

Harmful Effects of Prolonged Mask Use



DOMO ACCIÓN GALICIA



PHYSIOLOGICAL



HYPERVENTILATION

Hyperstimulation of the sympathetic system.

Immunodeficiency caused by the release of cortisol.



RE-INHALATION OF WASTE PRODUCTS

Viral and bacterial feedback: **infections**.

HYPOXIA

20% - O₂ PER BREATH



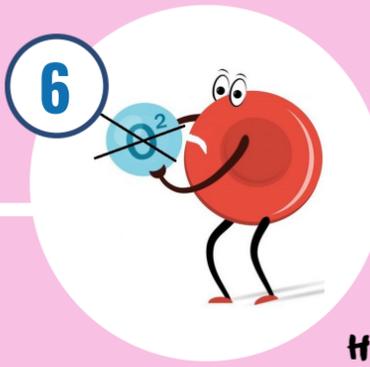
BRAIN HYPOXIA

Inattention, cognitive **potential reduction**.
Headaches, fainting, narcolepsy, ischemia.



CARDIAC HYPOXIA

Increased heart rate to recover oxygen that is not obtained normally (**tachycardia** causing: shortness of breath, dizziness, **weakness, mental confusion**).



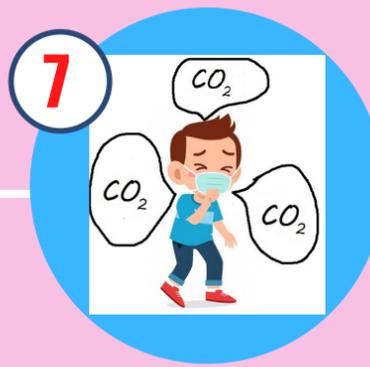
HYPOXIA IN BLOOD

Cellular hypoxia: **deficient development** of vital organs.



Reduction of motor **tuning**

POISONING FROM GASES RELEASED FROM THE MASK



HYPERCAPNIA: ACCUMULATION OF CO₂

Acidosis: possible appearance of tumours, cancer, diseases derived from acidification of the organism.

Sweet death: exhaled and rebreathed CO₂ can react and transform into CO; the progressive intoxication by this gas can be inadvertent by the child, since it only causes drowsiness (without feeling of suffocation).



Chemical pneumonitis

Formaldehyde: **sinus cancer, DNA degradation**, (Alzheimer's).

Toluene: motor **incoordination, mental disorders, vision / hearing loss, narcosis**.



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PSYCHOLOGICAL IN THE COGNITIVE FIELD



Stress produced by the constant demand for attention caused by the use of the mask.

Lack of concentration, decrease in attention and creativity, decrease in school performance. Lack of regeneration, of night rest.



Difficulty in oral expression: articulation and **intercomprehension.**



Coercion of verbal and gestural (emotional) **expression.**



Disidentification: The face identifies us. Covering it up makes both self-knowledge and self-acceptance difficult.



Limitation of lucidity and ability to think derived from the feeling of suffocation.



Coercion to freedom of action for social communication, manipulation of objects, expression of ideas.



Atrophy of intelligence as an effect of isolation: learning is a social process through which multiple intelligences develop; sensory limitation and lack of physical contact cause a decline in cognitive abilities.





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PSYCHOLOGICAL IN THE AFFECTIVE AND SOCIAL FIELD



Hyper Responsibility in the face of this hypothetical ability to infect loved ones.
Accumulation of negative emotions generated by the use of the mask.

Fear of failure, for failing or not fulfilling the expectations of adults: **guilt, fear of criticism, anxiety, depression.**



Fear of contact: difficulty in communication and normal socialization.



Reduced capacity for empathy and emotional flattening: without seeing the other's face, you cannot understand their feelings or your own.

Deterioration of relationships: due to the absence of non-verbal communication and emotional expression, loss of meaning.



Insecurity and distrust. The constant presence of the threat of death is superimposed on the affective exchange.



Significant decrease in self-esteem due to lack of gestural response in people.



Cognitive distortion: Incoherence **between the theoretically promoted values and the countervalues in real daily practice** (school and family).

CHILDREN AND YOUNG PEOPLE SUBJECTED TO CONTINUOUS USE OF MASKS ARE THE PEOPLE WHO WILL SHAPE THE SOCIETY OF THE NEXT GENERATION.





EVIDENCES

*In this **QR code** you can consult more detailed explanations of the harmful effects caused by the use of the mask, as well as the scientific bibliographic references that support all the information presented in this infographic.

To facilitate the consultation on the web, of all the publications on this subject, we refer, for its clarity and synthesis, to the information collected by the [Swiss Policy Research, an independent research group](#). We also add [annulment sentences of the mask mandate in various European countries and studies on the relationship between its long-term use and bacterial pneumonia](#).

