Masks and Carbon Dioxide

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Rumors surrounding the dangers of masks increasing blood CO2 levels are false and harmful to public health. Unless explicitly directed by your doctor, everyone should wear a mask at all times in public. Here’s why:

by Rohan Patel, Maham Ahmed, Patrick Dery, Samantha Katz, Jacqueline Townshend, Alex Rosenbaum

1. **Wearing a mask might feel uncomfortable**
   
   Your breath makes the air behind the mask hot and humid, but this does not impact your ability to breathe.

2. **Wearing your mask doesn’t mean more carbon dioxide**
   
   Carbon Dioxide and Oxygen can easily pass through the holes in your mask but Covid-19 cannot – it is trapped in large droplets.

3. **Why you should be wearing your mask**
   
   Coronavirus particles are 1000 times larger than Oxygen particles.

You don’t throw up your hands if you think a mask is not 100 percent effective. Nobody’s taking a cholesterol medicine because they’re going to prevent a heart attack 100 percent of the time, but you’re reducing your risk substantially.

-Dr. Peter Ching-Hong, MD

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**Carbon Dioxide and Oxygen** can easily pass through the holes in your mask but Covid-19 cannot – it is trapped in large droplets.

**Why you should be wearing your mask**

- They are about protecting not only yourself, but also other people. Cough droplets can spread as far as 6 meters, and sneeze droplets as far as 8. These droplets can remain in the air for as long as 10 whole minutes!

- You don’t throw up your hands if you think a mask is not 100% effective. Nobody’s taking a cholesterol medicine because they’re going to prevent a heart attack 100% of the time, but you’re reducing your risk substantially.

- Dr. Peter Ching-Hong, MD