

Masks Don't Work:

<https://youtu.be/0X-WxTgs-RU?si=hl8MSh7paM0VVzQj>

Humidity | Oxygen Impacts

<https://www.mxbowenppc.com/humidity-can-impact-your-lungs/>

<https://www.lung.ca/how-protect-your-lungs-hot-and-humid-days>

Oximeter:

<https://www.ncoa.org/adviser/oxygen-machines/how-to-read-a-pulse-oximeter/>

Oxygen saturation (SpO2%)	Pulse rate (Beats per minute)	Reading
95%–100%	60–100	Normal
95%	101–109	Continue monitoring
93%–94%	110–130	See your health care provider
92% or lower	131 or higher	Go to the emergency room or call 911

Purchase:

https://www.amazon.com/Zacurate-Fingertip-Oximeter-Saturation-Batteries/dp/B07PQ8WTC4/ref=sr_1_1_sspa?