

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*

Experimental Assessment of Carbon Dioxide Content in Inhaled Air With or Without Face Masks in Healthy Children

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](#)]

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

[[Canada Recalls Masks Over Lung Damage Concerns](#)]

[[Meta-Analysis of 65 Studies Reveals Face Masks Induce Mask-Induced Exhaustion Syndrome \(MIES\)](#)]

[[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

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

A Group Of Parents Sent Their Kids' Face Masks to A Lab for Analysis. Here's What They Found

Corona children studies "Co-Ki": First results of a Germany-wide registry on mouth and nose covering (mask) in children

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