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Debunking Medical Myths: How Face Masks Affect The Ability To Breathe

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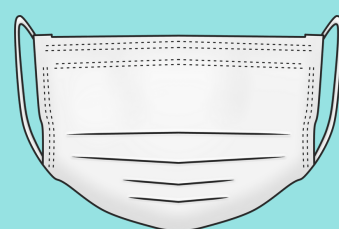
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HOW FACE MASKS AFFECT THE ABILITY TO BREATHE



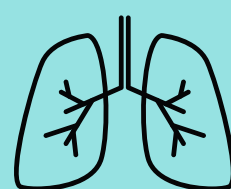
Gray 18: Alex Rodriguez, Kathy Lu, Minisha Kanakarajan, David Greiver, Johan Harris, Noor Sulieman



1 WHAT ABOUT CARBON DIOXIDE LEVELS?

Studies have shown that wearing face masks to protect from COVID-19 are within normal carbon dioxide limits and come **nowhere close to dangerous levels.**³

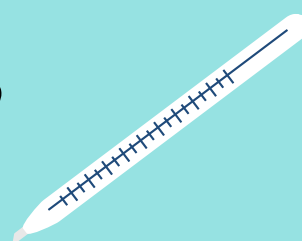
- In one study, the long-term use of respiratory protection (i.e. N-95 masks) did not result in “any clinically relevant physiologic burden” for health care workers in a medical intensive care unit. Results showed that the rise in CO2 levels did not result in CO2 levels under the clinical definition of hypercapnia.⁵
- Another study utilized a modified mask that functioned like a N95 respirator (approved by United States Occupational Safety and Health Administration) and neither hypercapnia nor hypoxemia occurred.¹



2 HOW ABOUT WITH UNDERLYING RESPIRATORY HEALTH ISSUES? PREGNANT WOMEN?

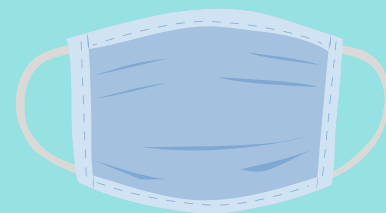
Even in patients with chronic obstructive pulmonary disease (COPD) and other respiratory health issues, wearing a face mask will **not have any negative effects** on your body and they are also **safe for pregnant women.**

- Face masks do not cause hypercapnia in COPD patients provided proper techniques are followed in regards to wearing the mask and its washing and cleaning. Furthermore, getting COVID-19 is significantly lower in COPD patients wearing a face mask regularly.²
- Study findings have consistently shown “no significant increase in maternal heart rate, respiratory rate, oxygen saturation, and fetal heart rate” between pregnant and those who are not pregnant women using face masks for short durations.⁶



3 WHAT TYPE OF FACE MASKS?

- Whether it’s a cloth, disposable, or N-95 mask, the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) state face masks help to prevent the spread of the coronavirus.⁴



4 ARE FACE MASKS SAFE?

Yes. Let’s all mask up to keep us and our loved one’s safe!

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