



# Evidence that Masks Work

## During COVID-19



### Prevent the Spread

Recent science shows that masks are effective at preventing the spread of COVID-19.

- » Two hairstylists with COVID-19 in Springfield, MO saw 139 clients. All wore masks and **none of the clients** were infected with COVID-19.<sup>1</sup>



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- » States requiring mask-wearing in public are estimated to have **averted between 230,000-450,000 cases** of COVID-19 between April and May 2020.<sup>2</sup>
- » A study among 9,850 health care workers at Mass General Brigham hospitals found that **universal masking was associated with a significantly lower rate of COVID-19** among health care workers compared to those who do not wear masks.<sup>3</sup>
- » A meta-review of 172 studies showed **wearing face masks protects both health care workers and the general public from COVID-19**.<sup>4</sup>
- » A review of 19 randomized controlled trials found that **universal mask wearing is important for preventing COVID-19**, where transmission may occur before a person becomes symptomatic.<sup>5</sup>
- » A review of articles examining attitudes and experiences found that **recommending universal mask wearing can build solidarity in our communities** and **combat fear and stigma** that our loved ones and neighbors may face around wearing a mask.<sup>12</sup>

#### Other Infectious Disease Examples:

Studies from previous outbreaks of influenza and SARS found that wearing masks could reduce both household transmission<sup>7-9</sup> and community transmission.<sup>10,11</sup>



## Bibliography

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