A Study Shows Masks are Extremely Effective at Preventing Virus Spread

New research shows that masks are extremely effective at preventing the spread of CoVID-19. Previous research focused primarily on masks preventing the spread of the flu rather than CoVID-19. The new study tested the effectiveness of surgical masks at preventing the spread through droplets aerosolized particles.

> *"…surgical face masks could prevent transmission of human coronaviruses and influenza viruses from symptomatic individuals."*
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> *Respiratory virus shedding in exhaled breath and efficacy of face masks– Nature Medicine*

The study found that CoVID-19 was detected in 30- 40% of particles in aerosols and droplets expelled by those not wearing a mask. However, no virus was detected in aerosols or droplets from those who wore a face mask.

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- *Coronavirus – Your Guide to the CoVID-19 Pandemic*

Despite research indicating that wearing masks could prevent the spread of the virus, the CDC has not recommended that everyone wear N95 masks. Alternatively, they recommend that N95 masks are saved for healthcare personnel only. Currently, the CDC is recommending homemade/alternative masks that are

not N95 masks, and recommending social distancing and handwashing instead of N95 masks.

> *A surgical N95 (also referred as a medical respirator) is recommended only for use by healthcare personnel (HCP) who need protection from both airborne and fluid hazards (e.g., splashes, sprays). These respirators are not used or needed outside of healthcare settings."*
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> *Coronavirus Disease 2019 -CDC*

The Trump administration has ordered 3M to stop supplying N95 masks to Canada however they have not yet recommended that everyone wear masks, although the CDC is expected to advise all citizens to wear masks, very soon.

Sources:

- *New Research: Masks Extremely Effective at Stopping Virus Spread*– Futurism
- *Respiratory virus shedding in exhaled breath and efficacy of face masks* -Nature Medicine
- *Coronavirus: Trump asks medical supply firm 3M to stop selling N95 respirators to Canada*– Global News