Will Wearing a Mask Protect You Against Coronavirus?

February 08, 2023

Analysis by Dr. Joseph Mercola ★ Fact Checked

STORY AT-A-GLANCE

- Fear of coronavirus infection has led to a massive increase in sales of surgical face masks and respirators. Many health care facilities are now struggling to obtain the supplies needed to protect health care workers and patients
- Health experts are issuing public statements saying the masks won't protect healthy people against infection, and according to the FDA, the "immediate health risk from COVID-19 is considered low" as face masks are unnecessary for public use
- While the evidence is conflicting, some studies suggest healthy people do limit their risk of infection if wearing a face mask, especially properly fitted N95 or N100 respirators
- A 2006 study found use of face masks in households was ineffective due to low adherence, not because they don't prevent the transmission of illness. In fact, worse outcomes happened in wear masks, influenza-like infection rates would probably be lower
- A 2013 meta-analysis found that in 8 of 9 trials, use of face masks in community settings prevented infection in healthy people when used in isolation or in combination with hand hygiene, when used early and consistently

From Dr. Joseph Mercola

Since COVID-19 first entered the scene, exchange of ideas has basically been outlawed. By sharing my views and those from science experts throughout the pandemic on COVID treatments and the vaccines against COVID, I've become a main target of the White House, the political establishment and the global cabal.

Propaganda and persons-unknown have been targeted to take control over every aspect of your life, including your health, finances and food supply. The major media are key players and have been instrumental in creating and fuelling fear.

I am republishing this article in its original form so that you can see how the progression unfolded.

Originally published March 17, 2020

With 151,606 reported COVID-19 cases across 96 countries and territories as of March 6, 2020, and no known cure, people are seeking ways to protect themselves against infection. Logically, many are resorting to wearing face masks when venturing out in public.

However, as face masks are becoming harder to come by health experts are issuing public statements saying the masks won't protect healthy people against infection. Is that true? Or is it a ploy to ensure an adequate supply for health care workers? As reported in a March 4, 2020, *Time* article:[1]

> *"It seems kind of intuitively obvious that if you put something — whether it's a scarf or a mask — in front of your nose and mouth, that will filter out some of these viruses that are floating around out there," says Dr. William Schaffner, professor of medicine in the division of infectious diseases at Vanderbilt University.*
>
> *The only problem: that's not effective against respiratory diseases like the flu and COVID-19. If it were, the CDC would have recommended it years ago, he says. It doesn't, because it makes science-based recommendations."*

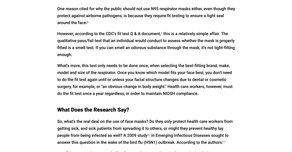
Do Masks Only Protect Health Care Workers?

According to the U.S. Centers for Disease Control and Prevention, surgical masks are not designed to provide protection against airborne pathogens and are not considered respiratory protection. They're only designed to prevent large-particle droplets (which may contain pathogens) from reaching your mouth and nose.[2]

Part of the problem is that these kinds of masks won't form a seal around your face. Most people also have a tendency to touch their face a lot, thus depositing pathogens from their hands to their face anyway.

According to U.S. Surgeon General Dr. Jerome Adams, wearing a mask may actually increase your risk of infection, as most people will touch their face even more frequently when wearing one.[3] The CDC only recommends surgical masks for:

- People who are symptomatic, as the mask will inhibit the spread of the virus if you cough or sneeze into the mask
- Caregivers for infected patients



Mayo Clinic infectious diseases specialist Dr. Nipunie Rajapakse explains:[4]

> *"The current recommendations regarding masks are that if you yourself are sick with fever and cough, you can wear a surgical mask to prevent transmission to other people.*
>
> *If you are healthy, there is not thought to be any additional benefit to wearing a mask yourself because the mask is not airtight and does not necessarily prevent breathing in of these viral particles, which are very tiny."*

What About N95 Respirators?

