PUBLISHED LITERATURE SHOWING THE EFFECTIVENESS OF MASKS AND MASK MANDATES FOR REDUCTION IN COVID-19 TRANSMISSION

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“The number of COVID-19 cases stabilized and began to decrease approximately 2 weeks after local officials began mandating mask wearing (throughout several counties and cities) and enhanced sanitation practices.”


“Mask mandates were associated with statistically significant decreases in county-level daily COVID-19 case and death growth rates within 20 days of implementation.”


“Findings from this study suggest that statewide mask mandates were associated with statistically significant declines in weekly COVID-19 hospitalization growth rates for adults aged 40–64 years <3 weeks after the week that the mandate was implemented, and for adults aged 18–64 years ≥3 weeks after the implementation week.”


“In countries with cultural norms or government policies supporting mask-wearing, per capita coronavirus mortality increased on average by just 16.2% each week, as compared with 61.9% each week in the remaining countries.”

Liang et al., Efficacy of face mask in preventing respiratory virus transmission: A systematic review and meta-analysis. Travel Medicine and Infectious Disease. 36 (2020) 101751.

“Masks had a protective effect against influenza viruses (OR=0.55), SARS (OR=0.26), and SARS-CoV-2 (OR=0.04). This study adds additional evidence of the enhanced protective value of masks…”


“The study provides evidence that US states mandating the use of face masks in public had a greater decline in daily COVID-19 growth rates after issuing these mandates compared with states that did not issue mandates.”
Mitze et al., Face masks considerably reduce COVID-19 cases in Germany. PNAS [Proceedings of the National Academy of Science], December 3, 2020, PNAS 2020 Vol. 117 No. 51 e2015954117.

“...we conclude that 20 d after becoming mandatory face masks have reduced the number of new infections by around 45%. As economic costs are close to zero compared to other public health measures, masks seem to be a cost-effective means to combat COVID-19.”


“a 10% increase in self-reported mask wearing was associated with an increased odds of transmission control (OR 3.53, CI 2.03-6.43).”

FG NOTE: THE ODDS RATIO ABOVE UNITY IS FOR TRANSMISSION CONTROL, NOT TRANSMISSION ITSELF. ODDS RATIO VALUES ABOVE UNITY INDICATE A REDUCTION IN TRANSMISSION (GREATER ODDS OF CONTROL ARE DESIRABLE.)


“After implementation of mask mandates in 24 Kansas counties, the increasing trend in COVID-19 incidence reversed. Although rates were considerably higher in mandated counties than in nonmandated counties by the executive order, rates in mandated counties declined markedly after July 3, [the mandate date] compared with those in nonmandated counties. Kansas counties that had mask mandates in place appear to have mitigated the transmission of COVID-19, whereas counties that did not have mask mandates continued to experience increases in cases.”

Scott et al. The introduction of a mandatory mask policy was associated with significantly reduced COVID-19 cases in a major metropolitan city. PLoS ONE 16(7):2021. e0253510.

“The mandatory mask use policy substantially increased public use of masks and was associated with a significant decline in new COVID-19 cases after introduction of the policy. This study strongly supports the use of masks for controlling epidemics in the broader community.”

Wang et al., Association Between Universal Masking in a Health Care System and SARS-CoV-2 Positivity Among Health Care Workers. JAMA August 18, 2020 Volume 324, Number 7.

“Universal masking at MGB [Mass General Brigham Hospital System] was associated with a significantly lower rate of SARS-CoV-2 positivity among health care workers.”