STUDIES ON THE EFFECTIVENESS OF FACIAL MASKS

So far, most studies have found little or no evidence for the effectiveness of cloth face masks in the general population, either as personal protective equipment or as a source control.

- 1) A May 2020 [meta-study](#) on pandemic influenza released by the US CDC found that the masks had no effect, either as personal protective equipment or as a source control.
- 2) A Danish randomized controlled [trial](#) with 6,000 participants, published in the Annals of Internal Medicine in November 2020, found no statistically significant effect of high-quality medical face masks against SARS-CoV-2 infection in a community setting.
- 3) A February 2021 [review](#) by the European CDC found no significant evidence to support the effectiveness of medical and non-medical face masks in the community. Additionally, the European CDC advises against the use of FFP2 / N95 respirators by the general public.
- 4) A Cochrane [review](#) from November 2020 found that masks do not reduce cases of influenza-like illness (ILI), neither in the general population nor in healthcare workers.
- 5) A July 2020 [review](#) from the Oxford Centre for Evidence-Based Medicine found that there is no evidence for the effectiveness of cloth masks against virus infection or transmission.
- 6) A May 2020 cross-country [study](#) by the University of East Anglia (pre-press) found that the requirement for a mask was not beneficial and could even increase the risk of infection.
- 7) An April 2020 [review](#) conducted by two American professors in respiratory and infectious diseases at the University of Illinois concluded that masks have no effect on daily life, either as self-protection or to protect third parties (the so-called source control).
- 8) An [article](#) in the *New England Journal of Medicine* from May 2020 concluded that cloth face masks offer little to no protection in everyday life.
- 9) A 2015 [study](#) in the *British Medical Journal BMJ Open* found that tissue masks were penetrated by 97% of the particles and can increase the risk of infection by retaining moisture.
- 10) An August 2020 [review](#) by a German professor of virology, epidemiology and hygiene found that there is no evidence for the effectiveness of cloth face masks and that inappropriate daily use of the masks by the public can, in fact, lead to an increase in infections.
- 11) A June 2020 [article](#) by a Canadian physicist and civil rights researcher explains why no mask works to protect against any virus.

RISKS ASSOCIATED WITH THE LONG-TERM USE OF FACIAL MASKS

Wearing masks for a long period of time is not harmless, as the following evidence shows:

- The WHO warns of several [side effects](#), such as shortness of breath and skin rashes.
- Tests conducted at the University Hospital of Leipzig, Germany, [showed](#) that masks significantly reduce the resilience and performance of healthy adults.
- A German psychological study with about 1000 participants found [serious psychosocial consequences](#) due to the introduction of mandatory face masks in Germany.
- The Hamburg Environmental Institute [warned](#) about the inhalation of chlorine compounds in polyester masks, as well as environmental problems related to discarded face masks.
- The European rapid alert system RAPEX [has recalled more than 70 mask models](#) because they did not meet EU quality standards and could lead to serious risks.
- In China (July 2020) several children who had to wear a mask during Physical Education classes [fainted and died](#); autopsies found sudden cardiac arrest as the probable cause of death.
- In Germany (September 2020) two 13-year-old adolescents [died](#) suddenly while wearing a mask for an extended period; autopsies cannot exclude CO2 poisoning or sudden cardiac arrest.
- On August 19, 2008, The US National Institutes of Health published an [article](#) arguing that “most of the deaths during the 1918-1919 Spanish flu pandemic were not caused by the influenza virus acting alone, rather, most of the victims succumbed to bacterial pneumonia after infection with the influenza virus. Pneumonia occurred when bacteria that normally inhabit the nose and throat invaded the lungs along a pathway created when the virus destroyed the cells that line the bronchial tubes and lungs”. In this [experiment](#) the bacterial habitat that is established in the masks is shown.

INCIDENCE AND INDEX OF TRANSMISSIBILITY OF CHILDREN AND ADOLESCENTS

- [Covid-19 and kids:the evidence](#). Current Scientific Evidence on COVID-19, Children, and Schools.

DEVELOPMENT OF CASES AFTER COMPULSORY AND JUDICIAL ACTION

In many states, coronavirus infections rose sharply after the mask mandates were introduced. The following charts show typical examples from Austria, Belgium, France, Germany, Ireland, Italy, Spain, the United Kingdom, California, Hawaii, and Texas. See the [examples](#). In December 2020, the Austrian Constitutional Court [annulled the ruled](#) requiring the wearing of a mask in schools; Also, this month the Constitutional Court of Bosnia-Herzegovina [declared the use of masks unconstitutional](#) in the canton of Sarajevo. In January 2021, the Italian State Council obliges to prohibit its use in schools.

This infographic and the referenced sources are endorsed by the following Spanish doctors and specialists:
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