The CDC also does not recommend that the general public wear N95 respirators, which are designed to be tight-fitting and capable of filtering out at least 95% of much smaller (0.3 micron in size) airborne particles. According to the U.S. Food and Drug Administration:[5]

> *"For the general American public, there is no added health benefit to wear a respiratory protective device (such as an N95 respirator), and the immediate health risk from COVID-19 is considered low."*
>
> *You wouldn't think the health risk from COVID-19 was "considered low" by looking at or listening to the news though. Perhaps journalists didn't get the memo?*

Either way, it strikes many as odd that facemasks and N95 respirators are universally considered key instruments for infection control in health care settings, yet the general public is now told they won't protect against respiratory diseases such as COVID-19.

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The Respirator Fit Test

One reason cited for why the public should not use N95 respirator masks either, even though they protect against airborne pathogens, is because they require fit testing to ensure a tight seal around the face.[6]

However, according to the CDC's fit test Q & A document,[7] this is a relatively simple affair. The qualitative pass/fail test that an individual would conduct to assess whether the mask is properly fitted is a small test. If you can't smell an odorous substance through the mask, it's not tight-fitting enough.

What's more, this test only needs to be done once, when selecting the best-fitting brand, make, model and size of the respirator. Once you know which model fits your face best, you don't need to do the fit test again until or unless your facial structure changes due to dental or cosmetic surgery, for example, or "an obvious change in body weight." Health care workers, however, must do the fit test once, regardless, in order to maintain NIOSH compliance.

What Does the Research Say?

So, what's the real deal on the use of face masks? Do they only protect health care workers from getting sick, and sick patients from spreading it to others, or might they present healthy lay people from being infected as well? A 2009 study[8] in Emerging Infectious Diseases sought to answer this question in the wake of the first pandemic of 21st century. According to the authors:[9]

> *"Many countries are stockpiling face masks. … to reduce viral transmission during an influenza pandemic. We conducted a prospective cluster-randomized trial comparing surgical masks, non-fit-tested P2 masks, and no masks in prevention of influenza-like illness (ILI) in households.*
>
> *During the 2006 and 2007 winter seasons, 286 exposed adults from 143 households who had been exposed to a child with clinical respiratory illness were recruited. … Adherence to mask use was associated with a significantly reduced risk of ILI associated infection.*
>
> *We concluded that household use of masks is associated with low adherence and is ineffective in controlling seasonal ILI. If adherence were greater, mask use might reduce transmission during a severe influenza pandemic."*

In other words, mask use was ineffective due to low adherence, not because they don't prevent the transmission of illness. In fact, were more people to wear masks, infection rates would probably be lower.

Face Masks 'Underappreciated' for Infection Control

Then there's the article[10] "Disrupting the Transmission of Influenza A: Face Masks and Ultraviolet Light as Control Measures," published in Health Policy and Ethics in 2007, which states:

