

# Negative Side Effects of Masking Children

A German study reported the responses of parents of 25,930 children on the adverse effects from mask wearing.

## Irritability

Children experienced strong feelings of anxiety, sadness, and irritability when wearing or seeing others wearing a face mask.



## Reluctance to go to school

Masks are putting children at risk both physically and mentally, which may be contributing to their reluctance to go to school.



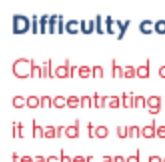
## Headaches

Complaints of headaches and/or breathing difficulties, especially when masks are worn frequently for a long period of time.



## Malaise

A general feeling of being ill or having no energy, or an uncomfortable feeling that something is wrong.



## Difficulty concentrating

Children had difficulty concentrating in class and found it hard to understand their teacher and peers.



## Impaired learning

Carbon dioxide levels among children wearing face masks may be causing difficulties comprehending or processing information.



## Less happiness

Children experienced elevated levels of distress, less happiness, and more sadness because of mask wearing.



## Drowsiness or fatigue

Mask fatigue is defined as the lack of energy that accompanies, and/or follows prolonged wearing of masks.

Source: Corona children studies "Co-Ki": First results of a Germany-wide registry on mouth and nose covering (mask) in children.  
Published online: February 22, 2021

For more information, visit [www.unmaskourkids.com/mask-info](http://www.unmaskourkids.com/mask-info)