

# Responses to **MASK MYTHS, TRUTH and LIES**

**TRUTH:** When someone walks by or thru a cloud they have a lesser chance of being infected. It depends on what they are doing (*shouting, singing, yelling*). That sends the virus out further. The longer you're near them, the higher the probability is you have contracted it.

## **MASKS minimize the cloud of someone shedding virus**

**MYTH:** I feel fine. I don't need a mask.

**FACT:** The CDC reports that more than [40% of virus transmissions](#) happen before people feel sick. A pre-symptomatic person can spread the virus for up to 48 hours before symptoms arise.

**MYTH:** I don't need to wear a mask if I physically distance.

**FACT:** That's not true. People need to wear a mask & remain 6 feet apart. It's both.

**MYTH:** There's no scientific evidence that masks work.

**FACT:** The Lancet is an incredibly well-respected medical journal that is to doctors, scientists and researchers what the Bible is to a Christian. There was a [recent article released](#) in The Lancet stating that there is clear scientific evidence masking decreases transmission and infection.

**MYTH:** Wearing a mask causes you to inhale too much carbon dioxide, which can make you sick.

**FACT:** Wearing a cloth mask will not cause dizziness, lightheadedness, and headaches. Carbon dioxide passes through the mask, it does not build up inside the mask. If you feel dizzy or get a headache, you may be dehydrated.

**MYTH: The only mask worth wearing is a N95 respirator.**

**FACT:** Multi-layer cloth masks (homemade coverings) are proven to reduce the risk of spreading droplets that may carry the virus, especially combined with frequent hand washing and physical distancing. N95 supplies should be reserved for healthcare workers.

**MYTH: Homemade cloth face coverings aren't effective and shouldn't be worn in public.**

**FACT:** Homemade cloth face coverings can prevent COVID-19 from spreading. To be effective, masks must cover the mouth and nose, wrap around the sides of the wearer's face and secured under the chin. Wear cloth face coverings in all public settings, where physical distancing is difficult, such as grocery stores, salons, etc.

**MYTH: Masks only help if someone has symptoms.**

**FACT:** You may have COVID-19 without knowing, since symptoms can take 2-14 days to develop, and wearing a mask will help you from spreading the virus. And if someone else is not masked and spreads infected droplets into the air, your mask serves as a barrier that limits the likelihood of you becoming infected.

**MYTH: Masks need to be replaced daily.**

**FACT:** Homemade cloth face coverings can be reused if washed. You can launder in washing machines as long as they are able to retain their shape. To hand wash, knead your face covering for several minutes in hot water using detergent or soap, then rinse well with fresh water and hang to air-dry.

**MYTH: Masks should only be worn in large gatherings.**

**FACT:** If you leave home, wear a mask. You should wear a mask in public places like grocery stores, pharmacies, restaurants, healthcare offices, public transportation, essential businesses, hairdressers, etc. You don't need to wear a mask when you're outside and physically distancing from others because there's enough air to dilute the virus decreasing transmission.

**MYTH: Wearing a mask will weaken my immune system.**

**FACT:** This is not true. Wearing a face mask greatly reduces the spread of infectious droplets from entering your mouth or nose when you're around individuals who may be sick, but it doesn't prevent all microbes from entering the body.

**MYTH: I won't be able to breathe when I wear a mask.**

**FACT:** Surgeons who wear a mask for long periods of time – sometimes 10 or 12 hours – do not pass out in the operating room, nor do they become poisoned from CO<sub>2</sub>. The more you wear a mask, the less you notice it.

**MYTH: The virus is so small, there's no way a cotton mask will screen it out.**

**FACT:** The virus is suspended in droplets from the respiratory tract that become airborne when an infected person coughs, sneezes, talks, or wipes bodily fluids on a surface. These droplets are larger than the virus, and the cloth mask is able to stop the majority of them from being inhaled by your nose and mouth.

**MYTH: COVID-19 isn't real or not that bad. It would be better for us to all catch it and move on (i.e., gaining herd immunity).**

**FACT:** Herd immunity means that enough people have recovered from the virus and developed immunity so that it doesn't spread anymore, but this strategy would have a high death toll. NO ANTIBODIES – OOOPS

**MYTH: COVID-19 cases are going up, but deaths are low, so we need to stop freaking out.**

**FACT:** Cases and deaths do not elevate at the same rate. We see about a week's difference of cases being found to hospitalization as well as another 1-2 weeks before the number of deaths rises. Overwhelmed hospitals are can't provide the intensive care needed to keep infected people alive.

**MYTH: A mandate requiring masks is unconstitutional.**

**FACT:** Under the U.S. Constitution's 10th Amendment, state governments have the authority to regulate public health, safety and to take emergency action.

**MYTH: Outbreaks are fake news. Media is only reporting them at beaches and churches, not from protests or riots.**

**FACT:** There is difficulty in knowing where an individual actually gets COVID-19. When a person is tested, the health department will ask about everywhere the person has been in the last 2 weeks and compare this to what other people with the disease are saying.

**MYTH: Masks are about keeping you afraid.**

**FACT:** Fear and respect are 2 different things. Have respect for this virus as well as others. If you have respect for others, you will be willing to wear a mask, because infected people can transmit the virus before showing symptoms.