

# 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.**

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?

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**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.

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**Impact of the COVID-19 Pandemic on Early Child Cognitive Development: Initial Findings in a Longitudinal Observational Study of Child Health**

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**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.**

Randomized Controlled Trial > BMJ Open. 2015 Apr 22;5(4):e006577.  
doi: 10.1136/bmjopen-2014-006577.

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

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