

MASKS

articles to give guidance on the subject of wearing masks in public.

MASKS - (Compiled October 2020) Updated February 2023

The Internet has lots of opinions – but these articles and references include opinions and quote actual studies or medical documentation to support their position. PLEASE READ and consider all these published statements then make your own decision.

Overall, these documents indicate there are much more scientific study and medical documentation proving that the public use of masks do NOT make a difference. Common sense holds that IF you are sick, or have a fragile health condition, you should use masks and limit your exposure to other people. **The most comprehensive proof is from the Cochrane Library, tested in 2020, and again in 2022. Their testing and review proved a statistically insignificant difference between masks and no masks**

Another site with good references and studies on this subject is the **Swiss Policy Research** site at <https://swprs.org/face-masks-evidence>.

Their information is updated on a monthly basis and includes studies from around the world. As of July 2021, their summary states “So far, most studies found little to no evidence for the effectiveness of face masks in the general population, neither as personal protective equipment nor as a source control.”

NOTE: The public propaganda to push masks has in part pointed to the “Covid-19 Cases” identified only by a PCR test. It is of note that the CDC recommended PCR CT settings in 2020 were set at 45 – a point at which the PCR test returns 97% FALSE POSITIVES – so the data presented was corrupted and DID NOT REFLECT SCIENTIFIC evidence of a Covid-19 infectious condition in those tested. The CDC changed the recommended CT value to 30 in early 2021, much closer to reality – but still likely to produce some false positive readings.

“A PCR test is amplifying samples through repetitive cycles. The lower the virus concentration in the sample, the more cycles are needed to achieve a positive result. Many US labs work with [35 to 45 cycles](#), while many European labs work with [30 to 40 cycles](#).

The research group of French professor Didier Raoult [has recently shown](#) that at a cycle threshold (CT) of **25**, about 70% of samples remained positive in cell culture (i.e. were infectious); at a CT of **30**, 20% of samples remained positive; at a CT of **35**, 3% of samples remained positive; and at a CT **above 35**, no sample remained positive (infectious) in cell culture ([see diagram](#)).

This means that if a person gets a “positive” PCR test result at a cycle threshold of 35 or higher (as applied in most US labs and many European labs), the chance that the person is infectious is **less than 3%**. The chance that the person received a “false positive” result is 97% or higher.

(Note that the exact figures depend on the test and lab in question, and that if a sample was already positive at a lower cycle threshold (e.g., 20), chances of infectiousness are much higher.)

MASKS

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Juliet Morrison, a virologist at the University of California, Riverside, [explained](#) to the New York Times: “Any test with a cycle threshold above 35 is too sensitive. I’m shocked that people would think that 40 could represent a positive. A more reasonable cutoff would be 30 to 35.” According to the New York Times, up to 90% of positive tests at a cycle threshold of 40 would be negative at a CT of 30.” <https://swprs.org/the-trouble-with-pcr-tests/>

So – the REASON to push masks has been based on a faked “positive” number.

- Feb 2009 Face Mask Use and Control of Respiratory Virus Transmission in Households. (AUSTRALIAN STUDY). We concluded that household use of masks is associated with low adherence and is ineffective in controlling seasonal ILI. If adherence were greater, mask use might reduce transmission ([they speculated](#)) during a severe influenza pandemic. https://wwwnc.cdc.gov/eid/article/15/2/08-1167_article
- Feb 2010 Mask use, hand hygiene, and seasonal influenza-like illness among young adults: a randomized intervention trial. Face mask use alone showed a similar reduction in ILI compared with the control group, [but adjusted estimates were not statistically significant](#). Neither face mask use and hand hygiene nor face mask use alone was associated with a significant reduction in the rate of ILI cumulatively. <https://pubmed.ncbi.nlm.nih.gov/20088690/>
- Mar 2016 Effectiveness of N95 respirators verses surgical masks in protecting health care workers from acute respiratory infection: a systematic review and meta-analysis. Although N95 respirators appeared to have a protective advantage over surgical masks in laboratory settings, [our meta-analysis showed that there were insufficient data to determine definitively whether N95 respirators are superior to surgical masks in protecting health care workers against transmissible acute respiratory infections in clinical settings](#). <https://pubmed.ncbi.nlm.nih.gov/26952529/>
- April 7, 2020 BMJ – COVID-19: What is the evidence for cloth masks? “The evidence is not sufficiently strong to support widespread use of facemasks as a protective measure against covid-19. However, (they speculate) there is enough evidence to support the use of facemasks [for short periods of time by particularly vulnerable individuals](#) when in transient higher risk situations.” <https://www.bmj.com/content/369/bmj.m1422>
- April 8, 2020 The Face Mask Debate Reveals a Scientific Double Standard. (references a large randomized trial from 2006-07 showing no statistical difference) <https://www.wired.com/story/the-face-mask-debate-reveals-a-scientific-double-standard/>

MASKS

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April 10,2020 Face Masks Against COVID-19: An evidence Review. (no actual studies are cited, but lots of unexplained opinion is shared)
https://files.fast.ai/papers/masks_lit_review.pdf

BEST RERERENCE, and MOST DOCUMENTED with studies and medical proof.

