

# Physiological and Psychological Effects of Wearing Facemasks and Their Potential Health Consequences.

## PHYSIOLOGICAL EFFECTS

- Shortness of breath
- lower oxygen levels in the blood
- raise carbon dioxide levels in the blood
- Masks collect and colonize viruses, bacteria and mold
- Self-contamination
- Increase in stress hormones level (adrenaline, noradrenaline and cortisol)
- Dizziness
- Malaise
- chemical toxicity from textile and non-woven masks

## PSYCHOLOGICAL EFFECT

- Activation of “fight or flight” stress response
- Chronic stress condition
- Fear
- Mood disturbances
- Insomnia
- Fatigue
- Depression
- Decrease in empathy
- Feelings of isolation
- Compromised cognitive performance
- Delayed Language Development in children
- Suicide Ideation (334% increase in self harm in ages 13-18)

## HEALTH CONSEQUENCES

- Mask Induced Exhaustion Syndrom
- Staph infection
- Strep Infection
- Headaches
- Anxiety
- Depression
- Hypertension
- "Mask Mouth"
- inflammed gums/ cavities
- oral ulcers
- Throat Abcess
- bacterial pneumonia
- lower immune system

Source:

An Evidence-Based Scientific Analysis of Why Masks are Ineffective, Unnecessary, and Harmful <https://www.meehanmd.com/blog/post/173679/an-evidence-based-scientific-analysis-of-why-masks-are-ineffective-unnecessary-and-harmful>

Is a Mask That Covers the Mouth and Nose Free from Undesirable Side Effects in Everyday Use and Free of Potential Hazards? <https://www.mdpi.com/1660-4601/18/8/4344/htm>

# MASK-INDUCED EXHAUSTION SYNDROME (MIES)

## BOTH HEALTHY AND SICK PEOPLE CAN EXPERIENCE MASK-INDUCED EXHAUSTION SYNDROME (MIES)

### SYMPTOMS THAT ARE OFTEN OBSERVED IN COMBINATION:

INCREASE IN BREATHING DEAD SPACE VOLUME  
INCREASE IN BREATHING RESISTANCE  
INCREASE IN BLOOD CARBON DIOXIDE  
DECREASE IN BLOOD OXYGEN SATURATION  
INCREASE IN HEART RATE  
INCREASE IN BLOOD PRESSURE  
DECREASE IN CARDIOPULMONARY CAPACITY  
INCREASE IN RESPIRATORY RATE SHORTNESS OF BREATH AND DIFFICULTY BREATHING  
HEADACHE  
DIZZINESS  
FEELING HOT AND CLAMMY  
DECREASED ABILITY TO CONCENTRATE  
DECREASED ABILITY TO THINK  
DROWSINESS  
DECREASE IN EMPATHY  
PERCEPTION  
IMPAIRED SKIN BARRIER FUNCTION WITH ITCHING  
ACNE  
SKIN LESIONS AND IRRITATION  
OVERALL PERCEIVED FATIGUE AND EXHAUSTION  
MICROBIOLOGICAL CONTAMINATION (GERM COLONIZATION)

Source:

Is a Mask That Covers the Mouth and Nose Free from Undesirable Side Effects in Everyday Use and Free of Potential Hazards?

