Do Masks Make It Harder To Breathe?

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DO MASKS MAKE IT HARDER TO BREATHE?

COVID-19 MYTH: Wearing masks causes us to breathe in a harmful amount of carbon dioxide (CO2), a waste product from our bodies.

3% MASK 17% NO MASK
CHANCE OF GETTING COVID-19

FACT

Only 2.5-6.5% DIFFERENCE IN CO2 LEVELS WHILE EXERCISING BETWEEN PEOPLE WHO WORE MASKS VS. THOSE WHO DID NOT.

Even patients with lung disease did not breathe in an unhealthy amount of CO2 after a 6-minute walk test while wearing a mask.

Studies show

There is no difference in CO2-based health between those who wear masks and those who don’t.*

Wearing masks does not cause a significant increase in harmful products, such as carbon dioxide, to be inhaled.

*Those who have severe lung diseases should consult a doctor before making health-related decisions.

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