

Unmask The Children

An Appeal to Parents, Teachers, Administrators

Children's Smiles are Essential for a Healthy Society

Five Important Reasons to Unmask Your Child

1. Disease harm

Several scientific studies have found **disease-causing bacteria and fungi** growing on masks (even regularly washed)

2. Physical harm

Studies have shown: prolonged usage causes **mask induced exhaustion syndrome**: headache, dizziness, decreased oxygen, increased blood CO₂

3. Emotional and psychological harm

Communication difficulties, **learning and social development** are affected; viewing everyone as a danger is societally harmful

4. Children did not have a Covid-19 pandemic

Risk of Covid-19 for healthy children was **always much less** than other risks we are already used to: other diseases, freak accidents, mental health

5. Masks do not block respiratory viruses

Size of aerosols with virus is much less than gaps in masks; best available scientific evidence shows **no preventive effect** of using masks



2020: abundant precaution

2021: fear

2022/2023: harmful & unreasonable

We invite mask proponents to a scientific conversation and debate on the above aspects

For details & scientific references: <https://uho.org.in/files/unmask-kids.pdf> (Apr 2023)

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बच्चों के मास्क हटाएं माता-पिता, शिक्षकों, प्रशासकों से एक प्रार्थना

स्वस्थ समाज के लिए बच्चों की मुस्कान जरूरी अपने बच्चे का मास्क हटाने के पाँच महत्वपूर्ण कारण

1. रोग हानि
कई वैज्ञानिक अध्ययनों से पता चला है कि रोग पैदा करने वाले बैक्टीरिया और फंगस मास्क पर बढ़ते हैं (धोए गए में भी)
2. शारीरिक नुकसान
अध्ययनों से पता चला है: लंबे समय तक उपयोग मास्क प्रेरित थकावट सिंड्रोम का कारण बनता है: सिरदर्द, चक्कर आना, ऑक्सीजन में कमी, रक्त CO₂ में वृद्धि
3. भावनात्मक और मनोवैज्ञानिक नुकसान
संचार संबंधी कठिनाइयाँ, सीखने और सामाजिक विकास प्रभावित होते हैं; सभी को खतरे के रूप में देखना सामाजिक रूप से हानिकारक है
4. बच्चों को कोविड-19 महामारी नहीं थी
स्वस्थ बच्चों के लिए कोविड-19 का जोखिम अन्य सामान्य जोखिमों की तुलना में हमेशा बहुत कम था: अन्य बीमारियाँ, सनकी दुर्घटनाएँ, मानसिक स्वास्थ्य
5. मास्क क्षसन वायरस को रोकते नहीं
वायरस वाले एयरोसोल्स का आकार मास्क में गैप से काफी कम होता है; सर्वोत्तम उपलब्ध वैज्ञानिक प्रमाण मास्क के उपयोग का कोई निवारक प्रभाव नहीं दिखाते हैं



2020: प्रचुर सावधानी

2021: डर

2022/2023: हानिकारक और अनुचित

हम मास्क समर्थकों को उपरोक्त पहलुओं पर वैज्ञानिक बातचीत और बहस के लिए आमंत्रित करते हैं

विवरण और वैज्ञानिक संदर्भों के लिए: <https://uho.org.in/files/unmask-kids.pdf> (Apr 2023)

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Details and References to Publications

Disease Harm

1. “Bacterial and fungal isolation from face masks under the COVID-19 pandemic”, <https://www.nature.com/articles/s41598-022-15409-x> , Scientific Reports, Jul 2022
 - a) “longer mask usage significantly increased the fungal colony numbers”
 - b) “we found several pathogenic microbes; Bacillus cereus, Staphylococcus saprophyticus, Aspergillus, and Microsporum.”
 - c) such microbes found on face-side as well as outer-side of masks
2. “Contamination by respiratory viruses on outer surface of medical masks used by hospital healthcare workers”, BMC Infectious Diseases, Jun 2019, <https://bmcinfectdis.biomedcentral.com/articles/10.1186/s12879-019-4109-x>
 - a) Adenovirus, bocavirus, respiratory syncytial virus isolated from mask samples
 - b) Overall positivity rate: 10.1%
 - c) “Virus positivity was significantly higher in masks samples worn for > 6 h”
 - d) “Most of the participants (83.8%, 124/148) reported at least one problem associated with mask use.”
 - e) “Commonly reported problems were pressure on face (16.9%, 25/148), breathing difficulty (12.2%, 18/148), discomfort (9.5% 14/148), trouble communicating with the patient (7.4%, 11/148) and headache (6.1%, 9/148).”
3. “Pilot study on burden of fungal contamination in face masks: need for better mask hygiene in the COVID-19 era”, Infez Med, Dec 2021, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8805480/>
 - a) “Out of 50 masks, fungal contamination was seen in 35/50 (70%) masks, with Aspergillus sp. being isolated from 26/50 (52%) masks and Mucorales being isolated from 9/50 (18%) of the masks.”

