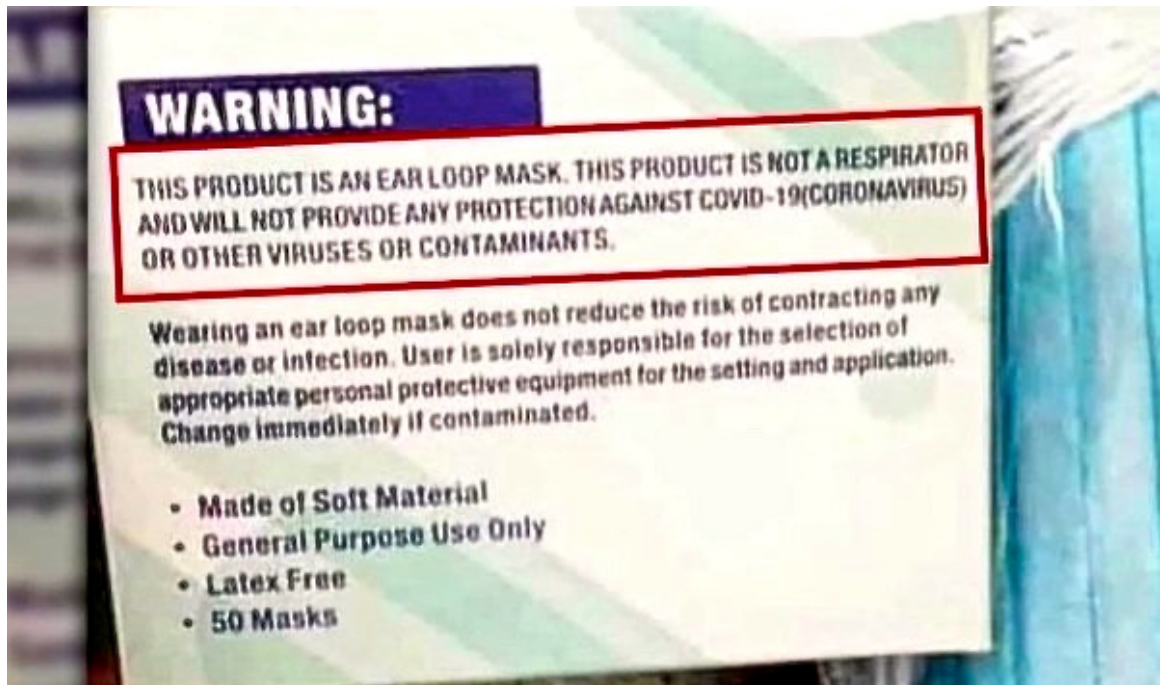


ALL ABOUT MASKS

Here are 12 FACTS that we KNOW...

1. **No studies** have been done to demonstrate that either a cloth mask or the N95 mask has any effect on transmission of COVID-19. As a matter of fact, research published in the *Annals of Internal Medicine* at the first of April indicated that “*both surgical and cotton masks seem to be **ineffective** in preventing the dissemination of SARS-CoV-2 from the coughs of patients with COVID-19.*”
2. In a February 2020 meta-analysis of six randomized controlled trials involving **9,171** patients, there were **no statistically significant differences** in preventing influenza or viral infections using N95 respirators and surgical masks. ([Reference](#)) <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jebm.12381>
3. A May 2020 study involving 159 healthcare workers aged 21 to 35 years of age found that **81% developed headaches** from wearing a face mask. ([Reference](#)) <https://pubmed.ncbi.nlm.nih.gov/32232837/>
4. In a 2008 study of surgical masks worn by 53 surgeons, researchers found that the mask **reduced the blood oxygen levels significantly**, creating a condition known as “**hypoxia.**” ([Reference](#)) <https://pubmed.ncbi.nlm.nih.gov/18500410/>
5. A 2015 study indicated that **hypoxia inhibits T-lymphocytes** (the main immune cells used to fight viral infections) by increasing the level of a compound called hypoxia inducible factor-1 (HIF-1). In other words, wearing a mask, which has been shown to cause hypoxia, may actually set the stage for contracting COVID-19 and make the consequences much worse. ([Reference](#)) <https://pubmed.ncbi.nlm.nih.gov/26179900/>
6. Hypoxia promotes **inflammation** which can promote the growth, invasion and spread of **cancer**. Hypoxia is also a significant factor in **atherosclerosis**, thus it increases the risk of **stroke** and **heart attack**. ([Reference](#)) <https://pubmed.ncbi.nlm.nih.gov/17332479/>
7. Those who wear masks are constantly rebreathing the viruses, raising the concentration of the virus in the lungs and the nasal passages. By wearing a mask, the exhaled viruses will not be able to escape and will **concentrate in the nasal passages, enter the olfactory nerves and can travel into the brain**. ([Reference](#)) <https://pubmed.ncbi.nlm.nih.gov/32167747/>

8. The **WARNING** on the box of surgical masks states clearly “**THIS PRODUCT WILL NOT PROVIDE ANY PROTECTION AGAINST COVID-19 (CORONAVIRUS) OR OTHER VIRUSES OR CONTAMINANTS.**”



9. Anthony Fauci, head of the director of the National Institute of Allergy and Infectious Diseases (NIAID), did an interview on 60 Minutes where he said, “*People shouldn’t be walking around wearing masks.*”
10. The World Health Organization says that there is **no need for healthy people to wear face masks**. They recommend that healthy people **only wear masks** when taking care of someone infected with COVID-19. ([Reference](#)) <https://www.businessinsider.com.au/who-no-need-for-healthy-people-to-wear-face-masks-2020-4?r=US&IR=T>
11. Surgeon General Jerome Adams advised against the general public wearing face masks, saying they were “*not proven to be effective*” in preventing people from contracting COVID-19.
12. Although the CDC recommends wearing masks, they admitted that **they do not have data** to confirm that wearing a mask reduces the risk of contracting or spreading COVID-19. ([Reference](#)) <https://www.reuters.com/article/uk-factcheck-coronavirus-mask-efficacy/partly-false-claim-wear-a-face-mask-covid-19-risk-reduced-by-up-to-98-5-idUSKCN2252T6>