



Transcripts of COVID-19 Videos for Dairy Employees

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4- Facemasks

In this video I'm going to talk about the importance of wearing a face mask. We know that there are people infected with COVID-19 that might not have any symptoms but are still capable of transmitting the virus, those people are called asymptomatic spreaders. We also know that people infected with COVID-19 can transmit the virus before they start showing signs of the disease. This is why it is so important that we use a mask in public spaces and at work, especially when you are not able to maintain a distance from other people of at least 6ft (>2m).

In addition to keeping 2 meters of social distance when possible, the mask serves as a physical barrier. For those that are sick and don't know it, it can prevent virus mists and droplets from getting airborne when talking, sneezing or coughing or when working hard and you take bigger and more frequent breaths. It can also help those that do not have the virus from catching it as it may capture virus in air prior to reaching your nose and mouth.

There are some masks that are more effective than others, but even if it is a homemade mask from an old shirt or sock or scarf (bandana), the mask will provide you with some protection.

It is critical that you wear the mask correctly. Adjust it to your face so there are no gaps between the mask and your skin, and make sure your mouth and nose (and chin) are completely covered

Some masks can be reused. Look for instructions on the package the mask comes in and follow the manufacturer's recommendations for use.

If you have homemade facemasks or cloth facemasks, you must make sure they are clean and dry. For this, simply wash them in the washing machine and let them air dry or put them in the dryer. Or, you can hand wash them in warm soapy water and hang them to dry in a clean area.

If you are a milker, it is a good idea to have a spare mask on every shift in case it gets dirty with manure or milk.

It is very important to remember to wash your hands with soap and water just before you put the mask on, and right away after you take the mask off. Do not touch the outside of the mask (area covering your nose and mouth) as it may be contaminated with the virus. Only handle the mask by the straps or loops used to secure it to your face.

4- Mascarillas o cubre bocas

En este video voy a hablar sobre la importancia de usar una máscara facial.

Sabemos que hay personas infectadas con COVID-19 que podrían no tener ningún síntoma pero que aún son capaces de transmitir el virus, a esas personas se les llama asintomáticos. También sabemos que las personas infectadas con COVID-19 pueden transmitir el virus antes de que comiencen a mostrar signos de la enfermedad.

Es por eso que es muy importante que usemos una mascarilla en espacios públicos y en el trabajo,

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especialmente cuando no se puede mantener una distancia de al menos 2 metros de otras personas. Además de mantener 2 metros de distancia social cuando sea posible, la mascarilla sirve como barrera física. Para aquellos que están enfermos y no lo saben, las mascarillas pueden evitar que las gotitas respiratorias que contienen el virus se liberen al aire al hablar, estornudar, toser o al hacer algo que requiere mayor esfuerzo físico como al hacer ejercicio. Las mascarillas también pueden ayudar a aquellos que no están enfermos a detener al virus, ya que, si el virus está en el aire, llegara a la mascarilla antes de llegar a la nariz y la boca.

Hay algunas mascarillas que son más efectivas que otras, pero incluso si se trata de una máscara casera hecha de una camisa vieja o un pañuelo, la mascarilla le brindará protección.

Es crítico que use la mascarilla correctamente. Ajústela a su cara para que no haya espacios entre la máscara y su piel, y asegúrese de que su boca, nariz y mentón estén completamente cubiertos

Algunas mascarillas pueden reutilizarse. Busque las instrucciones en el paquete donde vienen las mascarillas y siga las recomendaciones de uso del fabricante.

Si tiene mascarillas caseras o mascarillas de tela, debe asegurarse de que estén limpias y secas. Para esto, simplemente lávelas en la lavadora y déjelos secar al aire o póngalos en la secadora. O también puede lavarlas a mano con agua tibia y jabón y colgarlos para que se sequen en un área limpia.

Si usted es un ordeñador, es una buena idea tener una mascarilla extra en cada turno en caso de que se ensucie con estiércol o leche.

Es muy importante recordar lavarse las manos con agua y jabón justo antes de ponerse la mascarilla, e inmediatamente después de quitársela. No toque el exterior de la mascarilla ya que puede estar contaminada con el virus. Solo manipule las mascarillas por las correas o tiras utilizadas para asegurarla a su cara.

References

CDC. (2020). Coronavirus (COVID-19).
<https://www.cdc.gov/Coronavirus/2019-ncov/>