# 8 Louisiana officers indicted for alleged beating

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has an important message to share.

The Friends alum is using her massive platform on Instagram to talk about the importance of wearing a mask amid the ongoing Coronavirus pandemic.

"I understand masks are inconvenient and uncomfortable. But don't you feel that it's worse that businesses are shutting down... jobs are being lost... health care workers are hitting absolute exhaustion. And so many lives have been taken by this virus because we aren't doing enough, " Jennifer captioned her post, alongside a selfie of her showing off her black mask. "I really do believe in the basic goodness of people so I know we can all do this, " she continued. "BUT still, there are many people in our country refusing to take the necessary steps to flatten the curve, and keep each other safe. "
"People seem worried about their 'rights being taken away' by being asked to wear a mask, " she said. "This simple and effective recommendation is being politicized at the expense of people's lives. And it really shouldn't be a debate. "
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Closing her message, she asked her 34. 4 million Instagram followers to lead by example and embolden others to wear a mask.

"If you care about human life, please... just #wearadamnmask and encourage those around you to do the same, " she concluded.

The Morning Show star also shared the same sentiments on her Instagram Stories. "Wear a mask and be responsible. Just because things are opening doesn't mean it's safe, " she captioned her post.

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