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Myth: Wearing a Mask Does More Harm Than Good

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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%

Fact: Wearing a Mask Does NOT Do More Harm Than Good
- Does NOT cause CO2 intoxication
- NO CHANGE in O2 levels
- NO CHANGE in blood pressure

Brown 7: