

MASKING: WHAT THE EVIDENCE SHOWS

IT'S TIME TO *BREATHE EASY*



MASKS CAUSE HARM

Masks cause headaches, malaise, drowsiness, and lack of concentration. They may contain pathogens, silicon and plastic fibres, nanoparticles, formaldehyde, graphene oxide, lead, and other known carcinogens. They compromise the air we breathe.

MASKS DON'T STOP RESPIRATORY VIRUSES

Viruses travel on aerosols which move easily around and through N95, surgical and cloth masks. Mask manufacturers even stipulate on their packaging that they are not intended to stop viruses. Mask studies fail to show a significant reduction in viral infections.

YOU ARE SAFE AND SAFE TO BE AROUND

If you are feeling well, you should proceed with your daily activities mask-free!

A Country-wide Survey

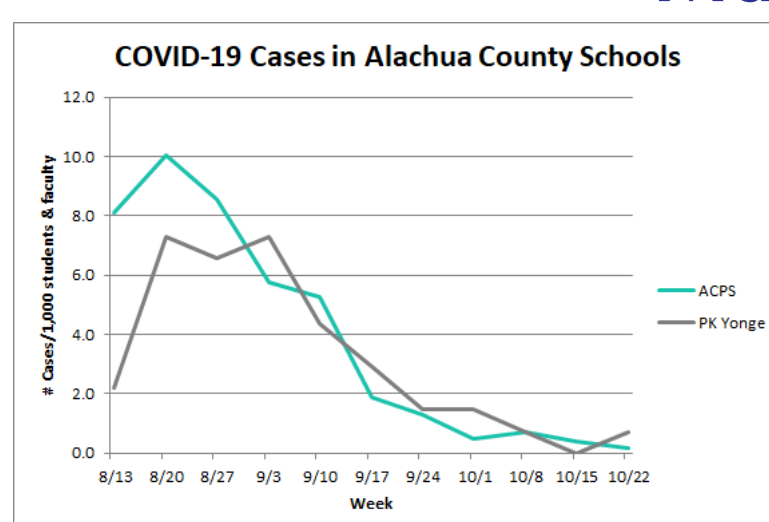
of children in Germany who wore masks revealed:

- 60% reported irritability
- 53% reported headaches
- 44% reported reluctance to go to school
- 38% reported impaired learning
- 29% reported less happiness

researchsquare.com/article/rs-124394/v1



Mandates Fail to Curb Transmission



A study comparing two county schools in Alachua, US, one with a voluntary masking policy and one with a mandatory masking policy, showed NO SIGNIFICANT difference in COVID-19 case numbers.

Remember: Masks were mandatory across Canada during the Omicron wave. The transmission rates were at their highest despite widespread masking.

Well-documented Physiological Damages:

Peer-reviewed literature shows masks impact multiple organ systems in a variety of ways:

- changes to brain, heart, lung, kidney, and the immune system function
- increased levels of carbon dioxide in the bloodstream (hypercapnia)
- low levels of oxygen in the bloodstream (hypocapnia)

pdmj.org/papers/masks_false_safety_and_real_dangers_part3

EVIDENCE FOR MASKS IS LACKING:

There is plenty of evidence to suggest masks don't prevent respiratory infections and do cause harm, but there are still lots of unanswered questions:

- How does masking impact language acquisition and cognitive development in children?
- How does masking impact mental health?
- How are young children impacted by not seeing faces?
- To what extent do short-term physiological changes caused by masking impact long-term health?
- How do contaminants, chemicals, and pathogens found in masks impact well-being?



Canadian Covid Care Alliance
Alliance canadienne pour la prévention
et prise-en-charge de la covid

**HYPERCAPNIA AND HYPOXIA
ARE SIGNIFICANT AND
KNOWN HEALTH HAZARDS.**

[Learn More](#)

The Canadian COVID Care Alliance is a network of Canadian doctors, scientists and health care practitioners committed to providing top-quality and balanced evidence-based information to the Canadian public about COVID-19 so that hospitalizations can be reduced, lives saved, and our country safely restored as quickly as possible.



#BreatheEasy

canadiancovidcarealliance.org