

Communication from Public

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Comments for Public Posting: While in many circumstances the use of facial coverings during the pandemic is of great value, that is not the case in all circumstances. My doctors have prescribed exercise for me and I cannot obtain enough exercise at home. I need to get my heart pumping, my lungs and my whole circulatory system working; I need to go out for brisk walks. When I do that, I breathe deeply as I need additional oxygen. (To repeat, getting the lungs working is actually an essential part of exercise.) Wearing a face mask or the like would prevent me from obtaining the air I need. Exercising while wearing a face mask cannot be done. When I go out, I do carry a face cover that I can slip on in the case that I encounter anyone. (I generally walk early in the morning and rarely meet anyone. If I do, one of us goes out into the street so we don't become too near to each other.) Putting a face mask on for a short time while passing someone is acceptable, but wearing it the whole time would make it impossible to obtain adequate exercise. Note that when Mayor Garcetti urged the use of face masks, it was limited to business encounter; it did not cover outdoor activities. If you do adopt a law mandating face masks, please make an exception for outdoor activities / exercise. Thank you.