> *"In the event of an influenza pandemic, where effective vaccine and antiviral drugs may be lacking, disrupting environmental transmission of the influenza virus will be the only viable strategy to protect the public. We discuss two such modalities, respirators (face masks) and ultraviolet (UV) light.*
>
> *Largely overlooked, the potential utility of such is underappreciated. The effectiveness of disposable face masks may be increased by sealing the edges of the mask to the face. Reusable masks should be stockpiled, because the supply of disposable masks will likely prove inadequate. …*
>
> *Respirators (N–95 and N–100; both commercially available) are masks designed to shield the wearer from infectious hazards, as opposed to surgical masks, which are designed to protect others from contaminants generated by the wearer. In the discussion that follows, use of the word mask refers only to the former. …*
>
> *Current respirator filters are typically made of polypropylene wool felt, or fiberglass paper. Particles collide with and become enmeshed within these nonwoven fibers. Another mechanism for filtering media may be the electrostatic charge that these fibers have, which attract and hold oppositely charged particles. The influenza virus has charges at its hemagglutinin spike. …*
>
> *N95 respirators … have been reported to be protective in preventing transmission of the severe acute respiratory syndrome (SARS) virus … but use of these masks failed to prevent a cluster of cases in one hospital.*
>
> *If one assumes that influenza is transmitted by respiratory droplets (… which immediately fall to the ground), rather than by aerosols (… which remain suspended in air for long periods of time), the supposition may be that keeping a safe distance may obviate the need for a face mask.*
>
> *It is stated that the range of such droplets is generally no more than 3 ft. We are unable to locate the basic science behind that assertion … Lanchichovska found that talking spread viable bacteria in it (approximately 2.09).*
>
> *Kissinger … found that even whispering sprayed bacteria … 7.4 m (approximately 24 ft) and a mixture of coughing, speaking and sneezing carried bacteria 12.4 m (40 ft). … From these very old reports, the distinction between respiratory droplets and aerosols may be more apparent than real.*
>
> *As a respiratory droplet falls to the ground, the aqueous portion quickly evaporates, but the bacterial or viral portion remains. Theoretically, a virus particle, if it remains viable, could be carried by wind or reaerosolized by ground disturbances."*

The paper does highlight several factors that can render respirator masks unreliable and ineffective. There's the issue of fit and seal against the face, the fact that they cannot be repeatedly reused, the risk of contact contamination when touching or removing the mask, and the fact that your eyes are also a point of infection.

Still, N95 and N100 respirators "offer the potential of mitigating a potentially uncontrollable pandemic," the authors note, adding "It is our hope that this brief review … draws the attention of policymakers to allow for wider implementation of their use as public health measures."

Mask Use May Not Be Effective in Isolation

All of that said, studies[11] looking at disease transmission rates among people who use either face masks or N95 respirators have shown conflicting results. Some conclude they lower the risk of infection while others find they're no more effective than handwashing. The following excerpt from a systematic review published in 2012 is a case in point:[12]

> *"There are limited data on the use of masks and respirators to reduce transmission of influenza … Inclusion criteria included randomized controlled trials and quasi-experimental and observational studies of humans … with an outcome of laboratory-confirmed or clinically diagnosed influenza and other viral respiratory infections.*
>
> *There were 17 eligible studies. Six of eight randomized controlled trials found no significant difference between control and intervention groups (masks with or without hand hygiene; N95/P2 respirators).*
>
> *One household trial found that mask wearing coupled with hand sanitizer use reduced secondary transmission of upper respiratory infection/influenza-like illness/laboratory-confirmed influenza …*
>
> *One hospital-based trial found a lower rate of clinical respiratory illness associated with non-fit-tested N95 respirator use compared with medical masks.*
>
> *Eight of nine retrospective observational studies found that mask and/or respirator use was independently associated with a reduced risk of severe acute respiratory syndrome (SARS).*
>
> *None of the studies established a conclusive relationship between mask/respirator use and protection against influenza infection. Some evidence suggests that mask use is best undertaken as part of a package of personal protection especially hand hygiene. The effectiveness of masks and respirators is likely linked to early, consistent and correct usage."*

A 2013 systematic review came to similar conclusions, stating:[13]

> *"The concepts of droplet and airborne transmission that are entrenched in clinical practice have recently been shown to be more complex than previously thought.*
>
> *Several randomized clinical trials of facemasks have been conducted in community and healthcare settings, using widely varying interventions, including mixed interventions (such as masks and handwashing) and diverse outcomes.*
>
> *Of the nine trials of facemasks identified in community settings, in all but one, facemasks were used for respiratory protection of well people. They found that facemasks and facemasks plus hand hygiene may prevent infection in community settings, subject to early use and compliance."*

Recommended Infection Prevention Strategies

At present, health authorities recommend using the following strategies to minimize the spread of infection:[14]

- Frequently wash your hands with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- If you need to cough, cough into your flexed elbow or disposable tissue. Discard the tissue in a trash can and wash your hands
- If feeling unwell, stay home and avoid public spaces

If you have symptoms of illness such as coughing or sneezing, be sure to wear a surgical mask to contain the spread whenever you're around others. As for whether or not you should wear a mask to prevent contracting COVID-19 (or some other infectious disease), the answer is a bit more elusive.

