

Swiss Policy Research.org - <https://swprs.org/face-masks-evidence/>

3. Risks associated with face masks

Wearing masks for a prolonged period of time is not harmless, as the following evidence shows:

1. The **WHO** warns of various [“side effects”](#) such as difficulty breathing and skin rashes.
2. Tests conducted by the **University Hospital of Leipzig** in Germany [have shown that](#) face masks significantly reduce the resilience and performance of healthy adults.
3. A **German psychological study** with about 1000 participants found [“severe psychosocial consequences”](#) due to the introduction of mandatory face masks in Germany.
4. The **Hamburg Environmental Institute** warned of the [inhalation of chlorine compounds](#) in polyester masks as well as problems in connection with face mask disposal.
5. The European rapid alert system **RAPEX** has already [recalled 70 mask models](#) because they did not meet EU quality standards and could lead to “serious risks”.
6. In Germany, **two 13-year-old children** [died suddenly](#) while [wearing a mask](#) for a prolonged period of time; autopsies couldn't exclude [CO2 intoxication](#) or a sudden cardiac arrest.

7. In China, **several children** who had to wear a mask during sports classes [fainted and died](#); the autopsies found a sudden cardiac arrest as the probable cause of death.
8. In the US, a **car driver** wearing an N95 (FFP2) mask [fainted and crashed](#) into a pole.