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You Should Wear A Mask

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YOU SHOULD WEAR A MASK

Why are masks important?

COVID-19 is carried in respiratory droplets, such as when someone sneezes, coughs, or even talks. It can even be spread by those who are not showing symptoms. Masks are recommended to help stop spread of the virus.

That's why it's important for everyone to wear masks.



Is it safe to wear a mask?

It is reported that carbon dioxide, which we normally exhale, will not increase to levels that pose any risk of intoxication (Rebmann et al.).

But, I feel like I cannot breathe!

While it may feel uncomfortable to wear a mask, studies have shown that individuals who wear a mask for as long as 12 hours do not experience any adverse health effects (Rebmann et al.).



It's even safe for pregnant women!

Despite the physical constriction upon the respiratory system that women experience during pregnancy (e.g. increased oxygen need), studies have shown that N95 mask use had minimal physiologic effects, even while the participants were engaged in moderate physical activity (Roegner et al.).



So, what are you waiting for?

DO YOUR PART, WEAR A MASK!

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