Based on the published evidence, however, it appears it can be at least moderately helpful provided you're:

- Consistent in its use
- Using an N95 or N100 respirator mask and putting it on correctly to ensure a proper seal
- Not touching the mask while wearing it (if droplets have landed on the mask, the viruses in the droplets are still infectious and can transfer to your hands. So, if you touch the mask, you need to wash your hands)
- Removing it correctly (for the same reason as above)
- Using it concomitant with frequent handwashing and other basic hygiene recommendations

Global Shortage of Face Masks

As reported by The Washington Post,[15] face masks of all kinds are now in such short supply even hospitals are having a hard time getting enough. Mike Bowen, executive vice president of Prestige American, the largest U.S. based manufacturer of surgical masks, claims he's been warning governments about the coming of this day:

> *"This is the precise scenario he began warning about almost 15 years ago, when he pleaded with federal agencies and lawmakers to boost U.S. production of medical masks," The Washington Post writes.*[16]
>
> *"He had predicted an eventual health scare and not enough manufacturers. He was right — … What I've been saying since 2007 is, [pips, I'm warning you], here's what is going to happen, let's prepare," Bowen said. … Because if you call for what's starts, I can't help everybody."*
>
> *The coronavirus outbreak has … exposed major vulnerabilities in the medical supply chain. Many U.S. companies, especially hospitals and pharmaceutical firms, rely on Chinese manufacturers for products. … like masks and gloves. Now, much appears upended.*
>
> *There is no global centralized plan for fast-tracking production of what's known as personal protective equipment. … Prestige American's is presently the lone active warning of the insecure U.S. mask supply. Bowen wrote in President Barack Obama in June 2010 …*
>
> *The U.S. protective mask supply could — and mostly likely would — be disrupted, confiscated or diverted in the event of a pandemic, Bowen wrote to President Trump three years ago. … A lack of planning on that part is not an emergency on my part, Bowen said. They had the chance. I told them over and over."*

Still Many Unknowns Surrounding COVID-19

There's still an awful lot we don't know about COVID-19, its origin, infection mechanisms, incubation and transmission rates, and its treatment. At present, the incubation period appears to be somewhere between two and 14 days, which isn't exactly a precise measurement.[17]

Complicating matters is the finding that you can spread the virus during that incubation period, and may remain contagious for an undetermined time even after you've recovered. January 30, 2020, German doctors reported[18] a case of transmission from an asymptomatic carrier, saying:

> *"… it is notable that the infection appears to have been transmitted during the incubation period of the index patient, in whom the illness was brief and nonspecific. The fact that asymptomatic persons are potential sources of COVID-19 infection may warrant a reassessment of transmission dynamics of the current outbreak.*
>
> *In this context, the detection of 2019-nCoV and a high epitaxin viral load in a convalescent patient (Patient 1) arouse concern about prolonged shedding of 2019-nCoV after recovery."*

As for how it spreads, the virus can pass from one person to another through respiratory droplets emitted when talking, coughing or sneezing. Aside from breathing the virus in, you may be infected by touching a contaminated surface, or when shaking hands or sharing a drink or utensils with an infected person[19] — whether asymptomatic or symptomatic, and possibly for some days after the fever recedes.

Now, if COVID-19 can spread during the incubation period and for some time after recovery, wearing a face mask as a precautionary strategy may be rather sensible. After all, surgical masks are meant to limit the spread of the virus.

