

Wear a Mask: Show Your True Colors

Ironic, right? They all tell us to “Wear a mask!”, to conceal ourselves. Yet we radiate our truest morals and values as humans through wearing masks. How can a silly piece of fabric on our faces emulate our true identities?

Traditionally, masks are meant to conceal, to hide, to disguise.

Masks are mysterious.

When we wear masks on our faces, we are hiding a part of our face, a part of our identity. The last part of my previous statement is only true, however, if you believe that your physical appearance defines who you are. (hint: it does not!)

Your identity is not defined by what you look like.

Identity is defined by character.

Character is shown through this smallest action of love—wearing a mask.

Wearing a mask exemplifies a small act of great love, just as Mother Teresa once said, “We can do no great things, only small things with great love” (South Pasadena Contributor).

Yes, a mask does cover some part of our face. But this does not mean you are being concealed from humanity, from the world.

Simply, it means you are a decent human being.

Choosing to put on a mask around others during the Covid19 pandemic highlights what you truly value in this world—life—and what you truly are—love.

You choose to protect, to advocate, to fight for others.

The World Health Organization states that “Masks are a key measure to suppress transmission and save lives.”

Masks act like a shield to deadly droplets of disease.

Nina Bai of University of San Francisco wrote in an article providing evidence on how masks act as a shield to unwanted transmission of droplets: “An experiment using high-speed video found that hundreds of droplets ranging from 20 to 500 micrometers were generated when saying a simple phrase, but that nearly all these droplets were blocked when the mouth was covered by a damp washcloth” (Bai).

The evidence and data is clear: Masks suppress the spread.

With the facts there, it is up to you now.

Will you choose to be a modern everyday superhero? A person of love?

Or will you choose to be ignorant and to not wear a mask?

Through this small choice, your true identity will be exposed for the world to see.

Be a lifesaver, be a helper, be a fighter, be a hero. Wear a mask.

Works Cited

Bai, Nina. "Still Confused About Masks? Here's the Science Behind How Face Masks Prevent Coronavirus." *University of California San Francisco*, University of California San Francisco, 26 June 2020, <https://www.ucsf.edu/news/2020/06/417906/still-confused-about-masks-heres-science-behind-how-face-masks-prevent>. Accessed 18 November 2020.

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