



It is a well-established practice for medical professionals to give differing advice; which is why patients routinely seek "second" or more opinions for the treatment or therapy that's best for their individual situation. Therefore, it is NOT misleading to give medical advice that might differ from another medical professional.

Equally important, it appears this person is a victim of class discrimination due to her status as: (1) a "female," and (2) because she's "only" a "nurse" and not a "doctor."

Video of nurse giving misleading advice about

masks spreads on social media

Alex Cadier, AFP Canada



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A video of a nurse shared thousands of times on Facebook during the coronavirus pandemic warns the public against continuously wearing face masks. Her claims that wearing a face mask could harm the body are misleading, according to medical experts.

“This is why I don't wear a mask,” said one Facebook user who shared the [video](#) on May 17, 2020. The video was viewed 44,000 times from that post alone.



Screenshot taken on June, 11 2020 of the video as it appears on Facebook

The [video](#), shared by accounts in Canada (1,2), the United States (1,2,3) and the [Netherlands](#), shows a woman identifying herself as “Danika Bueno, an RN with my BSN” (Bachelor of Science in Nursing).

AFP confirmed through the National Council of State Boards of Nursing's [database](#) that someone named Danika Bueno is a registered nurse, in Grants Pass, [Oregon](#). AFP also found that Bueno was previously registered as a nurse in [Colorado](#) and [Hawaii](#) and those licenses have since expired. The records list no disciplinary actions against her.

Verification of Licensure

Oregon State Board of Nursing
17938 SW Upper Boones Ferry Road
Portland, Oregon 97239-7012
Telephone: 503-673-0483
Fax: 503-423-0884
E-Mail: oregon.bn.info@state.or.us



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Information current as of: 06/11/2020
Query Time: 0:11:0001 1.4639 PM

Initial Search

This site is a primary source for verification credentials.

Licensee: Bueno, Danika Dawn
Gender: Female
City: Grants Pass
State: OR

LICENSEES					
License Number	Type	License Issued	Current Status	Date Last Renewed	License Expiration Date
201704188RN RN		06/09/2017	Active	12/27/2019/03/22/2021	

Renewals are deferred during the state's emergency declaration, so current status remains Active although expiration date has not changed.

Screenshot taken on June 12, 2020 of Danika Bueno's nursing license in Oregon

Bueno makes several claims about adverse health effects brought on by wearing face masks including: "creating a pH imbalance" in the blood, that masks are ineffective against viruses, and that wearing a mask will lead to increased face-touching.

"The claims that this person is making are not true. They reflect a very rudimentary understanding of human physiology and mask technology. It is a classic example of where a little bit of knowledge can be a dangerous thing," Shane Shapera, Director of Toronto General Hospital's [Interstitial Lung Disease Program](#) and an Associate Professor at the University of Toronto's Faculty of Medicine, told AFP by email.

The woman in the video claims that wearing a mask can create an "acidotic state" or pH imbalance in the blood, comparing it to breathing into a paper bag and "rebreathing" your own CO₂.

not untrue; because people would have no need to touch their faces as frequently if it was not necessary to place or adjust their masks.

not untrue; treatment options include directing patients to breath into a paper bag to adjust CO₂ levels in the blood

“A surgical mask is not a closed system. Almost all of the air that you blow out escapes the mask and so you are not breathing in your own CO₂” says Shapera. “There is no evidence that using a mask for prolonged periods of time causes an elevation of CO₂ levels (a.k.a. hypercapnia) or acidosis (a drop in pH).”

This claim has also been addressed in AFP fact-checks about the risks of [hypercapnia](#) and [hypoxia](#).

The woman in the video goes on to claim that masks are “highly ineffective against viruses”. This is misleading.

“The purpose of wearing a surgical mask during the COVID-19 pandemic is to protect others from the wearer,” Shapera explained. “There is excellent data showing us that the main way that COVID-19 spreads is through infected patients coughing or sneezing and having those droplets land in the mouth and nose of people nearby.”

Shapera said, “the idea is that by having everyone protect each other, that will eventually protect you. (ie. if you and I are both wearing masks, your mask protects me while my mask protects you).”

The probability of spread “is highest if the carrier or case is not wearing a mask and lowest if both the carrier and contact are masked,” Shelley Payne, interim director of the [LaMontagne Center for Infectious Disease](#) at the University of Texas at Austin, told AFP in [this](#) fact check.

Similar claims were addressed by AFP Fact Check [here](#) and [here](#).

Finally, the woman in the video claims that wearing a mask will cause the wearer to “touch your face more often,” implying that the wearer will touch an infected surface before touching their face and catching the virus. This is also misleading.

**not untrue;
consumer-based
paper and cloth
masks do NOT
prevent the wearer
from becoming
infected because they
are two-directional.**

**Plus, if masks don't
impair breathing,
why don't athletes
wear masks while
competing in 100m,
200m, 400m, 1500m,
5000m, marathons,
and continuously
during a three-(3)
hour basketball
games, or three-(3)
hour football games,
or while swimming,
etc. Clearly, this
"fact check" is both
disingenuous and
stupid.**

**again, not untrue,
because people would
have no need to touch
their faces as
frequently if it was not
necessary to place or
adjust their masks.**

“Our current understanding of COVID-19 is that it is primarily spread through droplets and not by touching surfaces” Shapera said. “Overall, health care professionals feel that wearing a mask does increase the risk of touching your face. However, the benefits of wearing a mask outweigh the risks.”

This claim, and other similar claims, were addressed in [this](#) AFP fact check.

During the COVID-19 pandemic, the official advice from [Health Canada](#) and the [CDC](#) remains that wearing a mask or face covering is recommended where social distancing is difficult.

AFP Fact Check has debunked more than 500 examples of false or misleading information about the novel coronavirus. You can find the complete list of our fact-checks on the topic in English [here](#).

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not true; because it remains the well-established mandate of the CDC to disinfect all surfaces as well since COVID-19 is spread airborne and easily contaminates surfaces.

Data from surface survival studies indicate that a 99% reduction in infectious SARS-CoV-2 and other coronaviruses can be expected under typical indoor environmental conditions within 3 days (72 hours) on common non-porous surfaces like stainless steel, plastic, and glass.

<https://www.cdc.gov/coronavirus/2019-ncov/more/science-and-research/surface-transmission.html#:~:text=Data%20from%20surface%20survival%20studies,plastic%2C%20and%20glass%20>

[Alex Cadier](#)

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