

Precautions when shopping for the 4th

0:06

This is an unprecedented Fourth of July, because of the COVID pandemic. So I think first of all, shopping, and I'll use as an example, masks, and I might explain that maybe the mask is to hide my beard but this one is not only a good mask and should be worn when you're outside the house Whoops, I can get it on my ear. And it, if I'm gonna shop for beverages hotdogs buns whatever I might I would where is this at the store. And so, this still is very important. We cannot predict the future what's going to happen with COVID and it's been an interesting four to six months. Unfortunately, tragic for some families, but we do know that masks work, we know that washing our hands works. And we know that the social distancing now how to use social distance with a family gatherings is a challenge, I'll use as some examples. We visited a grandson in Austin. Last weekend. And when we were in the house with his mother and father, we did not, we did not mask. but when we went shopping we did in that city. They live in an area where we were able to push the grandson, in a stroller and let him get out and play on some playgrounds that were not crowded at all. And we did not wear masks for that as we were walking. But if we were going to take him inside we would have worn masks, without any questions.

How careful do I need to be since things are opening up?

1:58

So at this time. It is different in different parts of the United States. We still need to wear masks, because of our ability to travel, we from Austin last weekend, went to Dallas. I think in Texas. Yesterday, Dallas may have been one of the bigger cities. There we attended a celebration for a granddaughter who graduated high school. And for that. Among the family. When we went to their house we were wearing masks but inside we did not wear masks. I think one of the things to remember, if my wife or I had been sick, we wouldn't have gone, nor would any of the other family members have gone to that celebration or that gathering if they were sick so if you're sick. Don't go if you're well use the same precautions and if you're going to be outside in a store shopping certainly, wear masks, you can make it fun. My wife provided me with other other masks. I visited the dentist the other day he looked at my mask, he said, Where did you get those.

What if people feel sick?

3:18

If you feel sick, you should not go to family gatherings, because you might be sick from COVID and you certainly to your family and other people don't want to put them at risk.

Precautions to take when sharing meals

3:38

In a in an outdoor spread. What a great way to interact with families over food and celebration. I think one of the things I'll hand wipes in between the foods. I think be a little more careful this year, or a sanitizer in between the foods, while we think it's respiratory sometimes that virus

can get on other utensils, just like now as the restaurants are opening individual plates throw away plates all things like that to minimize contact. I noticed that some of these box lunches have little hand wipes in them. Perfect.

Best ways to protect yourself over the summer

4:21

I think I'd go with the big three masks, hand washing, social distancing reasonable social distancing. You can be outside jogging walking riding your bike you don't need a mask for that unless you're doing it, you know, in such a tight group you can imagine. I see I'm I'm encouraged that we're getting back gradually to other to the new normal.

Do kids need masks?

4:52

As a pediatrician well how about kids. They really don't have to wear masks underneath two years of age. If they object to that older, use your best judgment, but the best thing that has happened, or the best thing that I've learned thus far about children, is that they don't get serious disease with this and they don't. And that's been just great, but they need, parents and grandparents, and that's who we need to protect right now. So, I ultimately I hope that children have benefited by this time of being around their parents more, not at school at or things like that but it has been stressful. And according to different ages, parents and grandparents can provide different advice for them in terms of stress in the waiting rooms, it's interesting, I was in a waiting room yesterday, one family had on masks and the other family didn't, but I think most of our healthcare areas are asking that when people go and see health care providers, they wear masks. It is safe to go back to health care providers now for children's immunizations.

Should I attend fireworks shows?

6:13

I love fireworks, and they're exciting, and I think because they're. You can't have them inside. Even better, they're outside. If you're socially distanced on a blanket, not around other people. I don't think that you necessarily need a mask but if you are it's okay to wear one I'm not discouraging if you want to, but I think if there's social distancing, and you're outdoors, you should be safe. It's dark then, I think, use your best judgment.

Considerations when traveling

6:51

Yes. What's been in this unprecedented time states are different cities are different and in a big state of Texas, it's different, Austin is different than Dallas and certainly different than Lubbock, I applaud the state government and local government for their, their advice and and governmental control and recommendations. I haven't heard any of that say, don't wear masks they encourage that. But we have been relaxing some of the other guidelines masks, hand washing, social social distancing still very important.

When do things become normal again?

7:38

I think, as a physician. This is, I've never seen and been in a situation like this in my medical career, and it's it's over 50 years. And so, I learn every day, every week, every month, about where we are. And we shouldn't say it's over. We do not know where it's gonna go but by doing the things that we know work handwashing masks social distancing, we can limit the effect it will have I am so happy that we are relaxing some of them, but we are never going to return to nor what we thought was normal in the past, it will be a new normal. And by working together in our city and local area. We will be better off and lessen the effect. I just cannot predict what's going to happen I even the experts, can't predict what's going to happen. I look forward to better medicines, better things for antibodies and vaccine. But we'll have to wait and see what those results are and how to apply them.