

[Todd Lander](#) I know I'm about to burst your "google doctor degree" bubble, but here goes nothing.

So Masks?

I am OSHA 10&30 certified. I know some of you are too. I don't really know WHY OSHA hasn't come forward and stopped the nonsense BUT I want to cover 3 things

- N95 masks and masks with exhale ports
- surgical masks
- filter or cloth masks

Okay, so upon further inspection, OSHA says some masks are okay and not okay in certain situations.

If you're working with fumes and aerosol chemicals and you give your employees the wrong masks and they get sick, you can be sued.

- N95 masks: are designed for CONTAMINATED environments. That means when you exhale through N95 the design is that you are exhaling into contamination. The exhale from N95 masks are vented to breath straight out without filtration. They don't filter the air on the way out. They don't need to.

Conclusion: if you're in Target and the guy with Covid has a N95 mask, his covid breath is unfiltered being exhaled into Target (because it was designed for already contaminated environments, it's not filtering your air on the way out).

- Surgical Mask: these masks were designed and approved for STERILE environments. The amount of particles and contaminants in the outside and indoor environments where people are CLOGGING these masks very, VERY quickly. The moisture from your breath combined with the clogged mask will render it "useless" IF you come in contact with Covid and your mask traps it, YOU become a walking virus dispenser. Every time you put your mask on you are breathing the germs from EVERYWHERE you went. They should be changed or thrown out every "20-30 minutes in a non sterile environment."

- Cloth masks: I can't even believe I'm having to explain this, but here it goes. Today, three people pointed to their masks as they walked by me entering Lowe's. They said "ya gotta wear your mask BRO" I said very clearly "those masks don't work bro, in fact they MAKE you sicker" they "pshh'd" me. By now hopefully you all know CLOTH masks do not filter anything. You mean the American flag one my aunt made? Yes. The one with sunflowers that looks so cute? Yes. The bandanna, the cut up t-shirt, the scarf ALL of them offer NO FILTERING whatsoever. As you exhale, you are ridding your lungs of contaminants and carbon dioxide. Cloth masks trap this carbon dioxide the best. It actually risks your health, rather than protect it. The moisture caught in these masks can become mildew ridden over night. Dry coughing, enhanced allergies, sore throat are all symptoms of a micro-mold in your mask.

-Ultimate Answer:

*N95 blows the virus into the air from a contaminated person.

*The surgical mask is not designed for the outside world and will not filter the virus upon inhaling through it. It's filtration works on the exhale, (Like a vacuum bag, it only works one way) but likely stops after 20 minutes, rendering it useless outside of a STERILE ENVIRONMENT, they don't work in a bar, not even a little bit.

*Cloth masks are WORSE than none. It's equivalent to using a chain link fence to stop mosquitoes.

[Todd Lander](#) "Wearing N95 masks results in hypoxigenemia and hypercapnia which reduce working efficiency and the ability to make correct decision."

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"Medical staff are at increased risk of getting 'Severe acuteProlonged respiratory syndrome' (SARS), and wearing N95 masks is highly recommended by experts worldwide. However, dizziness, headache, and short of breath are commonly experienced by the medical staff wearing N95 masks. The ability to make correct decision may be hampered, too."

<https://clinicaltrials.gov/ct2/show/NCT00173017>

Wearing of the surgical mask causes loss of intellect potential and cognitive performance due to a decrease in blood oxygen and subsequent brain hypoxia. Note - some changes may be irreversible.

"Report on surgical mask induced deoxygenation during major surgery"

<https://www.ncbi.nlm.nih.gov/pubmed/18500410>

"Seventy percent of the patients showed a reduction in partial pressure of oxygen (PaO₂), and 19% developed various degrees of hypoxemia. Wearing an N95 mask significantly reduced the PaO₂ level"

<https://www.ncbi.nlm.nih.gov/pubmed/15340662>

"Wearing N95 masks results in hypooxygenemia and hypercapnia which reduce working efficiency and the ability to make correct decision."

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https://www.researchgate.net/.../7332926_Headaches_and_the_N9...

"Chronic hypoxia-hypercapnia influences cognitive function"

<https://www.ncbi.nlm.nih.gov/pubmed/18331781>

"Hypercapnia status has been shown to predict mild cognitive impairment"

<https://www.nature.com/articles/s41598-018-35797-3>

Chronic hypoxia – hypercapnia has been seen as a cause of cognitive impairment

<https://www.atsjournals.org/.../fu.../10.1164/ajrcm.186.12.1307>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/...>

“so many people have gone completely insane. forget science. no one cares. just trust what government goon dmv-level scientists and politicians tell you. don't read. don't check. don't calculate any numbers yourself, and if you get dizzy and pass out or have a heart attack while wearing a mask and doing as you're told, at least you know you "followed instructions."



clinicaltrials.gov

The Physiological Impact of N95 Masks on Medical Staff - Full Text...

[The Physiological Impact of N95 Masks on Medical Staff - Full Text View - ClinicalTrials.gov](#)