June 2020 **Masks Don't Work: A review of Science Relevant to COVID-19 Social Polity. Denis Rancourt, PhD. (Included many medical literature references)** There have been extensive randomized controlled trial (RCT) studies, and meta-analysis reviews of RCT studies, which all show that masks and respirators do not work to prevent respiratory influenza-like illnesses, or respiratory illnesses believed to be transmitted by droplets and aerosol particles.

Conclusion Regarding That Masks Do Not Work

No RCT study with verified outcome shows a benefit for HCW or community members in households to wearing a mask or respirator. There is no such study. There are no exceptions.

Likewise, no study exists that shows a benefit from a broad policy to wear masks in public (more on this below).

Furthermore, if there were any benefit to wearing a mask, because of the blocking power against droplets and aerosol particles, then there should be more benefit from wearing a respirator (N95) compared to a surgical mask, yet several large meta-analyses, and all the RCT, prove that there is no such relative benefit.

<https://www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-relevant-to-covide-19-social-policy>

<https://www.technocracy.news/censored-a-review-of-science-relevant-to-covid-19-social-policy-and-why-face-masks-dont-work/>

June 21, 2020 Yes, Wearing Masks Helps. Here's Why (**NO LINKED REFERNCES, only Opinions**) It refers to a contested (see Sept 18 below) WHO sponsored study to prove social distancing of 1 meter, and mask use. It is not an actual study, but a meta-analysis of other studies
<https://www.npr.org/sections/health-shots/2020/06/21/880832213/yes-wearing-masks-helps-heres-why>

June 26,2020 Still Confused About Masks? Here's the Science Behind How Face Masks Prevent Coronavirus. (**No actual studies, just opinion and conjecture.** Using the invalid PCR tests as the measurement of "infected".)
<https://www.ucsf.edu/news/2020/06/417906/still-confused-about-masks-heres-science-behind-how-face-masks-prevent>

Sept 18, 2020 **WHO Mask Study Seriously Flawed.** University of Toronto epidemiology professor Peter Jueni called the WHO study "methodologically flawed" and "[essentially useless](#)" The

MASKS

articles to give guidance on the subject of wearing masks in public.

WHO itself admitted that its updated facemask policy guidelines were based not on new evidence but on “political lobbying”.

<https://swprs.org/who-mask-study-seriously-flawed/>

Oct 12, 2020 **CDC Study Finds Overwhelming Majority of People Getting Coronavirus Wore Masks.** (Links to CDC study, July 2020) Despite over 70 percent of the case-patient participants’ efforts to follow [CDC recommendations](#) by committing to always wearing face coverings at “gatherings with ≤10 or >10 persons in a home; shopping; dining at a restaurant; going to an office setting, salon, gym, bar/coffee shop, or church/religious gathering; or using public transportation,” they still contracted the virus.

<https://thefederalist.com/2020/10/12/cdc-study-finds-overwhelming-majority-of-people-getting-coronavirus-wore-masks/>

Oct 14, 2020 Tucker Carlson responds to agency critiques commentary about mask-wearing. CDC ‘didn’t dispute that we showed accurate data’ from the agency.

<https://www.foxnews.com/media/tucker-carlson-responds-cdc-mask-wearing>

Oct 25, 2020 **Swiss Policy Research – Are Face Masks Effective? The Evidence.**

A detailed source of information with full references.