Physical Harm

4. “Physio-metabolic and clinical consequences of wearing face masks—Systematic review with meta-analysis and comprehensive evaluation”, Frontiers in Public Health, Apr 2023, <https://www.frontiersin.org/articles/10.3389/fpubh.2023.1125150/full>
 - a) “Pooled symptom prevalence (n = 8,128) was significant for: headache (62%, p < 0.001), acne (38%, p < 0.001), skin irritation (36%, p < 0.001), dyspnoea (33%, p < 0.001), heat (26%, p < 0.001), itching (26%, p < 0.001), voice disorder (23%, p < 0.03), and dizziness (5%, p = 0.01).”
 - b) Effects included decreased SpO₂ (oxygen saturation), increased blood CO₂, heart rate, systolic blood pressure, skin temperature
 - c) N95 had worse effects than surgical masks
 - d) “Masks interfered with O₂-uptake and CO₂-release and compromised respiratory compensation”

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- e) “MIES can have long-term clinical consequences, especially for vulnerable groups”
- f) “So far, several mask related symptoms may have been misinterpreted as long COVID-19 symptoms”
5. “Surgical Masks Affect the Peripheral Oxygen Saturation and Respiratory Rate of Anesthesiologists”, *Frontiers in Medicine*, Apr 2022, <https://ncbi.nlm.nih.gov/pmc/articles/PMC9047907/>
 - a) “After wearing masks for 4 h, the shortness of breath, fatigue, and dizziness/headache rates were 42.1, 34.6, and 30.9%, respectively”
6. “Adverse Effects of Prolonged Mask Use among Healthcare Professionals during COVID-19”, *Journal of Infectious Diseases and Epidemiology*, 2020, <https://clinmedjournals.org/articles/jide/journal-of-infectious-diseases-and-epidemiology-jide-6-130.php?jid=jide>
 - a) “314 respondents (out of 343) reported adverse effects from prolonged mask use with headaches being the most common complaint (n = 245)”
 - b) “Skin breakdown was experienced by 175 respondents, and acne was reported in 182 respondents. Impaired cognition was reported in 81 respondents.”
7. “Face masks while exercising trial (MERIT): a cross-over randomised controlled study”, *British Medical Journal Open*, Jan 2023, <https://bmjopen.bmj.com/content/13/1/e063014>
 - a) “Wearing a face mask caused additional symptoms such as breathlessness (n=13, 18%) and dizziness (n=7, 10%).”

Emotional and psychological harm

8. “Covid-19: Children born during the pandemic score lower on cognitive tests, study finds”, *British Medical Journal*, Aug 2021, <https://www.bmj.com/content/374/bmj.n2031>
 - a) The study of children born in 2020 showed a staggering drop of 22% in the average IQ, as measured by standard verbal, motor, and cognitive ability.
 - b) Emotional development of children is primarily via normal social interaction, which is obstructed by masks
9. “Covid-19 lockdowns left kids with speech disorders”, *Deccan Herald*, Aug 2021, <https://www.deccanherald.com/state/top-karnataka-stories/covid-19-lockdowns-left-kids-with-speech-disorders-1018766.html>
 - a) Doctors in the city of Bengaluru in India reported that among children under the age of 5, there has been over a 10-fold increase in those with speech disorders, due to lack of social stimulation.
 - b) How much of these was because of universal masking, covering one of the primary inputs to children: adults’ facial expressions?

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Children did not have a Covid-19 pandemic

10. “Putting Kids First: Addressing COVID-19’s Impacts on Children”, Testimony of Tracy Beth Høeg, MD, PhD, Before the Committee on Energy and Commerce Subcommittee on Oversight and Investigations U.S. House of Representatives, Sep 2021, <https://tinyurl.com/puttingkidsfirst>
 - a) For children, Covid risk is less than seasonal flu risk, even less than road accident risk and mental health issues
11. “Intervention Needs Evidence; Disruption Needs Strong Evidence”, Oct 2022, <https://brownstone.org/articles/intervention-needs-evidence-disruption-needs-strong-evidence/>
 - a) Data from Europe shows that in the under-65 age-group, there were comparable or even less deaths in 2020 and 2021, compared to recent prior years

Masks do not block respiratory viruses

12. “Physical interventions to interrupt or reduce the spread of respiratory viruses”, Cochrane Database of Systematic Reviews, Jan 2023, <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006207.pub6/full>
 - a) “Wearing masks in the community probably makes little or no difference to the outcome of influenza-like illness (ILI)/COVID-19 like illness compared to not wearing masks (risk ratio (RR) 0.95, 95% confidence interval (CI) 0.84 to 1.09”
 - b) “Wearing masks in the community probably makes little or no difference to the outcome of laboratory-confirmed influenza/SARS-CoV-2 compared to not wearing masks (RR 1.01, 95% CI 0.72 to 1.42”
13. “Medical Masks Versus N95 Respirators for Preventing COVID-19 Among Health Care Workers”, Annals of Internal Medicine, Dec 2022, <https://www.acpjournals.org/doi/10.7326/M22-1966>
 - a) “In the intention-to-treat analysis, RT-PCR–confirmed COVID-19 occurred in 52 of 497 (10.46%) participants in the medical mask group versus 47 of 507 (9.27%) in the N95 respirator group (hazard ratio [HR], 1.14 [95% CI, 0.77 to 1.69]).”
14. “Effect of Distributing Locally Produced Cloth Facemasks on COVID-19-Like Illness and All-Cause Mortality – a Cluster-Randomised Controlled Trial in Urban Guinea-Bissau”, Lancet pre-print, Jan 2023, https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4307646&s=09
 - a) “Few participants reported COVID-19-like illness (<2%); proportions did not differ by trial arm: Odds Ratio (OR)=0.81 (95%CI:0.57-1.15). 177 participants reported consultations and COVID-19-like illness (OR=0.83 (0.56-1.24)); 89 persons died (OR=1.34 (0.89-2.02)).”
15. “Were masks in hospitals a waste of time? Hated NHS policy made 'no difference' to Covid infection rates, study finds”, Apr 2023, <https://www.dailymail.co.uk/health/article-11946447/Masks-hospitals-no-difference-Covid-infection-rates-study-finds.html>
 - a) Observational study at St George's Hospital (UK)
 - b) “Researchers found removing the mask policy in phase two did not produce a 'statistically significant change' in the hospital-acquired Covid infection rate.”

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