

MASKS MAKE A DIFFERENCE

There has been a lot of changing information about COVID-19 and cloth face coverings, so we wanted to share the most current information with our Nevada County community.

Bottom Line: Wearing a mask makes a difference. By wearing one, you help to protect those around you.



RESEARCH SUPPORTS MASKS

There is increasing evidence that using cloth face coverings in public decreases transmission of COVID-19.



DROPLETS ARE THE THING

We've also learned that the main way COVID-19 is transmitted is by person-to-person contact through droplets that we emit while talking, coughing, sneezing, shouting or singing.

YOU MIGHT NOT KNOW YOU'RE CONTAGIOUS

We have also learned that people who don't have symptoms or haven't developed them yet can still infect other people.



KEEP UP PHYSICAL DISTANCE AND HAND WASHING

The use of masks is in addition to 6' of physical distancing, washing our hands, staying home when sick, not touching our faces, etc. It does not replace these key practices.



MASKS ARE FOR PEOPLE 3 YEARS OLD AND OLDER

Children 2 years and under should not wear a face covering because of the risk of suffocation.

IF YOU CAN'T MASK, PLEASE STAY HOME

People who have a medical condition that means they can't wear a face mask or a face shield while in public should consider restricting their activities so as not to expose others to their droplets.



FACE SHIELDS WORK FOR SOME

The state has some important exemptions for medical and accessibility reasons. For some who can't mask, a face shield with a drape on the bottom edge may work for you. The guidance also includes exemptions if wearing a face covering creates a work-related risk (as determined by regulators or workplace safety guidelines) and for people who have impaired hearing.

CURRENT RESEARCH ON WHY WE SHOULD USE FACE MASKS IN PUBLIC

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Below is a list of articles that document the effectiveness of face masks to prevent the spread of COVID-19. The first six articles have bibliographies that list other articles that contribute to this new knowledge. The seventh citation is a conversation with Stanford scientists in plain English about the effectiveness of cloth face coverings that caused the World Health Organization to recommend the universal use of face coverings while in public.

1. Wey Lyu and George L. Wehby Community Use Of Face Masks And COVID-19: Evidence From A Natural Experiment Of State Mandates In The US.. Health Affairs, June 2020 <https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.2020.00818>

2. Furukawa NW, Brooks JT, Sobel J. Evidence supporting transmission of severe acute respiratory syndrome coronavirus 2 while presymptomatic or asymptomatic. Emerg Infect Dis. 2020 Jul <https://doi.org/10.3201/eid2607.201595>

3. MacIntyre CR, Zhang Y, Chughtai AA, et al. Cluster randomised controlled trial to examine medical mask use as source control for people with respiratory illness. BMJ Open 2016; 6(12):e012330. doi: 10.1136/bmjopen-2016 <https://bmjopen.bmj.com/content/bmjopen/6/12/e012330.full.pdf>

4. Lu-Xiao Hong, Aifen Lin, et al Mask wearing in pre-symptomatic patients prevents SARS-CoV-2 transmission: An epidemiological analysis. Travel Medicine and Infectious Disease 36 (2020) <https://reader.elsevier.com/reader/sd/pii/S1477893920302994?token=2BD337C4B290B2E5AF90B6E28C35DC8DC3772CA1B47E9092CD44C61D8035202FCCB2F592B684725C69F6715127E23F4C>

5. Mingming Liang, et al., Efficacy of face mask in preventing respiratory virus transmission: A systematic review and meta-analysis. Travel Medicine and Infectious Disease, 28 May, 2020 <https://doi.org/10.1016/j.tmaid.2020.101751>

6. Letter to the Editor, Xiaopeng Liu, Sisen Zhang, COVID-19: Face masks and human-to-human transmission. Influenza Other Respir Viruses 2020; 472-473 <https://onlinelibrary.wiley.com/doi/epdf/10.1111/irv.12740>

7. Five Questions: Stanford scientists on COVID-19 mask guidelines <http://med.stanford.edu/news/all-news/2020/06/stanford-scientists-contribute-to-who-mask-guidelines.html>



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