

For the body and brain to function at optimal levels and have the best chance to stay healthy, the lungs must be able to freely pull in oxygen-rich air and adequately expel carbon dioxide and other waste products.

Masks, face coverings, and face shields hinder both these vital processes, even when worn for short periods of time. The two independent experiments below, performed with industrial-grade gas sensors, confirm this:

Watch: FIREFIGHTER ENDS MASK DEBATE
Wearing a mask or face covering causes **oxygen level to drop quickly below OSHA safe limit.**

bitchute.com/video/4KV7PBcEn6

Watch: MASK TEST PROVES TOXIC
Wearing a mask, face covering, or face shield causes **carbon dioxide level to rise quickly above OSHA safe limit.**

bitchute.com/video/plCQnZVzhmQg

Primary Doctor Medical Journal pdmj.org
Masks: False Safety and Real Dangers: Hypoxia, Hypercapnia, & Physiological Effects

NIH study: The amygdala is a chemosensor that detects carbon dioxide and acidosis to elicit fear behavior. **“Inhaled CO2 reduced brain pH and evoked fear behavior in mice.”**
pubmed.ncbi.nlm.nih.gov/19945383

Proof That Face Masks Do More Harm Than Good
Dr. Vernon Coleman: “Masks **have adverse physical and psychological effects upon the wearers** rather than... any protective value.”
vernoncoleman.com/harmthangood.pdf

Dr. Margarite Griesz-Brisson MD, PhD, consultant neurologist and neurophysiologist, with special interests in neuroregeneration and neuroplasticity:

***“To deprive a child’s or an adolescent’s brain from oxygen, or to restrict it in any way, is not only dangerous to their health, it is absolutely criminal.*”**

Oxygen deficiency inhibits the development of the brain, and the damage that has taken place as a result CANNOT be reversed.”

jamesfetzner.org/2020/10/brain-damage-from-masks-cannot-be-reversed

Read countless stories of children harmed due to masks, as well as submit your own testimonial of mask harms, categorized by Allergic, Cardiac, Dental, Dermal, Eye, Ear, Nose, Internal, Neurological, Psychological, and Pulmonary. nomasksforkids.com

Study of over 25,000 children finds that masks hurt children physically, psychologically, and behaviorally. Summary: Percent of children who reported experiencing the following— 53% increased headaches, 50% difficulty concentrating, 42% malaise, 37% drowsiness, 29% shortness of breath, 26% dizziness, 33% more issues sleeping.
montanadailygazette.com

Reviews of randomized controlled trial (RCT) studies show that **masks and respirators do not work to prevent... respiratory illnesses believed to be transmitted by droplets and aerosol particles.** “No RCT study with verified outcome shows a benefit for healthcare workers or community members in households to wearing a mask or respirator... **no study exists that shows a benefit from a broad policy to wear masks in public.”**
afa.net/thestand/culture/2020/08/masks-do-not-work-period

Senior Industrial Hygienist Kristen Meghan— **more qualified than most doctors on PPE and pathogen prevention**— interview with Mike Adams. brighthouse.com/20ada7b2-0be9-43a8-bf38-3a7147c4bb20

Swiss Policy Research review of masks
<https://swprs.org/covid-masks-review>

TheHealthyAmerican.org Masks Don’t Work

[Frequently asked questions \(FAQ\) about masks](#)

ABOUT "ASYMPTOMATIC SPREAD"

National Institutes of Health (NIH) May 2020:
A study on infectivity of asymptomatic SARS-CoV-2 carriers: "455 contacts exposed to the asymptomatic COVID-19 virus carrier... **all 455 contacts were excluded from infection.**"
pubmed.ncbi.nlm.nih.gov/32513410

Massive Chinese study published November 2020: Post-lockdown SARS-CoV-2 nucleic acid screening in nearly ten million residents of Wuhan, China: "**There were no positive tests amongst 1,174 close contacts of asymptomatic cases.**"
[nature.com/articles/s41467-020-19802-w](https://www.nature.com/articles/s41467-020-19802-w)

World Doctors Alliance:
Is Asymptomatic Transmission Fake News?
[brandnewtube.com/v/D41aih](https://www.brandnewtube.com/v/D41aih)

ABOUT INFECTION FATALITY RATIOS

According to Centers for Disease Control, for those infected— across all age ranges— the **chances of dying are extremely low**, and the **survival rates are extremely high**.

Age Group	Infection Fatality Ratio (chance of death, if infected)	Survival Rate (If infected) %
0-19	0.00003 (3 out of 100,000)	99.997
20-49	0.0002 (2 out of 10,000)	99.98
50-69	0.005 (5 out of 1000)	99.5
70+	0.054 (5 out of 100)	94.6

[cdc.gov/coronavirus/2019-ncov/hcp/planning-scenarios.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/planning-scenarios.html)

ABOUT DEMOGRAPHICS

Median age of COVID death is 78 years; Interquartile range (IQR) is between 67 and 87. This means that **half of decedents were 78 years old or older; three fourths were 67 or older.**
[cdc.gov/mmwr/volumes/69/wr/mm6928e1.htm](https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e1.htm)

ABOUT COMORBIDITIES

CDC: 94% of COVID deaths had an average of 2.6 comorbidities (other illnesses also present).
Only 6% of deaths attributed solely to COVID.
[cdc.gov/nchs/nvss/vsrr/covid_weekly/index.htm](https://www.cdc.gov/nchs/nvss/vsrr/covid_weekly/index.htm)

ABOUT "TESTING"

Dr. Kary Mullis, Nobel Prize-winning inventor of the PCR technique, which has been widely used to "test" for SARS CoV2, has openly admitted that **PCR was never intended to, nor should it be used to, determine if someone is infected with a virus.**

Dr. Joseph Mercola: the problems of misusing PCR
<https://childrenshealthdefense.org/defender/pcr-testing-incorrect-use>

Dr. Andrew Kaufmann explains the significance of the **high false positive rates** of the PCR.
[Segment starts around 2:39 into the video.](#)

MORE ABOUT COVID-19

Dr. Thomas Cowan | drtomcowan.com
<https://www.bitchute.com/video/Exrn3BubV7i9>

[questioningcovid.com](https://www.questioningcovid.com) & [worlddoctorsalliance.com](https://www.worlddoctorsalliance.com)
Clinicians, researchers, & health experts worldwide

Swiss Policy Research: Facts About COVID-19
<https://www.swprs.org>

[To My Fellow Humans](#) "To communicate reliable information and encourage critical thought about viewpoints and public policies."

ARE MASKS SAFE?

Numerous Scientific Studies

-
Perspectives from Clinicians, Researchers, and Health Experts From Around the World

-
Quickly-growing Bodies of Anecdotal Evidence

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PLUS! Lesser-publicized CDC Data And other Pertinent Facts about SARS-CoV-2, COVID, and Health

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