

# Breathing Trouble – Article At Tabletmag

## Description

„There’s an old story about a guy who jumped into a thorn bush: He wanted to collect berries, but he failed to consider the adverse effects of the plan. Something similar happened with face masks during the COVID-19 pandemic: Masks were promoted, and often mandated, as necessary safeguards for reducing the chance of infection, while their possible adverse effects were brushed aside. While the science on the benefits of masking is still inconclusive, the latest research now shows that the prolonged use of face masks—especially those with tighter fits like the N95s—could harm wearers by exposing them to dangerously high levels of carbon dioxide.“

Read on: <https://www.tabletmag.com/sections/news/articles/breathing-trouble>

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