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.



Headaches

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

Difficulty concentrating

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



Less happiness

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

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.



Malaise

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

Impaired learning

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



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.

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