

## **Studies to Help People Come to their Own Understanding in Regards to the Effectiveness and Safety of Mask Wearing**

“The spirit of the human being lives in the air. When he inhales, he breathes his spirit in; when he exhales, he breathes it out. The spirit of the human being is continually evolving. It is, at one moment, within him, the next moment outside him in the world.” – Rudolf Steiner *Building up the Spiritual Body through Meditation Berlin, 2 October 1906*

Reference: "[Nonpharmaceutical Measures for Pandemic Influenza in Nonhealthcare Settings--Personal Protective and Environmental Measures.](#)" Published in: "[Emerging Infectious Diseases, Vol.26, No. 5, May 2020.](#)" (That journal is published by the **CDC**.)

From the abstract:

"Here, we review the evidence base on the effectiveness of nonpharmaceutical personal protective measures and environmental hygiene measures in non-healthcare settings and discuss their potential inclusion in pandemic plans. Although mechanistic studies [\*] support the potential effect of hand hygiene or face masks, evidence from 14 randomized controlled trials of these measures did not support a substantial effect on transmission of laboratory-confirmed influenza. We similarly found limited evidence on the effectiveness of improved hygiene and environmental cleaning."

Here are quotes from pages 970-972 of the review:

"In our systematic review, we identified 10 RCTs [randomized controlled trials] that reported estimates of the effectiveness of face masks in reducing laboratory-confirmed influenza virus infections in the community from literature published during 1946-July 27, 2018. In pooled analysis, we found no significant reduction in influenza transmission with the use of face masks..."

"Disposable medical masks (also known as surgical masks) are loose-fitting devices that were designed to be worn by medical personnel to protect accidental contamination of patient wounds, and to protect the wearer against splashes or sprays of bodily fluids... There is limited evidence for their effectiveness in preventing influenza virus transmission either when worn by the infected person for source control or when worn by uninfected persons to reduce exposure. Our systematic review found no significant effect of face masks on transmission of laboratory-confirmed influenza."

"In this review, we did not find evidence to support a protective effect of personal protective measures or environmental measures in reducing influenza transmission."

"We did not find evidence that surgical-type face masks are effective in reducing laboratory-confirmed influenza transmission, either when worn by infected persons (source control) or by persons in the general community to reduce their susceptibility..."

## [ Masks: The Science & Myths ]

[ [36 Abstracts with Face Masks \(Lack of Safety and Ineffectiveness Research\) Research](#) ]

[ [BaruchVainshelboim Facemasks in the COVID-19 era: A health hypothesis \(summary\)](#) ]

[ [CANADA RECALLS MASKS OVER LUNG DAMAGE CONCERNS](#) ]

Information put together from Doctor Vernon Coleman.

[PROOF-THAT-FACE-MASKS-DO-MORE-HARM-THAN-GOOD-Dr-Vernon-Coleman-MB-ChB-DSc-FRSA](#)

[Here](#) you will find an interview with two experts from Osha, the people who teach doctors how to use PPE explaining that the masks people are wearing do nothing to stop transmission and are actually dangerous.

[Results](#) from a recent randomised control trial.

“A total of 3030 participants were randomly assigned to the recommendation to wear masks, and 2994 were assigned to control; 4862 completed the study. Infection with SARS-CoV-2 occurred in 42 participants recommended masks (1.8%) and 53 control participants (2.1%).” – [Annals of Internal Medicine](#)

### Some more papers on the safety and effectiveness of mask wearing.

1 T Jefferson, M Jones, et al. Physical interventions to interrupt or reduce the spread of respiratory viruses. *MedRxiv*. 2020 Apr 7.

<https://www.medrxiv.org/content/10.1101/2020.03.30.20047217v2>

2 J Xiao, E Shiu, et al. Nonpharmaceutical measures for pandemic influenza in non-healthcare settings – personal protective and environmental measures. *Centers for Disease Control*. 26(5); 2020 May.

[https://wwwnc.cdc.gov/eid/article/26/5/19-0994\\_article](https://wwwnc.cdc.gov/eid/article/26/5/19-0994_article)

3 J Brainard, N Jones, et al. Facemasks and similar barriers to prevent respiratory illness such as COVID19: A rapid systematic review. MedRxiv. 2020 Apr 1.

<https://www.medrxiv.org/content/10.1101/2020.04.01.20049528v1.full.pdf>

4 L Radonovich M Simberkoff, et al. N95 respirators vs medical masks for preventing influenza among health care personnel: a randomized clinic trial. JAMA. 2019 Sep 3. 322(9): 824-833.

