



Citizens' Council for Health Freedom

Health Freedom Minute

May 22, 2023

Masks Harbor Fungus and Bacteria: Study

Japanese researchers say face “masks can be a direct source of infection to the respiratory tract, digestive tract, and skin.”

The researchers took cultures from masks and found more bacteria than fungus, but bacterial counts were 13.4 times higher on the inside of the mask than the outside. Gargling or the type of transportation used, such as biking, busing or driving, had no effect.

While most microbes were not pathogenic to humans, four were. Thus, they encourage immunocompromised people to “avoid repeated use of masks to prevent microbial infection.” They also noted proper mask cleaning includes boiling at 100 degrees Celsius or ironing with a steam iron. How many people during the pandemic did either of those?

“Bacterial and fungal isolation from face masks under the COVID-19 pandemic,” Ah-Mee Park et al, Scientific Report, Nature July 18, 2022: <https://bit.ly/436o73S>

Presented daily by Twila Brase, President and Co-founder
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*The Health Freedom Minute is now heard in 48 states:
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