

PHRU COVID-19 Evidence Summary for the NL Healthcare System

prepared by the

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<https://www.med.mun.ca/phru/home.aspx>

What is the benefit of wearing home made masks?

Sources with information on this topic:

BMJ, JAMA, NEJM, PHAC, WHO, CDC, Australia.

(NL, ON and CADTH all had links to the previously mentioned sources)

Consistency:

- Evidence is not consistent on recommendations for healthy individuals wearing masks
- High consistency in masks not being enough alone, and must be part of a routine that includes social distancing, hand washing, cough/sneeze etiquette and cleaning frequently touched surfaces
- High consistency in the importance of properly donning/doffing masks

Credibility:

- Recommendations for cloth masks based on circumstantial evidence/expert opinion

Summary:

- No specific evidence that masks in healthy individuals reduce transmission of COVID or other viruses.
- Current recommendations to use cloth masks are based on mounting evidence that COVID can be transmitted by asymptomatic or pre-symptomatic carriers of the virus.
- Cloth mask use may be reasonable, particularly in areas where social distancing is difficult to maintain (e.g. grocery stores) and in communities with high transmission

Please provide feedback on the format of these summaries and send us any questions you would like answered. Contact phru@mun.ca