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-19.¹

» States requiring mask-wearing in public are estimated to have averted between 230,000-450,000 cases of COVID-19 between April and May 2020.²

» 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.³

» A meta-review of 172 studies showed wearing face masks protects both health care workers and the general public from COVID-19.⁴

» 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.⁵

» 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.¹²

Other Infectious Disease Examples:

Studies from previous outbreaks of influenza and SARS found that wearing masks could reduce both household transmission⁷–⁹ and community transmission.¹⁰,¹¹

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