<https://jamanetwork.com/journals/jama/fullarticle/2749214>

5 J Smith, C MacDougall. CMAJ. 2016 May 17. 188(8); 567-574.

<https://www.cmaj.ca/content/188/8/567>

6 F bin-Reza, V Lopez, et al. The use of masks and respirators to prevent transmission of influenza: a systematic review of the scientific evidence. 2012 Jul; 6(4): 257-267.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5779801/>

7 J Jacobs, S Ohde, et al. Use of surgical face masks to reduce the incidence of the common cold among health care workers in Japan: a randomized controlled trial. Am J Infect Control. 2009 Jun; 37(5): 417-419. <https://pubmed.ncbi.nlm.nih.gov/19216002/>

8 M Viola, B Peterson, et al. Face coverings, aerosol dispersion and mitigation of virus transmission risk.

<https://arxiv.org/abs/2005.10720>, <https://arxiv.org/ftp/arxiv/papers/2005/2005.10720.pdf>

9 S Grinshpun, H Haruta, et al. Performance of an N95 filtering facepiece particular respirator and a surgical mask during human breathing: two pathways for particle penetration. J Occup Env Hygiene. 2009; 6(10):593-603.

<https://www.tandfonline.com/doi/pdf/10.1080/15459620903120086>

10 H Jung, J Kim, et al. Comparison of filtration efficiency and pressure drop in anti-yellow sand masks, quarantine masks, medical masks, general masks, and handkerchiefs. Aerosol Air Qual Res. 2013 Jun. 14:991-1002. <https://aaqr.org/articles/aaqr-13-06-0a-0201.pdf>

11 C MacIntyre, H Seale, et al. A cluster randomized trial of cloth masks compared with medical masks in healthcare workers. BMJ Open. 2015; 5(4)

<https://bmjopen.bmj.com/content/5/4/e006577.long>

12 N95 masks explained. <https://www.honeywell.com/en-us/newsroom/news/2020/03/n95-masks-explained>

13 V Offeddu, C Yung, et al. Effectiveness of masks and respirators against infections in healthcare workers: A systematic review and meta-analysis. Clin Inf Dis. 65(11), 2017 Dec 1; 1934-1942.

<https://academic.oup.com/cid/article/65/>

14 C MacIntyre, Q Wang, et al. A cluster randomized clinical trial comparing fit-tested and non-fit-tested N95 respirators to medical masks to prevent respiratory virus infection in health care workers. *Influenza J.* 2010 Dec 3.

[https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1750-2659.2011.00198.x?fbclid=IwAR3kRYVYDKb0aR-su9\\_me9\\_vY6a8KVR4HZ17J2A\\_80f\\_fXUABRQdhQlc8Wo](https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1750-2659.2011.00198.x?fbclid=IwAR3kRYVYDKb0aR-su9_me9_vY6a8KVR4HZ17J2A_80f_fXUABRQdhQlc8Wo)

15 M Walker. Study casts doubt on N95 masks for the public. *MedPage Today.* 2020 May 20.

<https://www.medpagetoday.com/infectiousdisease/publichealth/86601>

16 C MacIntyre, Q Wang, et al. A cluster randomized clinical trial comparing fit-tested and non-fit-tested N95 respirators to medical masks to prevent respiratory virus infection in health care workers. *Influenza J.* 2010 Dec 3.

[https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1750-2659.2011.00198.x?fbclid=IwAR3kRYVYDKb0aR-su9\\_me9\\_vY6a8KVR4HZ17J2A\\_80f\\_fXUABRQdhQlc8Wo](https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1750-2659.2011.00198.x?fbclid=IwAR3kRYVYDKb0aR-su9_me9_vY6a8KVR4HZ17J2A_80f_fXUABRQdhQlc8Wo)

17 N Shimasaki, A Okaue, et al. Comparison of the filter efficiency of medical nonwoven fabrics against three different microbe aerosols. *Biocontrol Sci.* 2018; 23(2). 61-69.

[https://www.jstage.jst.go.jp/article/bio/23/2/23\\_61/\\_pdf/-char/en](https://www.jstage.jst.go.jp/article/bio/23/2/23_61/_pdf/-char/en)

18 T Tunevall. Postoperative wound infections and surgical face masks: A controlled study. *World J Surg.* 1991 May; 15: 383-387.

<https://link.springer.com/article/10.1007%2FBF01658736>

19 N Orr. Is a mask necessary in the operating theatre? *Ann Royal Coll Surg Eng* 1981; 63: 390-392. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2493952/pdf/annrcse01509-0009.pdf>

20 N Mitchell, S Hunt. Surgical face masks in modern operating rooms – a costly and unnecessary ritual? *J Hosp Infection.* 18(3); 1991 Jul 1. 239-242.

[https://www.journalofhospitalinfection.com/article/0195-6701\(91\)90148-2/pdf](https://www.journalofhospitalinfection.com/article/0195-6701(91)90148-2/pdf)

21 C DaZhou, P Sivathondan, et al. Unmasking the surgeons: the evidence base behind the use of facemasks in surgery. *JR Soc Med.* 2015 Jun; 108(6): 223-228.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4480558/>

22 L Brosseau, M Sietsema. Commentary: Masks for all for Covid-19 not based on sound data. *U Minn Ctr Inf Dis Res Pol.* 2020 Apr 1.

