

Masks and the Myths

There have been a number of myths that have spread via social media that might cause some not to wear masks. Our goal is to help dispel these myths.

Myth: Wearing masks cause you to breath in more CO2.

Reality: Prolonged use of masks does not cause a CO2 intoxication or a lack of oxygen. Remember, those who have been in the medical field have been wearing masks long before COVID some as long as 12 hours at a time.

Myth: Masks will cause you to become sick because you are breathing additional germs affecting your immune system.

Reality: The American Lung Association says there is no scientific evidence to support this claim. Again, our medical community have been wearing masks for years without any ill effects.

Myth: Even if the entire country wore a mask, it would not make a difference.

Reality: Universal masking has dramatically reduced infection rates in several countries.

A study from Texas A&M study found that wearing masks in public is the most effective way to prevent human-to-human transmission.

Myth: Only people with the infection or have a weak immune system need masks.

Reality: Asymptomatic people account for 40%-45% of the COVID infections. Studies have shown you can be infectious even when you do not have symptoms so you may be infecting people without knowing it.

Additional Sites and Resources Regarding Masks and Myths:

Mayo Clinic: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/debunked-myths-about-face-masks>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html#recent-studies>

AARP: <https://www.aarp.org/health/conditions-treatments/info-2020/face-mask-myths.html>