

An SpO₂ (arterial oxygen saturation) value below 90% indicates hypoxemia.

Healthy/Normal Percentages Are 95%-100%

Time/Class Period	Notes/Context	Mask	SpO ₂
7:45 AM (Before School)	Tests are done 3 times with the average being put as the final recording for the data. This will be my personal control	Cloth	98%
8:45 AM (First Period)	This is my Vet Tech Class, we moved around to do a few restraint techniques on stuffed animals and took fecal samples, nothing too physically needing	Cloth	96%
9:45 AM (Second Period)	This is my US History Class. We Did not do much talking today, and focussed on finishing some simple assignments.	Cloth	95%
10:45AM(e nd of second period)	After Organizing times for us to work, and updating contracts we were mostly finished for our work for the day. Still nothing too physical. Did not leave my seat.	Cloth	93%
11:45AM (third period)	I am working in my robotics class and talking to other group members as we plan out next steps for completing the robot. I am mostly standing in one position/sitting down. I am beginning to have a small headache going about these tasks, and slightly teary eyed.	Cloth	93%
12:45PM (After lunch start of 4th)	I had to take off my mask. It was becoming too much of a distraction and annoyance. I planned on missing lunch to make the data more accurate on a long term effect, but I was getting too distracted. 4th Period starts and we touch up presentations to present to the class. My head was feeling better and I was more focused by the end.	Cloth	97%
1:45PM (start of 5th period)	I Presented to 4th period class, and then went to 5th. In this period I never left, just like every class today. Me and my partners started to work on finishing up a few infographics we have been working on.	Cloth	95%
2:15 (end of 5th period)	I had got a bit off task while working on the infographics, and I was having a bit of a problem breathing. I did not want to remove the mask to make sure results were not skewed so I dealt with it until the end of the day.	Cloth	94%
2:45 (In room with no mask)	I have had my mask since school has ended and have had no problems focusing on homework.	Cloth	99%

Notes: After This I decided to do this same test but with the N95 mask at home. This was a N95 Given to me by a nurse at a hospital. It is not counterfeit! Within 3 hours my SpO₂ had dropped to 88% and I was sweating, with a headache, and I was unable to focus. Before Test- 99%

1 Hours- 95%

2 Hours- 92%

3 Hours- 88%

Data above- Me

Data below-

Condition	SpO2 Range
Normal	95-100%
Brain Gets Affected	80-85%
Cyanosis	65%

Conclusion: Masks can negatively affect students, especially if they might be stressed with school work as it is. For me I am not stressed by school work. However when taking tests I do become stressed. I have had to remove my mask to focus on these tests. Keeping it on for this one day was a challenge and I failed halfway through. If dress code policy is in place to keep students on task and not be distracted from school work, MASK CAN CERTAINLY BE NOT MANDATED. ESPECIALLY DURING TESTS.

CDC recommends cloth masks if they are worn **correctly**. These steps are not insured by 95% of kids I have observed throughout the year. They touch them at lunch to eat their lunch, they touch them to lower them, or adjust the mask. They don't wash the masks, or hands after touching them. The CDC says that it could help prevent covid spread when worn correctly.

Citation

Dr. Jasmine Shaikh, M. (2020, October 15). What are blood oxygen levels? Chart, normal, low & high. Retrieved March 21, 2021, from https://www.medicinenet.com/what_are_blood_oxygen_levels/article.htm

How to protect yourself & others. (n.d.). Retrieved March 21, 2021, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

How to safely wear and take off a cloth face covering. (n.d.). Retrieved March 21, 2021, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>