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# Stanford Study Results: Facemasks are Ineffective in Blocking Transmission of COVID and Actually Can Cause Health Deterioration and Premature Death

By Meg Ellefson

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If those in our government were truly committed to protecting public health, there would be a frank discussion about the mounting evidence that reveals the ineffectiveness and harmful consequences of facemasks to human beings' physical, emotional and mental health.

## Conclusion

*The existing scientific evidences challenge the safety and efficacy of wearing facemask as preventive intervention for COVID-19. The data suggest that both medical and non-medical facemasks are ineffective to block human-to-human transmission of viral and infectious disease such SARS-CoV-2 and COVID-19, supporting against the usage of facemasks. Wearing facemasks has been demonstrated to have substantial adverse physiological and psychological effects. These include hypoxia, hypercapnia, shortness of breath, increased acidity and toxicity, activation of fear and stress response, rise in stress hormones, immunosuppression, fatigue, headaches, decline in cognitive performance, predisposition for*

*viral and infectious illnesses, chronic stress, anxiety and depression. Long-term consequences of wearing facemask can cause health deterioration, developing and progression of chronic diseases and premature death. Governments, policy makers and health organizations should utilize proper and scientific evidence-based approach with respect to wearing facemasks, when the latter is considered as preventive intervention for public health.*

Don't believe your lying eyes? [Read the study.](#) Listen to today's **Wisconsin Morning News** [podcast](#) on the subject.

*"Don't follow the crowd, let the crowd follow you."* – Margaret Thatcher

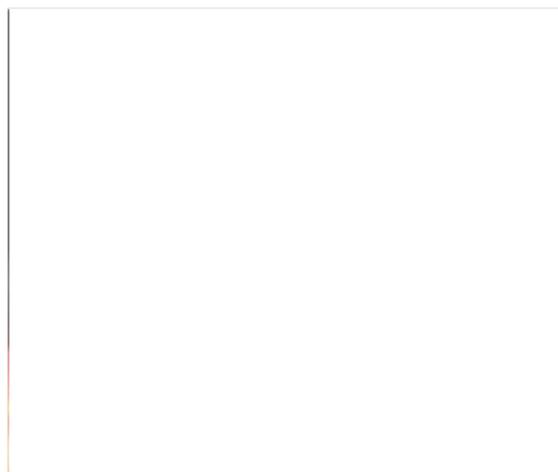
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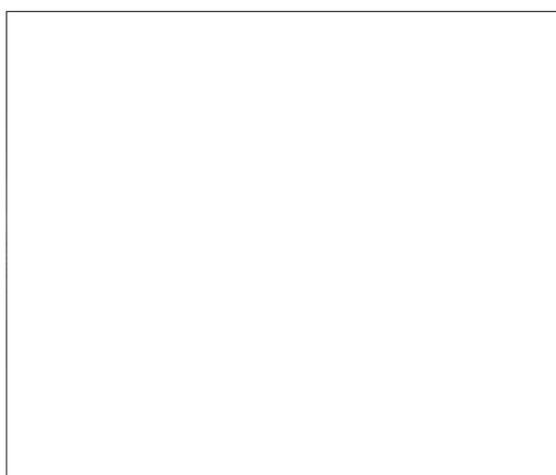
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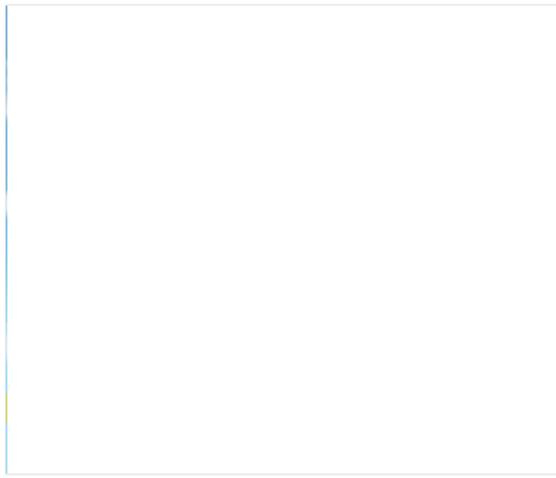
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