



FACE MASK SAFETY

KNOW THE FACTS **BEFORE** YOU WEAR ONE

- 1 NO IMPACT ON YOUR OXYGEN INTAKE**

Wearing a mask or face covering does not interfere with the amount of oxygen getting to your lungs. Surgeons wear masks safely for hours.
- 2 NO INCREASE IN TOXIC INHALATION**

Carbon dioxide from your exhaled air escapes harmlessly through the mask and around the edges.
- 3 NO DAMAGE TO YOUR IMMUNE SYSTEM**

A face covering is made of safe, familiar materials (cloth, paper, waterproof backing). It won't stress your system.
- 4 DECREASES VIRUS TRANSMISSION**

Depending on what it's made of, your face covering reduces emission of droplets from your mouth and nose (in coughs, sneezes and speech) by 60-95%, making others safer. It also reduces the amount of virus that *you* get exposed to by approximately 20-30%.
- 5 SCIENTIFICALLY ACCURATE**

The holes in a cloth face covering seem large in relation to tiny viral particles. But because the virus sits in droplets when it's in your mouth and nose, the holes are small enough to block them very effectively.
- 6 STRONG EVIDENCE OF EFFECTIVENESS**

There used to be doubt about whether face coverings protect against the spread of COVID-19. New research published in May-July 2020 has strengthened the evidence base. We now know they do protect.