If you don't know whether you've been exposed, you won't know if you're contagious. So, limiting the wearing of face masks to people who are already symptomatic means people will be walking around spreading the disease for up to two weeks. If they're wearing a mask, they limit the spread of the contagion.

While not a short-term solution for the current shortage of protective masks, perhaps it would be wise to increase global production in preparation for these kinds of outbreaks, just like Brown has suggested for the past 15 years.

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Guillermo
Joined On 4/7/2013 8:47:48 AM
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Cochrane Review shows COVID face masks are worthless: Wearing masks in the community probably makes little or no difference to the outcome of influenza-like illness (ILI) or confirmed flu: RCTs Illness compared to not wearing masks, masks for laboratory-confirmed influenza/SARS-CoV-2 compared to no masks similar result, N95/P2 respirators same result for clinical respiratory illness & lab-confirmed coronavirus outbreaks www.bmj.com/coronavirus-review-shows-could-face-face-coronavirus - 20/08/2023

Reply · Mark as Spam · Posted On : 2/8/2023 3:02:56 AM
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Guillermo
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FACE2 ZFB 37H 2G2G TOLD 2FLUSH BURNELL; DIDN'T BOTHER WITH THE COVID FACE MASKS, THEY ARE CRAP, WEIRD WORK, DON'T WASTE YOUR MONEY, NOT EFFECTIVE, YET, NO PROOF OF LEAKAGE, SAID WEAR A BUG UP MASKS This gas nonsensical, what duplicity and the art of lying is all about! This one person, has done irreparable damage to the United States and world! yahoonews-yahoo.com/gas-face-96-2000-sold-spray-burnell?ylin=y... 20/08/2023

Mark as Spam · Posted On : 2/8/2023 10:12:24 PM
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cnlovid
Joined On 10/5/2010 1:15:14 AM
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Let's assume that evil exist, are the size specified, and behave as specified. Then face masks can not work. Full stop. The science that explains this is called physics. People do not like physics because it has no feelings, agenda, or political preference. Therefore, they choose to act irrationally so as to feel better, pursue their agenda, and follow their political preference. The real question is why the non sense was pushed so hard. The answer is actually very easy to see. Some people had to get very rich, so many people had to get very poor. The scam demic was the scenario that made this possible. It also made it possible for psychopaths who want to rule to world to progress their insanity.

As always, the majority of people are fools and went along with their own destruction. So, here we are today. Our economies are destroyed, our health is destroyed, our political systems are corrupted beyond repair, and the last 400 years of Western Civilization, the Renaissance, and Science have been obliterated. Always remember: it was not the silver also the psychpaths or the Cabal, it was the Sheep with their compliance to tyranny and their willingness to trade liberty for 'safety' that made all this possible. Therefore I say, never forget, and never it is time to demand the punishment of both the Cabal criminals and the sheep that have facilitated this horror show.

Reply · Mark as Spam · Posted On : 2/8/2023 5:07:21 AM
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brianallen1
Joined On 6/7/2021 10:12:38 AM
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Travelling around a liberal, highly Democratic city yesterday I was astounded to observe nearly 50% of the folks wearing muzzles (SUTIGONS) Of course, those at the bus stops had them pulled below their noses while they stared stupefied into their phones. They get what they deserve. Unfortunately, I must also pay the penalty for their stupidity. Witnessing this permits me to understand why evil people in power feel completely justified to reduce the population. I don't condone it, but I understand it.

Mark as Spam · Posted On : 2/8/2023 5:23:03 AM
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MollyMalone
Joined On 2/27/2011 2:12:09 AM
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I agree with most of what you say and I strongly agree with punishing prosecuting the evil people perpetrating this manipulation and murder of humanity. I'm a Christian and I believe that the Bible prophesies that the Mark of the Beast will be implemented followed "orders" in the form of mandates and surpassed advice. They are already being punished since most if not all treat these shots. They are further being punished by reduced income, lost jobs, difficulty obtaining the goods and even food they need, and price hikes. We can go even further and see that many have lost education opportunities, churches, social organizations, and even friends and family in the form of shut damage and death, as well as simply dropping their friends out of fear.