<https://www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data>

23 N Leung, D Chu, et al. Respiratory virus shedding in exhaled breath and efficacy of face masks *Nature Research*. 2020 Mar 7. 26,676-680 (2020).

<https://www.researchsquare.com/article/rs-16836/v1>

24 S Rengasamy, B Eimer, et al. Simple respiratory protection – evaluation of the filtration performance of cloth masks and common fabric materials against 20-1000 nm size particles. *Ann Occup Hyg*. 2010 Oct; 54(7): 789-798.

<https://academic.oup.com/annweh/article/54/7/789/202744>

25 S Bae, M Kim, et al. Effectiveness of surgical and cotton masks in blocking SARS-CoV-2: A controlled comparison in 4 patients. *Ann Int Med*. 2020 Apr 6.

<https://www.acpjournals.org/doi/10.7326/M20-1342>

26 S Rengasamy, B Eimer, et al. Simple respiratory protection – evaluation of the filtration performance of cloth masks and common fabric materials against 20-1000 nm size particles. *Ann Occup Hyg*. 2010 Oct; 54(7): 789-798.

<https://academic.oup.com/annweh/article/54/7/789/202744>

27 C MacIntyre, H Seale, et al. A cluster randomized trial of cloth masks compared with medical masks in healthcare workers. *BMJ Open*. 2015; 5(4)

<https://bmjopen.bmj.com/content/5/4/e006577.long>

28 W Kellogg. An experimental study of the efficacy of gauze face masks. *Am J Pub Health*. 1920. 34-42.

<https://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.10.1.34>

29 M Klompas, C Morris, et al. Universal masking in hospitals in the Covid-19 era. *N Eng J Med*. 2020; 382 e63. <https://www.nejm.org/doi/full/10.1056/NEJMp2006372>

30 E Person, C Lemercier et al. Effect of a surgical mask on six minute walking distance. *Rev Mal Respir*. 2018 Mar; 35(3):264-268.

<https://pubmed.ncbi.nlm.nih.gov/29395560/>

31 B Chandrasekaran, S Fernandes. Exercise with facemask; are we handling a devil's sword – a physiological hypothesis. *Med Hypotheses*. 2020 Jun 22. 144:110002.

<https://pubmed.ncbi.nlm.nih.gov/32590322/>

32 P Shuang Ye Tong, A Sugam Kale, et al. Respiratory consequences of N95-type mask usage in pregnant healthcare workers – A controlled clinical study. *Antimicrob Resist Infect Control*. 2015 Nov 16; 4:48.

<https://pubmed.ncbi.nlm.nih.gov/26579222/>

33 T Kao, K Huang, et al. The physiological impact of wearing an N95 mask during hemodialysis as a precaution against SARS in patients with end-stage renal disease. *J Formos Med Assoc*. 2004 Aug; 103(8):624-628.

<https://pubmed.ncbi.nlm.nih.gov/15340662/>

34 F Blachere, W Lindsley et al. Assessment of influenza virus exposure and recovery from contaminated surgical masks and N95 respirators. *J Viro Methods*. 2018 Oct; 260:98-106.

<https://pubmed.ncbi.nlm.nih.gov/30029810/>

36 F Blachere, W Lindsley et al. Assessment of influenza virus exposure and recovery from contaminated surgical masks and N95 respirators. *J Viro Methods*. 2018 Oct; 260:98-106.

<https://pubmed.ncbi.nlm.nih.gov/30029810/>

37 A Chughtai, S Stelzer-Braid, et al. Contamination by respiratory viruses on our surface of medical masks used by hospital healthcare workers. *BMC Infect Dis*. 2019 Jun 3; 19(1): 491.

<https://pubmed.ncbi.nlm.nih.gov/31159777/>

38 L Zhiqing, C Yongyun, et al. *J Orthop Translat*. 2018 Jun 27; 14:57-62.

<https://pubmed.ncbi.nlm.nih.gov/30035033/>

39 C MacIntyre, H Seale, et al. A cluster randomized trial of cloth masks compared with medical masks in healthcare workers. *BMJ Open*. 2015; 5(4) <https://bmjopen.bmj.com/content/5/4/e006577>

40 A Beder, U Buyukkocak, et al. Preliminary report on surgical mask induced deoxygenation during major surgery. *Neurocirugia*. 2008; 19: 121-126.

<http://scielo.isciii.es/pdf/neuro/v19n2/3.pdf>

41 D Lukashev, B Klebanov, et al. Cutting edge: Hypoxia-inducible factor 1-alpha and its activation-inducible short isoform negatively regulate functions of CD4+ and CD8+ T lymphocytes. *J Immunol*. 2006 Oct 15; 177(8) 4962-4965.

<https://www.jimmunol.org/content/177/8/4962>

42 A Sant, A McMichael. Revealing the role of CD4+ T-cells in viral immunity. *J Exper Med*. 2012 Jun 30; 209(8):1391-1395.

<https://europepmc.org/article/PMC/3420330>

Long-term Mask Use May Contribute to Advanced Stage Lung Cancer, Study Finds