[UPDATED August 2021](#)

<https://swprs.org/face-masks-evidence/>

Nov 11, 2020 Case for Mask Mandate Rests on Bad Data. A top scientific journal lowballs the percentage of Americans who are already covering their faces. IHME uses old data to fake a new report.

www.tebault.org/history/WSJMaskNov11.pdf

Nov 16, 2020 **Pro-mask study withdrawn after virus spread in counties analyzed by researchers.** On November 4, they were forced to withdraw the study "because there are increased rates of SARS- CoV-2 cases in the areas that we originally analyzed in this study." Oops. I guess the masks worked until they didn't.

https://www.theblaze.com/op-ed/horowitz-pro-mask-study-withdrawn-after-virus-spread-in-counties-analyzed-by-researchers?utm_source=theblaze-breaking&utm_medium=email&utm_campaign=20201116Trending-HorowitzMaskStudy&utm_term=ACTIVE%20LIST%20-%20TheBlaze%20Breaking%20News

Nov 18, 2020 New Danish Study: Wearing Masks Does Not Prevent Spread of COVID-19 — Details **Limited protection, lol! Finds possible 16% difference.**

<https://swprs.org/danish-mask-study-no-benefit/>

Dec 31, 2020 **Mask Mandates Are Absolutely Useless. Study of 50 US States between May and December 2020.**

[Mask Mandates Are Absolutely Useless \(mercola.com\)](#)

MASKS

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- Dec 2020 Book: Unreported Truths About Covid-19 and Lockdowns: Part 3: Masks – Alex Berenson.
[Unreported Truths about COVID-19 and Lockdown: Part 3 by Alex Berenson | NOOK Book \(eBook\) | Barnes & Noble® \(barnesandnoble.com\)](#)
- Jan 15, 2021 Mask Mandates: Are There Better Ways to Control COVID-19 Outbreaks?
[Mask Mandates: Are There Better Ways to Control COVID-19 Outbreaks? | The Heritage Foundation](#)
- Jan 27, 2021 The Fog of COVID War – **Locking Down the Healthy. Only symptomatic people should use masks.** 10 Million People, Not One Case of Asymptomatic Transmission
[The Fog of COVID War - Locking Down the Healthy \(mercola.com\)](#)
- 2/17/2021 Mindless Mask Mandates Likely Do More Harm Than Good.
[Mindless Mask Mandates Likely Do More Harm Than Good \(mercola.com\)](#)
- 2/22/2021 [Corona children’s studies, Germany-wide register on mouth and nose covering \(mask\) in children.](#)
[Corona children's studies "Co-Ki": first results of a Germany-wide register on mouth-nose covering \(mask\) in children | SpringerLink](#)
- 3/5/2021 Primary school students in Ireland will not have to wear face masks, Department of Health confirms. (Not in England as of July 19)
<https://www.irishpost.com/news/primary-school-students-in-ireland-will-not-have-to-wear-face-masks-department-of-health-confirms-205417>
- 4/2/2021 Face masks that contain graphene may pose health risks.
[Face masks that contain graphene may pose health risks - Recalls and safety alerts \(healthycanadians.gc.ca\)](#)
- 5/15/2021 An investigation into the leaching of micro and nano particles and chemical pollutants from disposable face masks – linked to the COVID-19 pandemic. DANGEROUS
<https://www.sciencedirect.com/science/article/abs/pii/S0043135421002311>
<https://theirishsentinel.com/2021/05/11/the-toxicity-of-some-of-the-chemicals-found-raises-the-question-of-whether-face-masks-are-safe-to-be-used-on-a-daily-basis-study/>
- Aug 31, 2021 CDC Should Revise Its Guidance Mandating Masks at School – Heritage Foundation
[CDC Should Revise Its Guidance Mandating Masks at School | The Heritage Foundation](#)
- Sept 1, 2021 Physician uses data to prove that wearing masks does not stop the spread of COVID-19. Excellent, short video pointing out facts.

MASKS

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[Physician Uses Data to Prove That Wearing Masks Does Not Stop the Spread of COVID-19 \(rumble.com\)](#)

Jan 30, 2023 Physical interventions to interrupt or reduce the spread of respiratory viruses
[Physical interventions to interrupt or reduce the spread of respiratory viruses - Jefferson, T - 2023 | Cochrane Library](#)

References listed in the June 2020 “Masks Don’t Work” article -

Jacobs, J. L. et al. (2009) “Use of surgical face masks to reduce the incidence of the common cold among health care workers in Japan: A randomized controlled trial,” *American Journal of Infection Control*, Volume 37, Issue 5, 417 – 419.
<https://www.ncbi.nlm.nih.gov/pubmed/19216002>

N95-masked health-care workers (HCW) were significantly more likely to experience headaches. Face mask use in HCW was not demonstrated to provide benefit in terms of cold symptoms or getting colds.

