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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.

**FACT**

- **3%** Mask Chance of Getting COVID-19
- **17%** No Mask Chance of Getting COVID-19

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.