

Is Masking Safe and Effective?

If you knew the following, would you still mask?

Public health officials are now recommending the use of masks by the general public. Is masking safe and effective in preventing COVID-19? Below is information to assist you in making your masking decision:

Are cloth masks effective?

According to the only randomized controlled trial (RCT) conducted on cloth masks, the study found that particle penetration of cloth masks was almost 97% meaning there is virtually no filtering effect with cloth masks.

Denis Rancourt, retired Professor of Physics, University of Ottawa, and internationally recognized researcher, conducted an extensive review of the scientific literature and found no evidence to support masking. He concluded that face masks have *"no detectable benefit"* for reducing the risk of person-to-person transmission of a viral respiratory disease.[1]

A July 2020 report by the **Centre for Evidence Based Medicine** concluded *"masks alone have **no significant effect** in interrupting the spread of influenza-like-illness or influenza in the general population."* [2]

In April 2020, the World Health Organization issued 'advice on the use of masks in the context of Covid-19' and concluded – *"At the present time, the widespread use of masks by healthy people in the community setting **is not yet supported by high quality or direct scientific evidence.**"*

Are cloth masks safe?

According to the randomized controlled trial (RCT) conducted on cloth masks, the use of cloth masks actually increases the risk of respiratory infection. Researchers found the risk of infection with influenza-like illness was **13 times higher** in hospital workers using cloth masks compared to medical/surgical masks, and over **three times higher** when compared to not wearing a mask at all.

England's deputy chief medical officer, Dr. Jenny Harries stated that "people can adversely put themselves at **more risk than less**" by masking.[3]

What is the bottom line?

Masking ought to be voluntary for those who find comfort in masking, however, these individuals should be made aware of the increased risk of respiratory infection due to masking, and that masking will not prevent COVID-19 infection or transmission.

Former Chief Medical Officer, Dr. Joel Kettner recently stated – *"We need approaches with a better balance of benefits and harms. Rather than generalized restrictions for all people in all settings, most people at low risk should be allowed now to go to work, school, and other settings. They should not be required, as a general rule, to socially distance or wear a mask."* [4]

A Strong Immune System

What is rarely acknowledged by public health officials and the mainstream media is that we all possess a remarkably effective immune system that has adapted to challenges and allowed humanity to survive over millennia. Each time we are exposed to new or old germs, viruses and bacteria, our immune system grows smarter and stronger. It is healthy and necessary for our very survival to be exposed to different germs and to recover to fight another day. If we purposely prevent such exposure, we may gain in the short term, but we may also lose in devastating ways in the long term. [5]



Our efforts ought to be directed at building and strengthening our natural immune systems by nurturing healthy connections with friends and loved ones, getting plenty of sunlight, fresh air and exercise, eating a nourishing nutrient-dense diet [6], and engaging in activities that reduce stress and worry.



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[1] <http://ocla.ca/wp-content/uploads/2020/04/Rancourt-Masks-dont-work-review-science-re-COVID19-policy.pdf>
[2] <https://www.cebm.net/covid-19/masking-lack-of-evidence-with-politics/>
[3] <https://www.independent.co.uk/news/health/coronavirus-news-face-masks-increase-risk-infection-doctor-jenny-harries-a9396811.html>
[4] <https://www.cbc.ca/news/canada/manitoba/joel-kettner-opinion-covid-19-response-1.5654062>
[5] https://www.americanthinker.com/blog/2020/06/immune_systems_matter.html
[6] Book, Nutrition and Physical Degeneration, Weston A Price, DDS; <https://www.westonaprice.org>