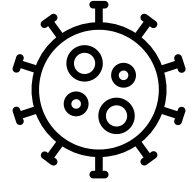


survived the virus.

These impacts are seen in the people whose bodies



Every week new studies come out detailing health impacts on people who have had COVID.

WHY DO I WEAR A MASK?

A ZINE BY SYD

Mild infections have been linked to:

Cardiovascular Problems (blood clots, stroke, heart failure, inflammation)

Brain Damage (cognitive decline, grey matter degradation, memory loss, Alzheimers)

Immune System Collapse (chronic infections, T-cell apoptosis, HIV levels of immunosuppression)

bit.ly/3uefxyQ

Wearing a well fitting, effectively filtrating mask reduces my chances of contracting & transmitting COVID, therefore ***reducing the chance myself and those around me will face compounding life-threatening and organ damaging consequences.***

I wear my mask to protect **us**.

These health problems have been found in:

- *Children & young adults*
- Fully vaccinated people
- Previously non-disabled people

To claim you are protected because you are healthy or vaccinated is ***simply not true.***

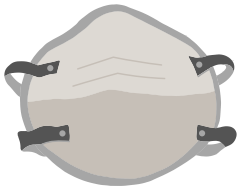
The **quality** and **fit** of masks is important!

- A loose mask that lets air flow out of the sides and top is not going to fully protect you
- A poorly filtering mask is not going to filter out COVID aerosol particles
- **A well fitted N95 or higher standard is a great choice!**

Whether or not you **get infected** is a main determinant of post-COVID complications, *even for those with mild, non-hospitalizing cases.*

With each new infection a person increases their chances of overall health failure.

Masks have been shown to drastically reduce the potential for **transmitting AND contracting** COVID.



More masking means fewer infections.

bit.ly/3m5UTma