 April 2020", There are many reasons to not wear a mask:

- self-contamination that can occur by touching and reusing contaminated mask

- depending on type of mask used, potential breathing difficulties
 - false sense of security, leading to potentially less adherence to other preventive measures such as physical distancing and hand hygiene
 - diversion of mask supplies and consequent shortage of mask for health care workers
 - diversion of resources from effective public health measures, such as hand hygiene
- My wife has led a group of volunteers (including myself) that made over 2,000 cloth masks that were do-

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Wearing a face mask or not wearing a face mask has become a polarizing topic during the coronavirus pandemic.
TORI LYNN SCHNEIDER/TALLAHASSEE DEMOCRAT

WHY WEAR A MASK?

We asked our Facebook Coronavirus groups where they stood

Mark H. Bickel Fort Myers News-Press | USA TODAY NETWORK – FLORIDA

Note to our readers: These are some of the more than 100 comments about the reason why they wear a mask:

Iris Krueger: I'm an "A," face mask starting in early-March and a face shield since mid-March. I do it to protect others in case I am a carrier or asymptomatic. I don't want to even wonder whether I caused another person, or someone with whom they come into contact, to suffer or, worse, die a horrible death because of my laziness or selfishness.

Jennifer Marie: A. I have horrible allergies and sneeze like crazy. I read that 40% of transmissions occur before the person has any symptoms. I'll sneeze into my mask for your benefit. You're welcome.

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Note to our readers: These are some of the more than 100 comments about the reason why they don't wear a mask:

Chris Atchley: B Not gonna give up my freedom for a little bit of safety

Daniel Thiessen: Most of the masks I see people wearing are cloth and they don't really prevent anything

Luis Pineda: B. Doesn't matter if someone is wearing a mask but if they are infected they probably touched a couple things I may touch too

Rebecca Pajer: Person B. I do not wear a mask.

I choose to not wear a mask due to my kids. Unfortunately I do not have the ability to leave my children at home when I go to

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Bolton blasted Trump, but won't vote for Biden

Max Abrahms
Special to USA TODAY

Imagine writing a bestseller to derail a president's reelection bid without two seconds of thought about whom you'll vote for instead?

Welcome to the world of John Bolton, Trump's ex-National Security Advisor notorious for using his Washington elite perch over the past several decades to push needless American wars from South America to the Levant, Persian Gulf, and Korean Peninsula. After getting sacked by his boss last year for seemingly trying to start World War III, Bolton has penned a tell-all insider's tome.

Even before its official release this Tuesday, snippets of the book began to appear all over the internet. And of course, Bolton has been doing rounds on the interview circuit, sparing no chance to slam his former boss as corrupt and unfit for office. "In 2016 I voted for Trump over Hillary Clinton," Bolton told The Telegraph in an interview published Sunday. "Now, having seen this president up close, I cannot do this again. My concern is for the country, and he does not represent the Republi-

can cause that I want to back."

The obvious implication was that Bolton planned on voting for another presidential candidate, like the Democratic challenger. A longtime Washington insider, Bolton is presumably aware that America operates under a two-party political system in which those not supporting the Republican incumbent will likely cast their vote for the future Democratic nominee.

Based on his anti-Trump remarks, political observers on Twitter naturally understood Bolton's position in 2020 as voting for Biden. Hours later, though, the lifelong Republican's spokeswoman, Sarah Tinsley, told CNN that actually: "This statement is incorrect. The Ambassador never said he planned to vote for Joe Biden." She tried to clarify, "He will not be voting for Biden or Trump." Squaring the circle in an ABC interview, Bolton mused that he'll have to "figure out a conservative Republican to write in."

Maybe you find it weird that Bolton would try to bring down an incumbent political leader without a clue or even care of whom will replace the old guard? But this is vintage Bolton. Bolton has made it a lifelong habit of being both the



Bolton

first and last guy in the room to make the case for regime change. His tireless efforts have always gone into selling regime change – not on understanding or even considering the day after.

