

## TOWN BOARD OF JAMESTOWN

### COVID-19 UPDATE (SARS-CoV-2)

February 21, 2021

#### COVID 19 FATIGUE; WHY WE SHOULD WEAR MASKS ANYWAY.

According to the metric at the bottom of this message, the chances of anyone in good health under the age of 35 being hospitalized, placed in ICU or dying from COVID-19 are close to nil. The risk is also not significant for those between the ages of 35 to 55. Why wear a mask?

Wearing a mask does protect the wearer as well as others. If we all "Mask Up" there are certain advantages for everyone:

1. Nobody really wants to get sick, the common cold is a nuisance, and the flu will cause us to miss work. We might not have symptoms of COVID; or it might be with us for days or weeks.
2. According to the Mayo Clinic, there are several long term effects of the virus on the heart, lungs and brain that can affect persons of any age. [Watch 2 Minute Video](#)
3. It is a defense against the newer, more contagious strains of COVID.
4. If we get the infection rate under control businesses, bars and restaurants can reopen and the vast number of unemployed can go back to work. We get back to normal.
5. A lower rate of infection increases the chances that those at the most risk can remain infection free.
6. We await the hopeful possibilities of faster, more widespread immunity to COVID-19 through vaccines, but we must continue to buy our community time by doing everything we as individuals can to stop the spread of the disease in our county in its tracks.

In Boulder County masks are to be worn over the nose and mouth in all public indoor spaces. We don't have a lot of those in Jamestown, but we do have one in particular – our post office. Please wear a mask every time you walk into the post office, whether anyone else is in the building or not. You don't know how long it's been since the last postal patron has visited, nor do you know how soon the next will enter the building. Small virus droplets can, theoretically, still be hanging in the air for many minutes to hours, according to the CDC. Virus droplets can also be on commonly touched surfaces. It's not a bad idea to wear gloves and/or use a disinfectant wipe to open the door or the door of the chute for outgoing mail.

The Centers for Disease Control recently (02/10/2021) updated its position that wearing a mask not only protects those around you, but it also gives *you* some protection and now, it has been suggested that duplicative masks be worn for even more protection. [CDC Guidance](#)

- Make sure your mask fits snugly against your face.
- Choose a mask with layers.
- Choose a mask with a nose wire.
- Use a mask fitter or brace.
- Knot and Tuck ear-loops of a three ply (surgical or procedural) mask. [Watch Video](#)
- Mask in layers.
  - Use a cloth mask that has multiple layers of fabric or
  - Wear one disposable mask underneath a cloth mask.
    - Do not combine two disposable masks or combine KN95 masks with any other mask.
    - The second mask should push the edges of the inner mask against your face.

An excellent, interactive article on how masks work can be found here: [Article](#)

The Boulder County mask-wearing requirement originally went into effect in July and remains in place until it is rescinded. This order requires that all people in Boulder County who are 11 years and older wear a mask that covers

their noses and mouths in any public indoor space and any place, indoors or outdoors, where you can't maintain a distance of 6 feet from others with whom you don't live. There are some exceptions listed on the county's website.

[Face Covering Order](#)

Masks should not:

- Have anything hanging off the facial covering that would create a food safety hazard.
- Have holes or tears.
- Masks should not be shared with others.

Other tips:

- Wash your hands before and after putting a facial covering in place.
- Do not touch the facial covering again until you remove it.
- Masks should be positioned so that there is no need to adjust or otherwise touch the face frequently.
- If your mask becomes soiled or hard to breathe through, you should remove and not wear again until laundered.
- Remove your mask to eat and drink and if it is still in good repair, you may continue to use it.
- Store your mask with your personal items.

Please Social Distance, Wear a Mask, Wash Your Hands Frequently and Avoid Large Groups.

#### **Boulder County Department of Public Health Metric:**

Boulder County residents who have tested positive for COVID-19 or are considered probable by age, hospitalization/ICU status, and outcome. Updated Mondays and Thursdays. **Last updated Feb. 16.**

Age Group	Not hospitalized	Hospitalized	ICU	Deceased
0-9	706	3	0	0
10-17	1297	0	*	0
18-22	4487	11	*	0
23-24	700	3	0	0
25-34	2868	16	7	0
35-44	2143	38	9	*
45-54	2112	40	11	5
55-64	1435	55	20	19
65-74	811	6	11	38
75+	696	78	9	180

**Note:** Results suppressed (\*) when value is 1 or 2.