Cowling, B. et al. (2010) “Face masks to prevent transmission of influenza virus: A systematic review,” *Epidemiology and Infection*, 138(4), 449-456.
<https://www.cambridge.org/core/journals/epidemiology-and-infection/article/face-masks-to-prevent-transmission-of-influenza-virus-a-systematic-review/64D368496EBDE0AFCC6639CCC9D8BC05>

None of the studies reviewed showed a benefit from wearing a mask, in either HCW or community members in households (H). See summary Tables 1 and 2 therein.

bin-Reza et al. (2012) “The use of masks and respirators to prevent transmission of influenza: a systematic review of the scientific evidence,” *Influenza and Other Respiratory Viruses* 6(4), 257–267. <https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1750-2659.2011.00307.x>

“There were 17 eligible studies. ... None of the studies established a conclusive relationship between mask/respirator use and protection against influenza infection.”

Smith, J.D. et al. (2016) “Effectiveness of N95 respirators versus surgical masks in protecting health care workers from acute respiratory infection: a systematic review and meta-analysis,” *CMAJ* Mar 2016 <https://www.cmaj.ca/content/188/8/567>

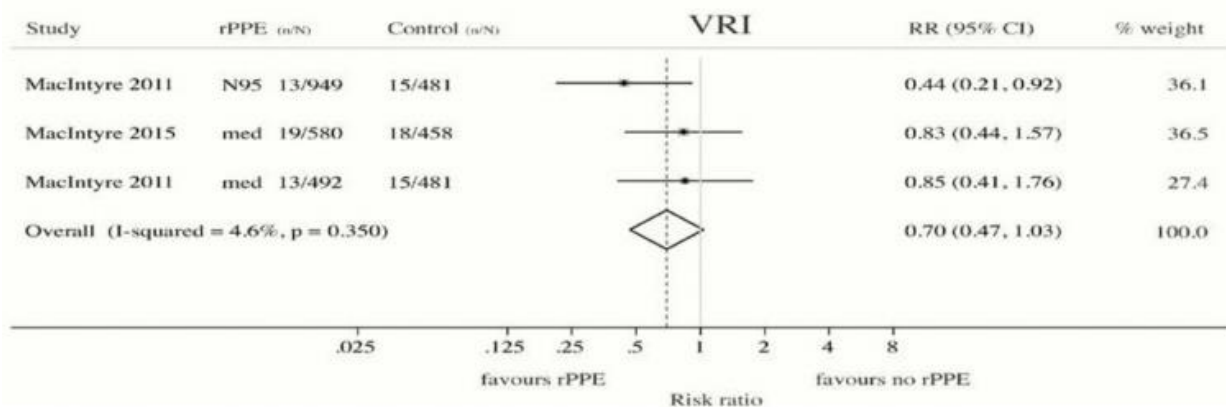
“We identified six clinical studies In the meta-analysis of the clinical studies, we found no significant difference between N95 respirators and surgical masks in associated risk of (a) laboratory-confirmed respiratory infection, (b) influenza-like illness, or (c) reported work-place absenteeism.”

MASKS

articles to give guidance on the subject of wearing masks in public.

Offeddu, V. et al. (2017) “Effectiveness of Masks and Respirators Against Respiratory Infections in Healthcare Workers: A Systematic Review and Meta-Analysis,” *Clinical Infectious Diseases*, Volume 65, Issue 11, 1 December 2017, Pages 1934–1942, <https://academic.oup.com/cid/article/65/11/1934/4068747>

“Self-reported assessment of clinical outcomes was prone to bias. Evidence of a protective effect of masks or respirators against verified respiratory infection (VRI) was not statistically significant”; as per Fig. 2c therein:



Radonovich, L.J. et al. (2019) “N95 Respirators vs Medical Masks for Preventing Influenza Among Health Care Personnel: A Randomized Clinical Trial,” *JAMA*. 2019; 322(9): 824–833. <https://jamanetwork.com/journals/jama/fullarticle/2749214>

“Among 2862 randomized participants, 2371 completed the study and accounted for 5180 HCW-seasons. ... Among outpatient health care personnel, N95 respirators vs medical masks as worn by participants in this trial resulted in no significant difference in the incidence of laboratory-confirmed influenza.”

Long, Y. et al. (2020) “Effectiveness of N95 respirators versus surgical masks against influenza: A systematic review and meta-analysis,” *J Evid Based Med*. 2020; 1- 9. <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jebm.12381>

“A total of six RCTs involving 9,171 participants were included. There were no statistically significant differences in preventing laboratory-confirmed influenza, laboratory-confirmed respiratory viral infections, laboratory-confirmed respiratory infection, and influenza-like illness using N95 respirators and surgical masks. Meta-analysis indicated a protective effect of N95 respirators against laboratory-confirmed bacterial colonization (RR = 0.58, 95% CI 0.43-0.78). The use of N95 respirators compared with surgical masks is not associated with a lower risk of laboratory-confirmed influenza.”

MASKS

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