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.

BROWNSTONE INSTITUTE

More than 150 Comparative Studies and Articles on Mask Ineffectiveness and Harms BY PAUL ELIAS ALEXANDER DECEMBER 20, 2021 MASKS, POLICY 67 MINUTE READ

 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.

Review > Int J Environ Res Public Health. 2021 Apr 20;18(8):4344. doi: 10.3390/ijerph18084344.

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

Kai Kisielinski ¹, Paul Giboni ², Andreas Prescher ³, Bernd Klosterhalfen ⁴, David Graessel ⁵,



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.

Authors: Jefferson T, Del Mar CB, Dooley L, Ferroni E, Al-Ansary LA, Bawazee GA, van Driel ML, Jones MA, Thoming S, Beller EM, Clark J, Hoffmann TC, Glaszico JP, Conlo



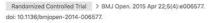
Masks are ineffective at stopping or slowing the spread of respiratory viruses.

Cochrane Trusted evidence. Informed decisions. Better health.

 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.

Do physical measures such as hand-washing or wearing masks stop or slow down the spread of respiratory viruses?

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



A cluster randomised trial of cloth masks compared with medical masks in healthcare workers

C Raina MacIntyre ¹, Holly Seale ¹, Tham Chi Dung ², Nguyen Tran Hien ², Phan Thi Nga ², Abrar Ahmad Chughtal ³, Bayzidur Rahman ¹, Dominic E Dwyer ³, Quanyi Wang ⁴



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