

COVID-19

Information For Your Wellbeing

Journal Neurocirugia (Neurosurgery):
"Preliminary Report on Surgical Mask Induced Deoxygenation During Major Surgery.. Our study revealed a decrease in the oxygen saturation of arterial pulsations (SpO2)"
PMID: 18500410

(NEJM) New England Journal of Medicine:
"We know that wearing a mask outside health care facilities offers little, if any, protection from infection."
PMID: 32237672

Annals of Internal Medicine:
"...both surgical and cotton masks seem to be ineffective in preventing the dissemination of SARS-CoV-2 from the coughs of patients with COVID-19 to the environment and external mask surface."
<https://www.acpjournals.org/doi/10.7326/M20-1342>

Journal Headache:
"Most healthcare workers develop de novo PPE (such as N95 face mask) associated headaches or exacerbation of their pre-existing headache disorders."
PMID: 32232837

Journal of Life and Environmental Sciences:
"This study showed that the filtering efficiency of cloth face masks were relatively lower, and washing and drying practices deteriorated the efficiency."
PMID: 31289698

Journal of Influenza & Other Respiratory Viruses:
"None of the studies established a conclusive relationship between mask/respirator use and protection against influenza infection."
PMID: 22188875

American Journal of Infection Control:
"Face mask use in health care workers has not been demonstrated to provide benefit in terms of cold symptoms or getting colds."
PMID: 19216002



Journal of Epidemiology & Infection:
"There is little evidence to support the effectiveness of face masks to reduce the risk of infection."
PMID: 20092668

(BMJ) British Medical Journal:
"...laboratory-confirmed virus were significantly higher in the cloth masks group.. Penetration of cloth masks by particles was almost 97%.. This study is the first RCT of cloth masks, and the results caution against the use of cloth masks.. Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection."
PMID: 25903751

Respiratory acidosis:
"Respiratory acidosis develops when air inhaled into and exhaled from the lungs does not get adequately exchanged between the carbon dioxide from the body and oxygen from the air."
<https://www.medicalnewstoday.com/articles/313110>

University of Edinburgh:
"Conversely, surgical and hand-made masks, and face shields, generate significant leakage jets that have the potential to disperse virus-laden fluid particles by several metres. The different nature of the masks and shields makes the direction of these jets difficult to be predicted, but the directionality of these jets should be a main design consideration for these covers. They all showed an intense backward jet for heavy breathing and coughing conditions. It is important to be aware of this jet, to avoid a false sense of security that may arise when standing to the side of, or behind, a person wearing a surgical, or handmade mask, or shield."
<https://arxiv.org/ftp/arxiv/papers/2005/2005.10720.pdf>

(JAMA) Journal of the American Medical Association:
"Face masks should not be worn by healthy individuals to protect themselves from acquiring respiratory infection because there is no evidence to suggest that face masks worn by healthy individuals are effective in preventing people from becoming ill."
<https://jamanetwork.com/journals/jama/fullarticle/2762694>

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