

Organization stresses their efficacy.

I fear many people have given up on masks for reasons that are beyond me. Two local anecdotal surveys this week sent chills up my spine. I spent 45 minutes waiting in line at the local liquor store with more than 40 other people. I was one of four people wearing a mask, and no one under 50 was masked. Another day I had to go to the hardware store to get some repair parts for my hose. I spent 20-plus minutes in line and was one of three wearing a mask in a lineup of 21 people.

While I am not a doctor, nor have I portrayed one on television, here are five decisions that you can make on a daily basis that benefit both you and society as a whole, and there is little serious academic argument on these bits of COVID-19 protocol.

**Wear a mask when out in public** – All the data currently available worldwide indicates that if everyone wore a mask when in public we could cut future transmission rates by as much as 95 per cent.

Nations who have been successful in stopping the spread of the disease early, and not just flattening the curve but crushing the curve like South Korea, Taiwan, New Zealand and Singapore, have gone “all in” on masks as a simple and effective way to protect millions.

I realize masks are hot, uncomfortable, unattractive and prone to create strange tan lines, but everyone from the government of Austria to the CDC to the World Health

My wife has noticed the same behaviour in the grocery store where in the last month the number of mask wearers has declined precipitously.

Mask-shaming is becoming a thing both here and in the United States. Apparently in the U.S. the choice to wear or not wear a mask has become a talisman of your political loyalties, and shaming of those who do wear a mask by those who don't are on the rise.

I was mask shamed at a local trailer parts supplier last week when a fellow customer blurted out that, “People like you were responsible for this hoax. You are weak. You have given into the fear.”

**Wash your hands** – Except amongst the most extreme of the pandemic deniers there is almost universal support for fastidious hand washing. While many of us are trying, there are times we are falling down on our responsibilities.

Do you wash your hands after putting the