

# District Health Department No. 4

## For Immediate Release

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[www.dhd4.org](http://www.dhd4.org)

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## District Health Department No. 4 COVID 19 Update

✓ Update for 5/18/2020

MIOSHA has created a hotline for workers concerned about COVID-19 at their worksite. The number is 1-855-723-3219

Comments on fear of carbon monoxide poisoning from wearing a face mask from District Health Department No. 4 Medical Director Joshua Meyerson:

Wearing masks – surgical, homemade, or N95 type- cannot lead to carbon dioxide poisoning. The masks do not block small molecules such as carbon dioxide from entering or exiting the material. If you can breathe in and out through the mask carbon dioxide, a very small molecule, will flow easily. Thousands and thousands of health care workers routinely and safely wear these masks throughout their long shifts in operating rooms and hospitals, as well as thousands of workers in different manufacturing and food processing plants. Firefighters entering a fire, who are at risk of carbon dioxide poisoning, must wear very different equipment that prevents breathing outside air and scrubbing their exhaled air.

Some people may feel uncomfortable wearing a mask and could potentially hyperventilate – this could lead to low carbon dioxide levels and can lead to feeling lightheaded or tingling/numbness, although I have never heard of that actually happening. This is not poisoning but a result of hyperventilating.

I would recommend people who are uncomfortable wearing a mask take breaks, try different types that may be more comfortable, and not wear during heavy exertion. I would not recommend, nor do I think carbon filters would be of any advantage for purposes of comfort or effectiveness in filtering viral particles.

As of 2:00 5/18/20:

1 new case in Alpena today

Total cases:126

Alpena-91, 9 deaths

Cheboygan-19, 1 death

Montmorency-5

Presque Isle-11

Recovered- 45

Visit the DHD4 COVID 19 dashboard for more data details [www.dhd4.org/covid19](http://www.dhd4.org/covid19)

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