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Do Masks Make It Harder To Breathe?

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DO MASKS MAKE IT HARDER TO BREATHE?

COVID-19 MYTH: Wearing masks causes us to breathe in a harmful amount of carbon dioxide (CO₂), a waste product from our bodies.

3%

MASK

CHANCE OF GETTING COVID-19

17%

NO MASK



Only 2.5-6.5%

DIFFERENCE IN CO₂ LEVELS WHILE EXERCISING BETWEEN PEOPLE WHO WORE MASKS VS. THOSE WHO DID NOT.



FACT

EVEN PATIENTS WITH **LUNG DISEASE** DID NOT BREATHE IN AN UNHEALTHY AMOUNT OF CO₂ AFTER A 6-MINUTE WALK TEST WHILE WEARING A MASK.

Studies show

THERE IS **NO DIFFERENCE** IN CO₂-BASED HEALTH BETWEEN THOSE WHO WEAR MASKS AND THOSE WHO **DON'T**.*



Wearing masks does *not* cause a significant increase in harmful products, such as carbon dioxide, to be inhaled.

*Those who have severe lung diseases should consult a doctor before making health-related decisions.