

**Table 1**

Physiological and Psychological Effects of Wearing Facemask and Their Potential Health Consequences.

Physiological Effects	Psychological Effect	Health Consequences
<ul style="list-style-type: none"> <li>• Hypoxemia</li> <li>• Hypercapnia</li> <li>• Shortness of breath</li> <li>• Increase lactate concentration</li> <li>• Decline in pH levels</li> <li>• Acidosis</li> <li>• Toxicity</li> <li>• Inflammation</li> <li>• Self-contamination</li> <li>• Increase in stress hormones level (adrenaline, noradrenaline and cortisol)</li> <li>• Increased muscle tension</li> <li>• Immunosuppression</li> </ul>	<ul style="list-style-type: none"> <li>• Activation of "fight or flight" stress response</li> <li>• Chronic stress condition</li> <li>• Fear</li> <li>• Mood disturbances</li> <li>• Insomnia</li> <li>• Fatigue</li> <li>• Compromised cognitive performance</li> </ul>	<ul style="list-style-type: none"> <li>• Increased predisposition for viral and infection illnesses</li> <li>• Headaches</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Hypertension</li> <li>• Cardiovascular disease</li> <li>• Cancer</li> <li>• Diabetes</li> <li>• Alzheimer disease</li> <li>• Exacerbation of existing conditions and diseases</li> <li>• Accelerated aging process</li> <li>• Health deterioration</li> <li>• Premature mortality</li> </ul>