

IT'S TIME TO FOLLOW THE SCIENCE

A Pocket Guide for Defenders of Truth **on Masks**

There's an abundance of medical literature indicating masks are ineffective and can be harmful.



- 150 comparative studies and articles compiled by the Brownstone Institute demonstrate that masks are **largely ineffective, have no impact on controlling the transmission of the COVID-19 virus and can actually be harmful.**

- This study from *International Journal of Environmental Research and Public Health* shows prolonged mask use is correlated with **significant drops in oxygen, increases in carbon dioxide levels, fatigue, headaches, moisture build-up, temperature of the skin and air under the mask, and respiratory impairment.**

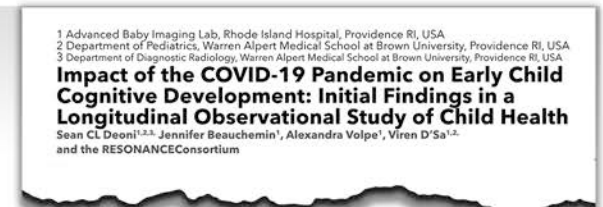


Masks cause physical and developmental harm.



- This research report from *Frontiers in Psychology* explains that **faces hidden by masks make it difficult for other people to interpret facial expressions.** This is more detrimental for toddlers, who rely on facial cues to develop emotional reasoning and social skills.

- There is also new evidence in a longitudinal observational study posted on *medRxiv* that suggests **significant reductions in cognitive function and performance** in children born during the pandemic era.



Masks are ineffective at stopping or slowing the spread of respiratory viruses.



- In this *Cochrane* review, the authors discuss how **surgical masks and N95s may make little to no difference** in contracting flu-like or respiratory illnesses.

- A study in *The BMJ* also finds that **cloth masks have been shown to actually increase risk of infection.**



For more information go to: childrenshealthdefense.org/followthescience