

5 Reasons for no Facemask Podcast Show Notes

"...when you can measure what you are speaking about, and express it in **numbers**, you know something about it; but when you cannot measure it, when you cannot express it in **numbers**, your knowledge is of a meagre and unsatisfactory kind. ... If you can not measure it, you can not improve it." - Lord Kelvin

Where is the evidence, the scientific studies that document the efficacy of cloth face coverings?

World Health Organization

"However, there is currently no evidence that wearing a mask (whether medical or other types) by healthy persons in the wider community setting, including universal community masking, can prevent them from infection with respiratory viruses, including COVID-19."

[https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

97% of particles were transmitted through cloth masks:

"We have provided the first clinical efficacy data of cloth masks, which suggest HCWs should not use cloth masks as protection against respiratory infection. **Cloth masks resulted in significantly higher rates of infection than medical masks**, and also performed worse than the control arm... The trend for all outcomes showed the lowest rates of infection in the medical mask group and the highest rates in the cloth mask arm. "

https://bmjopen.bmj.com/content/5/4/e006577.full?fbclid=IwAR2jMqp_hr6lYHyb1zt_8jpNJ_xyEEojXjznISA_I5mCP-OQkcQlvFR-enw

Cloth masks ineffective

"Median viral loads did not differ significantly when comparing coughing samples of COVID-19 patients without a mask, with a surgical mask, and with a cloth mask, suggesting these masks were ineffective at filtering SARS-CoV-2, the virus that causes COVID-19, reported Sung-Han Kim, MD, of University of Ulsan College of Medicine in Seoul, South Korea, and colleagues.

In conclusion, both surgical and cotton masks seem to be ineffective in preventing the dissemination of SARS-CoV-2 from the coughs of patients with COVID-19 to the environment and external mask surface." - Sung Han Kim MD, Department of Infectious Diseases, Asin Medical Center, University of Ulsan College of Medicine, Seoul, South Korea

<https://annals.org/aim/fullarticle/2764367/effectiveness-surgical-cotton-masks-blocking-sars-cov-2-controlled-comparison?fbclid=IwAR2FNcYW7YyHimIL6-U5sDvtWR0aTaBGtsmVGaEDkwhXoqoJJu859KZCQTM#.Xot-MbRataU.twitter>

No reduction in aerosols

*“There was a significant reduction by wearing face masks to 1 of 27 (4%) in detection of influenza virus in respiratory droplets, **but no significant reduction in detection in aerosols** (Table [1b](#)).”*- Leung et al [Respiratory virus shedding in exhaled breath and efficacy of face masks](#)

<https://www.nature.com/articles/s41591-020-0843-2>

Cloth masks not recommended.

“We do not recommend requiring the general public who do not have symptoms of COVID-19-like illness to routinely wear cloth or surgical masks because:

- ***There is no scientific evidence they are effective in reducing the risk of SARS-CoV-2 transmission***
- *Their use may result in those wearing the masks to relax other distancing efforts because they have a sense of protection*
- *We need to preserve the supply of surgical masks for at-risk healthcare workers.*

Sweeping mask recommendations—as many have proposed—will not reduce SARS-CoV-2 transmission, as evidenced by the widespread practice of wearing such masks in Hubei province, China, before and during its mass COVID-19 transmission experience earlier this year. Our review of relevant studies indicates that cloth masks will be ineffective at preventing SARS-CoV-2 transmission, whether worn as source control or as PPE.” -Brousseau and Sietsma, University of Illinois at Chicago

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

Cloth masks could lead to bacterial infections

Audio of Dr. Eleanor Sadler

<http://www.uscannenbergmedia.com/2020/04/03/research-shows-that-cloth-masks-could-lead-to-bacterial-infections/>

CDC Surgical masks do not protect the wearer from inhaling smaller airborne particles

“Does NOT provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is not considered respiratory protection”

<https://www.cdc.gov/niosh/nppt/pdfs/UnderstandDifferenceInfographic-508.pdf>

(We ask as critical thinkers, “What protection then from “cloth face coverings???” - MKF)

Additional links we found researching this topic

<https://www.osha.gov/Publications/OSHA3990.pdf> see page 10

<https://ehsdailyadvisor.blr.com/2020/04/can-employers-mandate-the-use-of-facemasks-and-what-if-employees-cant-or-wont-wear-them/?fbclid=IwAR0z54ouHRpo5pUiiWkFp2J7xrqeDVAjaR8hwc39uIv6p5MRgGpVKsy4xmQ>

<https://www.theguardian.com/world/2020/apr/07/face-masks-cannot-stop-healthy-people-getting-covid-19-says-who>

<https://www.bmj.com/content/369/bmj.m1422>

<https://www.newsweek.com/surgical-cotton-face-masks-ineffective-blocking-sars-cov-2-particles-when-covid-19-patients-1496476>

<https://www.npr.org/sections/goatsandsoda/2020/01/29/800531753/face-masks-what-doctors-say-about-their-role-in-containing-coronavirus>

<https://www.usatoday.com/story/news/nation/2020/03/23/homemade-coronavirus-masks-do-they-actually-block-spread/2899622001/>

<https://www.usatoday.com/videos/news/2020/03/21/coronavirus-diy-face-masks-good-idea-but-ineffective/2892024001/>

<https://scroll.in/pulse/860276/no-good-choices-a-mask-may-block-out-some-pollution-but-have-other-ill-health-effects>

<http://www.uscannenberghmedia.com/2020/04/03/research-shows-that-cloth-masks-could-lead-to-bacterial-infections/>

<https://www.forbes.com/sites/tarahaelle/2020/02/29/no-you-do-not-need-face-masks-for-coronavirus-they-might-increase-your-infection-risk/#3afd0763676c>

<https://www.marketwatch.com/story/the-cdc-says-americans-dont-have-to-wear-facemasks-because-of-coronavirus-2020-01-30>

https://www.ncbi.nlm.nih.gov/pubmed/18500410?fbclid=IwAR1Z2uVJcdNGb_qloIfMH1s3SWfuGXphniSCa4baBOobHrAPY-o7Glop1jg

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4748517/>