You have made an excellent list as well, and could likely add much more to mine. When we to punish people for being followers we would have to punish everyone on earth, because every single person has, at some time or other, been deceived and believed lies. Gaslighting is a very sadistic form of manipulation, it is sinner and it is satanic, it is cruel, it is evil.

These people are still confused, they are still fearful, they are just trying to do their best in a world upside down, and they are to be pitied rather than punished. It is my hope as more deception comes to light, more people will recognize it for the evil that it is and "wake up" and come out of their trending, juvenile, dream like (or should I say nightmare like?) mentality. It is time for them to not only wake up but to also grow up. It is time to mature, time to act, time to stop offending consequences, sadly.

Mark as Spam · Posted On : 2/8/2023 6:07:46 AM
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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Breathing dry/cold or even warm/dry indoor air dries our nasal passages and speeds the proliferation of bugs 5 times according to studies... so face scarves/neck type masks do maintain humidity... Before the ivermectin mass scare dominated mass mentionness... so Ivermittiness/hydroxide and NAC which increases mucus flow definitely prevent virus/throat/lung infections. This is a major factor in "COVID reasons". Crappy Or mandate masks only hide faces and demonstrate compliance.

Reply · Mark as Spam · Posted On : 2/8/2023 7:49:07 AM
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brianallen1
Joined On 6/7/2021 10:12:38 AM
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They can be useful for 1 thing. Keeping people's bad breath to themselves.

Mark as Spam · Posted On : 2/8/2023 11:49:11 AM
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fundamentalsasymptoms
Joined On 4/1/2009 12:17:58 PM
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The 'science' just must be a fish. It says flips and flops around a lot.

Reply · Mark as Spam · Posted On : 2/8/2023 7:07:13 AM
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brianallen1
Joined On 6/7/2021 10:12:38 AM
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Mr. Magic Virus is supposedly 7-8 times smaller than the pores in a cloth mask. Indeterminately smaller than the huge gaps between the perimeter of the material and the skin. You might as well wear a bedsheet around your head and upper lip to achieve the same "protection". While you're at it, replace your window and door screens with cheesecloth to keep out flies and mosquitoes.

Mark as Spam · Posted On : 2/8/2023 5:11:15 AM
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brianallen1
Joined On 6/7/2021 10:12:38 AM
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Mr. Magic Virus is supposedly 7-8 times smaller than the pores in a cloth mask. Indeterminately smaller than the huge gaps between the perimeter of the material and the skin. You might as well wear a bedsheet around your head and upper lip to achieve the same "protection". While you're at it, replace your window and door screens with cheesecloth to keep out flies and mosquitoes.

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RandyGast
Joined On 5/6/2010 6:42:42 PM
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Sorus, kapo and reason doesn't seem to be all that popular these days... Then, we have men (they might be women) sporting a full beard - with the mask sitting on top of it! Arguably, is a virus, I'm happy to announce that I have full immunity!

Mark as Spam · Posted On : 2/8/2023 7:00:17 AM
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brianallen1
Joined On 6/7/2021 10:12:38 AM
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I like the rubber band analogy. I've seen a couple tulle masks, which are awesome. It's really hard for me not to judge someone wearing a mask these day. I have more sympathy for the elderly who are frail and scared. Otherwise, when I see these RFS with porcelain gaps and vents, masks over beards or mutilated, people constantly pulling them down to talk, etc., I can't help but think of Sun Think of the cultist and how many people have let themselves be controlled. Hey God bless us all.