<https://www.mdpi.com/1660-4601/18/8/4344/htm>

# Mask- Induced Exhaustion Syndrome on Children

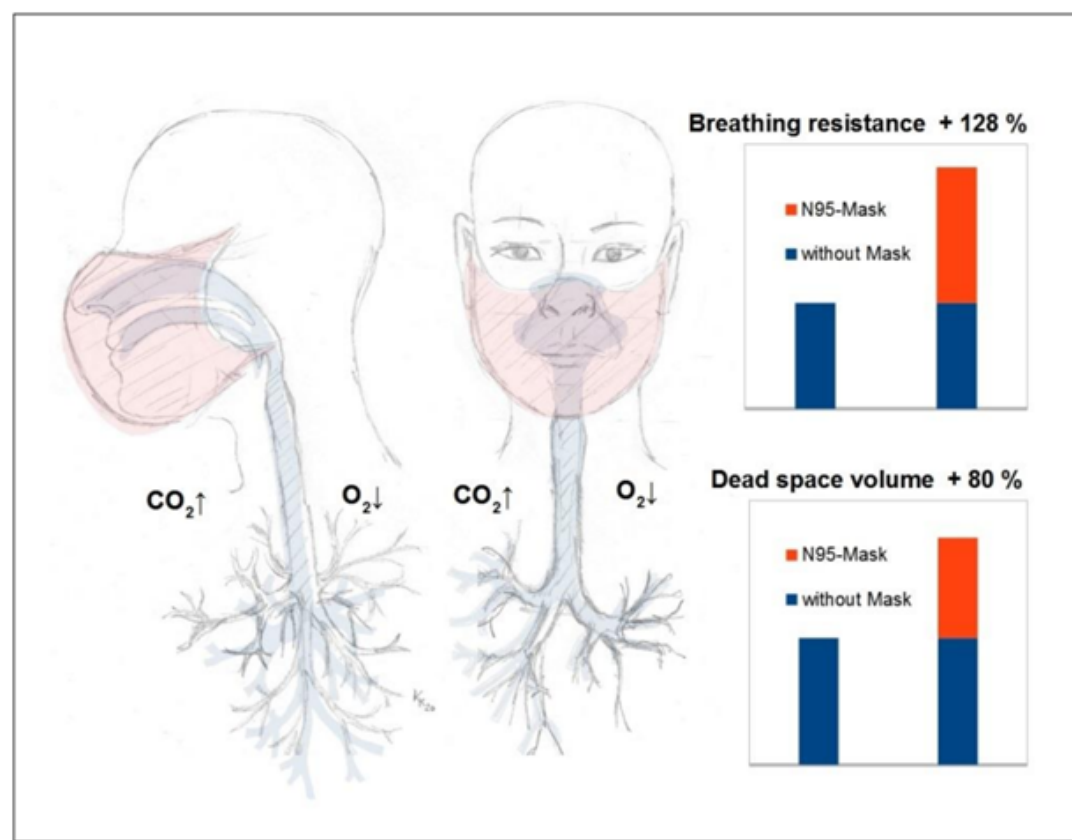
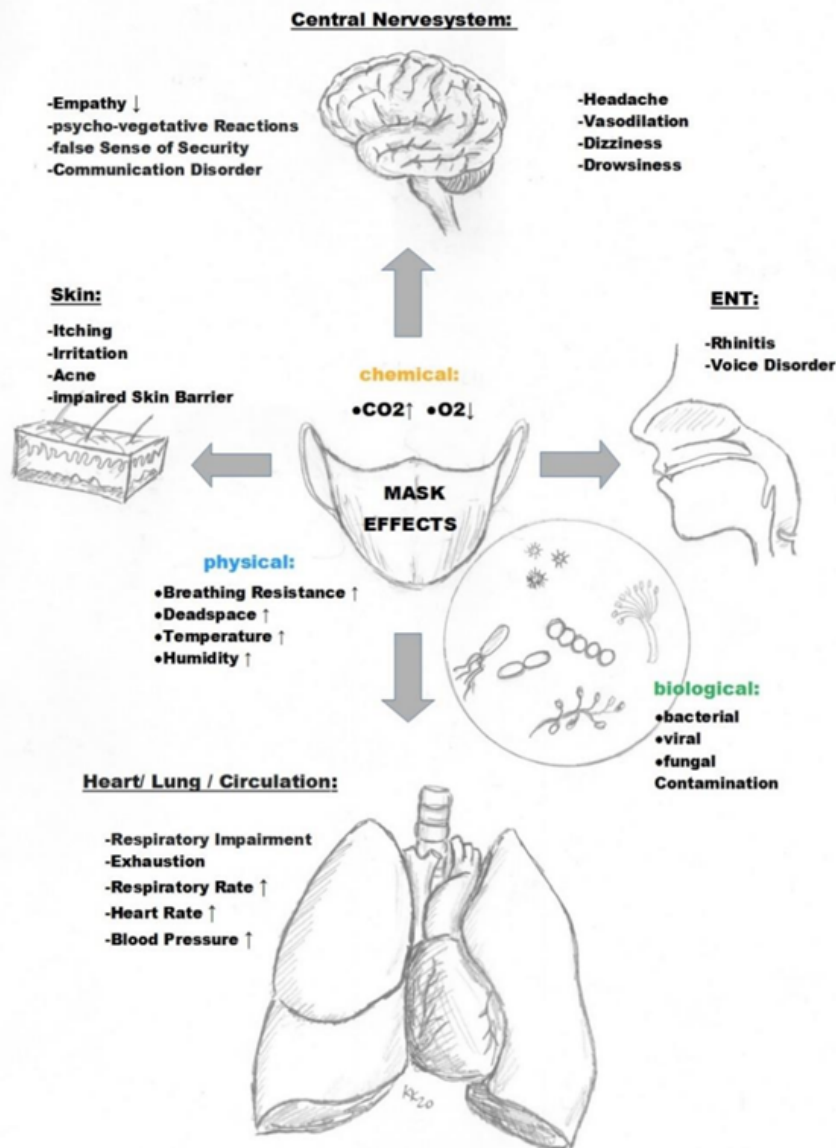


Figure 3. Pathophysiology of the mask (important physical and chemical effects): Illustration of the breathing resistance\* and of the dead space volume of an N95 mask in an adult. When breathing, there is an overall significantly reduced possible gas exchange volume of the lungs of minus 37% caused by the mask (Lee 2011) [60] according to a decrease in breathing depth and volume due to the greater breathing resistance of plus 128%\* (exertion when inhaling greater than when exhaling) and due to the increased dead space volume of plus 80%, which does not participate directly in the gas exchange and is being only partially mixed with the environment. (\* = averaged inspiration and expiration according to Lee 2011 [60] including moisture penetration according to Roberge 2010 [61], \*\* = averaged values according to Xu 2015 [59]).

SOURCE: <https://www.mdpi.com/1660-4601/18/8/4344/htm>