

Face Masks can Increase COVID-19 and Respiratory Diseases

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Abstract

Improper use of face masks is aggravating the infection potential of novel Corona Virus as well as respiratory diseases. The major reason behind this is the lack of awareness as well as non-serious attitude of community. Face mask are being improperly used especially in developing countries, hence, increasing of the pandemic.

Keywords: COVID-19; Respiratory Illness; Corona; Face Masks

In late 2019 the discovery of novel Corona Virus in human beings had resulted in a big challenge for medical science. Unfortunately, even after massive development in the field of medical science some of the issues are still unidentified and further research is still required in those sectors. One of these sectors is to combat COVID-19 pandemic. However now a days the early research in this sector is in process which had emphasized the use of face masks to avoid this virus.

Now a days in a society the use of different type of face masks has become a fashion and also a new divisional line between different income groups of the society. The higher income group is mostly using KN-95 masks, whereas middle class is using surgical masks and lower class is using sponge masks. The difference behind the use of different type of masks is actually the difference in cost and this difference can easily be observed in developing countries. As per research the KN-95 Mask can resist up to 95% of Viruses, Surgical masks can resist up to 75% of viruses and sponge masks had negligible resistance towards viruses.

At the packing of KN-95 Mask it is clearly mentioned that this is only for doctors and surgeons and is for short use only. However, now a days to increase the sale, the font size of this message is reduced. Besides reducing virus contact this also reduces the normal oxygen flow and if used for long time can result in respiratory diseases in long term. Similarly, the surgical mask is coated with antiseptic and can only be used for maximum of 8 hours and to avoid expense on new masks many people are using same mask for the long time. This antiseptic and the small particles of these masks can increase the respiratory illness. Further, the fibrous particles of sponge mask can increase the respiratory illness as well. The worst thing in all is that, even the pharmacists are selling KN-95 and sponge masks by saying that this mask can be used for long term by washing it again and again.

Besides increasing the risk of respiratory diseases it can also increases the risk of COVID-19 due to improper use. The face mask prevents the virus spread as virus it is restricted mostly at outer layer of mask and isn't allowed to come inside. But if the same mask is used again and again it will increase the virus contact as hands are used again and again to use masks and unfortunately the hands are not

washed again and again after using the same mask. Secondly, as government is forcing to use masks people mostly not wear mask properly and place it around their neck or just mouth which increases the virus contact as were restricted at outer fold of face mask and now the increase of having contact with virus increases by inhaling it directly from source. Thirdly, sometimes the upper side of face masks having nose clip, gets contact with eyes and increases chance of COV-19 if not properly used which is quite common in surgical mask.

The use of face mask can decrease the risk of COV-19 pandemic, but the improper use of face masks can aggravate the contact risk with n-Corona Virus as well as respiratory. Currently, there is dire need to change the behavior of the society and this can only be done by individuals themselves as beside awareness this is only due to non-serious attitude which is worsening the condition.

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