

# Why are you wearing a mask?

## **You increase your risk of contracting Corona Virus**

CDC study: 85% of COVID-19 cases in July were people who often or always wear masks. More than 70% of those outpatient individuals who tested positive reported always wearing masks. Virus is too small it passes straight through the mask. Only 4% who tested positive never wear masks. So, do you want to catch it or not?

<https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6936a5-H.pdf>

## **It is very bad for oral hygiene - "mask mouth"**

Wearing a mask all the time is leading to all kinds of dental disasters like decaying teeth, receding gum lines and seriously sour breath. "We're seeing inflammation in people's gums that have been healthy forever, and cavities in people who have never had them before," says Dr. Rob Ramondi, a dentist and co-founder of One Manhattan Dental.

<https://nypost.com/2020/08/05/mask-mouth-is-a-seriously-stinky-side-effect-of-wearing-masks/>

## **You increase your risk of contracting bacterial related diseases - potentially life threatening.**

Bacterial Pneumonia Caused Most Deaths in 1918 Influenza Pandemic. Wearing a mask encourages the build-up of bacteria.

<https://www.nih.gov/news-events/news-releases/bacterial-pneumonia-caused-most-deaths-1918-influenza-pandemic>

## **WHO Admits: No Evidence Masks Prevent Viral Infection**

[https://www.greenmedinfo.com/blog/who-admits-no-direct-evidence-masks-prevent-viral-infection?utm\\_campaign=Daily%20Newsletter%3A%20WHO%20Admits%3A%20No%20Direct%20Evidence%20Masks%20Prevent%20Viral%20Infection%20%28RS9Bh9%29&utm\\_medium=email&utm\\_source=Daily%20Newsletter&\\_ke=eyJrbF9lbWFpbCI6ICJ0ZXJyeXJAbnZpYy5vcmlLCaia2xfY29tcGFueV9pZCI6ICJLMnZYQXkifQ%3D%3D](https://www.greenmedinfo.com/blog/who-admits-no-direct-evidence-masks-prevent-viral-infection?utm_campaign=Daily%20Newsletter%3A%20WHO%20Admits%3A%20No%20Direct%20Evidence%20Masks%20Prevent%20Viral%20Infection%20%28RS9Bh9%29&utm_medium=email&utm_source=Daily%20Newsletter&_ke=eyJrbF9lbWFpbCI6ICJ0ZXJyeXJAbnZpYy5vcmlLCaia2xfY29tcGFueV9pZCI6ICJLMnZYQXkifQ%3D%3D)

## **Masks rob your body of oxygen**

The surgical masks are designed for surgery theatres where the oxygen level is raised to compensate for the build-up of CO2 under the mask. Long term oxygen deprivation is very bad for your health.

<https://www.health.com/condition/infectious-diseases/coronavirus/does-wearing-face-mask-increase-co2-levels>

**THE REAL VIRUS IS THE MEDIA, SCARING YOU EVERY NIGHT,  
IT IS GOOD FOR RATINGS BUT NOT YOUR HEALTH  
DON'T BE A SHEEP - WEAR YOUR SMILE PROUDLY AND CONTRIBUTE TO REAL  
PUBLIC HEALTH SAFETY**

**(PTO for further references)**

**5 NIH studies from 2004-2020 all finding verifiable health effects from wearing a face mask, including scientifically verified reduction in blood oxygen level:**

<https://pubmed.ncbi.nlm.nih.gov/29395560/>

<https://pubmed.ncbi.nlm.nih.gov/32590322/>

<https://pubmed.ncbi.nlm.nih.gov/15340662/>

<https://pubmed.ncbi.nlm.nih.gov/26579222/>

<https://pubmed.ncbi.nlm.nih.gov/31159777/>

**Cloth Mask Study**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/>

**Other Mask Studies:**

<https://medrxiv.org/content/10.1101/2020.04.01.20049528v1...>

<https://medrxiv.org/content/10.1101/2020.03.30.20047217v2...>

<https://nejm.org/doi/full/10.1056/NEJMp2006372...>

<https://jamanetwork.com/journals/jama/fullarticle/2749214...>

<https://cmaj.ca/content/188/8/567...>

<https://ncbi.nlm.nih.gov/pmc/articles/PMC5779801/...>

<https://pubmed.ncbi.nlm.nih.gov/19216002/>

<https://aaqr.org/articles/aaqr-13-06-0a-0201.pdf...>

<https://ncbi.nlm.nih.gov/pmc/articles/PMC4420971/...>

<https://academic.oup.com/cid/article/65/11/1934/4068747...>

[https://jstage.ist.go.jp/article/bio/23/2/23\\_61/pdf/-char/en...](https://jstage.ist.go.jp/article/bio/23/2/23_61/pdf/-char/en...)

<https://link.springer.com/article/10.1007/BF01658736...>

[https://journalofhospitalinfection.com/article/0195-6701\(91\)90148-2/pdf...](https://journalofhospitalinfection.com/article/0195-6701(91)90148-2/pdf...)

<https://ncbi.nlm.nih.gov/pmc/articles/PMC2493952/pdf/annrcse01509-0009.pdf>

<https://cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data...>

<https://nap.edu/catalog/25776/rapid-expert-consultation-on-the-effectiveness-of-fabric-masks-for-the-covid-19-pandemic-april-8-2020...>

<https://nap.edu/read/25776/chapter/1#6...>

[https://wwwnc.cdc.gov/eid/article/26/5/19-0994\\_article...](https://wwwnc.cdc.gov/eid/article/26/5/19-0994_article...)

<https://academic.oup.com/annweh/article/54/7/789/202744...>

<https://ncbi.nlm.nih.gov/pmc/articles/PMC6599448/...>

<https://acpjournals.org/doi/10.7326/M20-1342>