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Myth: Wearing a Mask Does More Harm Than Good

Kamel Aoun

Wayne State University School Of Medicine, fz1365@wayne.edu

Sarah Battiston

Wayne State University School Of Medicine, he4306@wayne.edu

Belinda Joseph Benher

Wayne State University School Of Medicine, fz7109@wayne.edu

Robert Martin

Wayne State University School Of Medicine, fv6221@wayne.edu

Samuel Michalak

Wayne State University School Of Medicine, gz4274@wayne.edu

See next page for additional authors

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Authors

Kamel Aoun, Sarah Battiston, Belinda Joseph Benher, Robert Martin, Samuel Michalak, and Alexandra Picardal

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COVID-19 Transmission

COVID-19 is mainly spread through respiratory droplets, especially through sneezing and coughing.



Prevention



Benefits

- Cloth mask decreases transmission by **20-40%**
- Surgical masks block transmission by **50%**
- N95 masks block transmission by **80-90%**

- Does **NOT** cause CO2 intoxication
- **NO CHANGE** in O2 levels
- **NO CHANGE** in blood pressure

Fact: Wearing a Mask Does NOT Do More Harm Than Good



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Aoun. K, Battiston. S, Joseph Benher. B, Martin. R, Michalak. S, Picardal. A