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The Myths and Facts of Wearing a Mask

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The Myths and Facts of Wearing a Mask

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THE MYTHS AND FACTS OF WEARING A MASK



HOW WILL MASKS AFFECT MY OXYGEN LEVELS?

A study of healthy healthcare workers showed that wearing N-95 respirator masks does not significantly lower blood oxygen levels; however, special populations such as people who already have breathing problems, those who participate in high-intensity exercise, or those who have a history of headaches may experience negative outcomes, and should consult their physician before using a mask (N95 or other) regularly.

HOW WILL MASKS AFFECT MY CARBON DIOXIDE LEVELS?

Wearing an N95 mask or surgical mask for prolonged periods of time, like those in the healthcare field, does increase a person's carbon dioxide levels (CO₂). However, in a healthy individual, this small change in CO₂ does not result in any kind of health burden to the wearer.



WILL WEARING A MASK HURT ME?

There has been no evidence to prove that prolonged use of any face mask, including the N95 respirator, can cause carbon dioxide toxicity or insufficient oxygen in a healthy person. Healthcare workers routinely wear masks for prolonged periods as part of usual care (such as during a prolonged surgery) and adverse effects from this practice have not been reported.

BENEFITS OF WEARING A MASK

Wearing a mask is very important and effective for preventing the spread of viruses, like COVID-19. It was shown through a large comprehensive study that surgical masks reduced the spread of COVID-19 by 85%. It is possible to transmit viruses even if you are asymptomatic; therefore, you should protect yourself and others by wearing your mask.

