How Wearing Face Masks Can Help Liver Disease Patients

If you have liver disease or any immune compromising condition, you are at risk of becoming sick from virus, flu and other infection.

July 24, 2020 By Connie M. Welch

Living in a bubble is not realistic, especially for those with liver disease and their caregivers. Wearing face masks are proactive and a preventive safety measure. No matter what your opinion or preference, the facts remain that if you have liver disease or any immune compromising condition, you are at risk of becoming sick from virus, flu and other infections.

What are the facts? What steps can you take to protect yourself and your family?

COVID-19 as well as other respiratory infections and viruses are spread through person to person from respiratory droplets often unseen. Respiratory droplets are at higher risk of being transmitted within 6' feet. Social distancing, meaning maintain 6' feet apart or more from others.

There are numerous ways to stay safe and have fun with your family and friends. Check out 26 Ways to Be Proactive During COVID-19.

Facts About Masks

Liver disease patients; those with any type of hepatitis, fatty liver disease, cirrhosis, liver cancer, or liver transplant recipient, and those with any other type of liver disease or medical condition are at high risk of becoming sick from any type of infection, virus or flu.

The CDC states, "Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others."

Cloth face masks can also help prevent other viruses and flu germs from spreading to others.

Many people who are asymptomatic can have COVID and not know it but can spread the virus to others. Wearing face masks is respect for the well-being of others as well as protection for yourself. The old saying, "Better to be safe than sorry" is true. Be proactive and stay safe.

Steps to Protect Yourself

- Wear Face Masks when around others
- Avoid touching your eyes, nose, and mouth
- Wash your hands with antibacterial soap for at least 20 seconds
- Practice social distancing. Obtain at least 6 feet or more when around others
- When in public, you can use disinfecting wipes when handling doorknobs, or grocery store carts.
- Clean and disinfect surfaces in your home (remember doorknobs and cabinet pulls), car, office, computer keyboard, and phone surface.
- Get the annual flu shot. Get vaccinated for hepatitis A, and B. Get vaccinated for pneumonia and shingles if you are of age. Talk to your doctor about what vaccines are right for your condition and age.

Who Should NOT Wear a Face Mask?

The CDC states the following should not wear face masks.

- Children under 2 years of age
- Those who have trouble breathing
- Anyone unconscious or incapacitated

In Summary

Wearing face masks are often hot, and bothersome to wear, but taking safety precautions are less inconvenient than getting sick or causing others to get sick.

Treat others with respect and consideration. It is not just about us as individuals. We are all in this together and together we can through it.

Do you have a question about face masks, or COVID-19, and liver disease?

Share your comments below.

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