Take Iraq, where Bolton pushed for toppling Saddam Hussein from power in the 1990s, years before lying to the American public about the dire post-9/11 need to depose this dictator. The main argument for regime change was that Saddam would pass along his hidden stash of weapons of mass destruction to Al Qaeda. What ended up happening, of course, is that we never found this WMD stash and Iraq became Al Qaeda's foremost terrorist affiliate, filling the post-Saddam power vacuum.

To this day, Bolton insists that he has no regrets about this fateful decision. It does not matter that regime change helped out the very type of jihadi terrorists it was intended to hurt. Bolton also did not consider how regime change in Iraq would empower its neighbor, Iran. When this happened, he simply redoubled his pitch that "the declared policy of the United States should be the over-

throw of the mullahs' regime in Tehran."

With all this advocating for regime change, who has time anyway to consider whether it will spark another protracted civil war rewarding even more dangerous anti-American extremists? In Syria, too, Bolton advocated for removing Assad in order to make progress against ISIS even though they are adversaries. After promoting the popular DC talking point that only the anti-Assad "rebels" fight ISIS, its leader was caught hiding out with them.

Whereas every sentient political observer recognizes regime change in Libya as a massive humanitarian and strategic disaster that resulted in more terrorists, civil war, sex slavery, and refugees, Bolton has advocated for the "Libya model" to be applied to North Korea. Predictably, Bolton has been calling for an "end" to the regime of Kim Jong Un without a thought of what negative externalities will take its place. Bolton may well be right that America would benefit from regime change – this time at home. But don't take his word for it.

Max Abrahms is an associate professor of Public Policy at Northeastern University and a fellow at the Quincy Institute.

Defense

Continued from Page 1B

patients annually, Healthcare Network provides comprehensive primary healthcare for infants to senior citizens, regardless of their income or insurance status.

We know that when our community is healthy, we all benefit. Our staff wears masks, and we require our patients to wear masks at our facilities throughout Collier County because we understand what happens when vulnerable populations are exposed to the virus.

We know that masks are a key component to preventing the spread of COVID-19 for everyone, especially since research has shown that infected people can spread the virus before, or even if they never show symptoms of COVID-19.

The benefit of wearing masks is supported by science. When an infected person expels virus-laden droplets (through talking, for example), and another person inhales those droplets, the virus enters the nose and throat, finding a welcome home in the lining of the nose.

As the virus multiplies, an infected person may shed copious amounts of it, especially during the first week, before showing any symptoms.

When talking with others, a mask is the best defense to protect the wearer's nose and mouth from contact with droplets, splashes and sprays that may contain germs. Masks also protect others from potential exposure to the virus by reducing saliva and respiratory secretions from the mask wearer.

While masks are not foolproof, even a low-quality mask can block respiratory droplets. There is enough evidence to prove that combined with social distancing and proper hand hygiene, widespread use of masks could dramatically reduce transmission of the virus.

While we are all anxious to return to our activities and ways of life, the pandemic has not ended. There is still much to learn about the virus, but we do know this: interacting with others without wearing a mask and failing to observe social distancing recommendations increases the risk of viral spread for everyone. This is a time to come together as a community with strength and vigilance. We all have a responsibility to protect ourselves and the vulnerable in our communities.

Dr. Corin DeChirico, Chief Medical Officer and Vice President of Medical Affairs, runs the clinical programs for Healthcare Network of Southwest Florida after more than 25 years as a healthcare clinician, leader and physician executive. For information on Healthcare Network, visit healthcareswfl.org.

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nated to Lee Memorial hospitals, New York City hospitals, the NYPD and other health care providers.

In hospital settings, or when caring for patients up close and personal, wearing masks is prudent.

I sense there is a political motivation to have all citizens wearing masks and trying to reinstitute further lock downs to harm the economy before the election.

To mandate masks outdoors or when physical distancing can be easily achieved is overkill and not helpful.

If masks were not mandated for protests that did not have social distancing, then they should not be required for other activities.

Rick Cannon is a resident of Cape Coral. He is the inventor of the Panel Lockout and Lollipop Golf Tee.

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