Mark as Spam · Posted On : 2/8/2023 12:23:20 PM
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justcrew
Joined On 1/5/2012 11:13:54 AM
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While it is sayin Pfizer's Rx not a just a day late and a dollar short, it's about two years late and 100 billion in crooked profits for Pfizer. New York Post - Surprise: The CDC grossly exaggerated the evidence for mask mandates; www.msn.com/en-us/health/medical/surprise-the-cdc-grossly-exaggerated/...

Reply · Mark as Spam · Posted On : 2/8/2023 4:26:26 AM
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RandyGast
Joined On 5/6/2010 6:42:42 PM
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Just, the fact is that forcing the masses to block their oxygen intake by covering their Breathing Apparatus with a useless mask, is criminal and idiotic and nothing more than a symbol of control/dependence. Millions of children are now cognitively impaired/developmentally delayed, as a direct result of this insane mandate. The adults who have been wearing the mask for three years, don't seem to be getting any smarter either!

Mark as Spam · Posted On : 2/8/2023 7:45:03 AM
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Kiana
Joined On 7/26/2007 6:24:19 PM
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Maybe they are not stupid to lessen the crazy attacks - Mercola has certainly managed to come through sustained attacks for the last 3 years. But it is some kind of throwback - perhaps - like masks - to calm the powers that be and their attacking alphabet agencies and electronic bullies. You have a bioweapon - didn't work as thought - but had some debilitating consequences. What is left? Put flimsy pieces of paper in front of your face and what - more forward bravery into the new world order? If mask mandate are completely ineffective and harmful - why are they still being forced on people? Because they are not ineffective - they are very effective at what they are built to do! Have been gradually and they will take less notice and still feel their sense of accomplishment and winning. And it's hard to keep up mouth what (and fingers away from keyboards!) I am going to find myself on some no fly list!

Reply · Mark as Spam · Posted On : 2/8/2023 9:57:17 AM
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RJC2001
Joined On 10/25/2011 8:36:58 AM
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Or you may wind up 'Disappeared'!

Mark as Spam · Posted On : 2/8/2023 11:17:02 AM
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memyselfamjo
Joined On 11/25/2008 5:49:22 PM
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Lately, I've been wondering the same thing.

Mark as Spam · Posted On : 2/8/2023 5:01:32 PM
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MMaster
Joined On 6/14/2021 1:37:23 AM
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Why even wants to fly these days? First being molested by the TSA, then having to be surrounded by masked idiots that are shedding spike protein through their masks into your air in a place ptrolled by someone who is likely to drop dead mid-flight.

Mark as Spam · Posted On : 2/8/2023 11:10:41 PM
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brianallen1
Joined On 6/7/2021 10:12:38 AM
Add as Friend · Send Message

MMaster, you should write advertising copy. Your words are effective.

Mark as Spam · Posted On : 2/9/2023 6:33:09 AM
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Kiarrada
Joined On 7/28/2023 5:36:54 AM
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A friend of mine went into respiratory arrest several times from wearing a mask. It took them over three months to figure out that the severe lung infection was due to the mask particles in her lungs. When they could not clear the infection using heavy doses of antibiotics ... they finally did a biopsy taking out the infected area. It needed fibers from the mask. Once these were removed she has made a full recovery.

Mark as Spam · Posted On : 2/8/2023 6:14:04 AM
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zoser
Joined On 4/29/2008 4:06:11 PM
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WoW, if you die from pulmonary sepsis or some other serious lung disease due to the fungi & bacteria that grow in the mask, that will stop you from getting covid.

Reply · Mark as Spam · Posted On : 2/8/2023 5:17:47 PM
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yoyo8053
Joined On 10/13/2010 8:54:14 AM
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More Than 100 Comparative Studies and Articles on Mask Ineffectiveness and Harms
link.thegoodtimes.com/mdk_page/more-than-100-comparative-studies-and-a...

Reply · Mark as Spam · Posted On : 2/8/2023 7:01:40 AM
Like · Dislike

memyselfamjo
Joined On 11/25/2008 5:49:22 PM
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Nope, not wearing a Compliance Muzzle and I'm not interested in creating a petri dish of pathogen I exhaled that could cause illness, increased COD and decreases O. Get real.

Reply · Mark as Spam · Posted On : 2/8/2023 5:00:31 PM
Like · Dislike

SerialSarah
Joined On 7/31/2023 7:04:08 AM
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Absolute waste of time. I get Covid from my neighbor. We both were wearing masks.

Reply · Mark as Spam · Posted On : 2/8/2023 4:43:03 PM
Like · Dislike

fyldeberfoman
Joined On 2/9/2021 11:53:07 PM
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Perhaps check out https://youtu.be/3RgSoqyPdAY

Reply · Mark as Spam · Posted On : 2/8/2023 1:51:49 PM
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dfortich
Joined On 3/28/2018 1:46:04 AM
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They know that we know that they know that they are lying - yet they keep on lying....

Mark as Spam · Posted On : 2/8/2023 9:47:03 AM
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mdsc379
Joined On 10/17/2021 1:25:27 PM
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dfortich - THE MORE PEOPLE TELL LIES THE EASIER IT BECOMES TO CONTINUE LYING. In the end, people who lie, do not even realize that they continue to lie. Great many, lying to everyone about everything.

Mark as Spam · Posted On : 2/8/2023 4:58:13 PM
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Ubasto
Joined On 11/16/2022 8:27:28 AM
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Re-breathing the waste air expelled through your mouth and nose cannot be good for your health. Would you re-eat the waste coming out of your rear end?

Reply · Mark as Spam · Posted On : 2/8/2023 8:11:24 AM
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yoshf
Joined On 11/29/2013 12:08:11 PM
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Face masks may be ineffective physically. But, for many people they help psychologically. They let people feel that there is something that they can do, lessening the fear.

Reply · Mark as Spam · Posted On : 2/8/2023 7:38:50 AM
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RandyGast
Joined On 5/6/2010 6:42:42 PM
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The term for that psychological state is Mass Formation - and it is a sickness in itself!

Mark as Spam · Posted On : 2/8/2023 7:45:19 AM
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brianallen1
Joined On 6/7/2021 10:12:38 AM
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Instead of fooling themselves that there is fear and they are lessening it, they need to face reality and truth instead of support the lie and flustering our society and normalcy down the toilet.

Mark as Spam · Posted On : 2/8/2023 11:53:50 AM
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memyselfamjo
Joined On 11/25/2008 5:49:22 PM
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If that's true, it's RIDICULOUS.

Mark as Spam · Posted On : 2/8/2023 5:06:22 PM
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MollyMalone

Joined On 2/27/2011 2:12:09 AM

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brianallen1, you nailed it with "they need to face reality and truth". Yes they do, as we already have and continue to do. But here's the sad thing, reality is harsh and there are no comfortable truths; all truth is uncomfortable. At first. And people don't like that. To paraphrase a famous movie, they can't handle the truth. But why? Why can they not? Is it because they prefer to remain ignorant, or is it because they prefer to remain immature, or is it because they believe they are weak and fragile, or a bit of all? I suspect all. The flip side of all truths are inconvenient and uncomfortable, is that once accepted they become priceless and useful. They enlighten, they mature, and they strengthen us. I wish more people could understand this.

Mark as Spam | Posted On 2/9/2023 8:30:15 AM

Like Dislike

Neilidity

Joined On 2/8/2023 3:34:16 AM

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On the subject of masks, I am totally opposed. There is ample scientific evidence now that shows that masks are ineffective. Combined with this, I have read that certain imported masks contain asbestos particles, titanium dioxide particles, and ethylene oxide, an oxirane. I can't prove the latter, and surely who would add these things anyway? It could result in a significant reduction in the population so it's probably not true. Still, you won't find me wearing them.

Reply | Mark as Spam | Posted On 2/8/2023 3:40:46 AM

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