

A Study on the Efficacy of Facemasks

A Stanford study says masks don't work to prevent covid and are detrimental to health overall. From [NCBI study](#) begins with the following abstract:

Many countries across the globe utilized medical and non-medical facemasks as non-pharmaceutical intervention for reducing the transmission and infectivity of coronavirus disease-2019 (COVID-19). Although, scientific evidence supporting facemasks' efficacy is lacking, adverse physiological, psychological and health effects are established. It has been hypothesized that facemasks have compromised safety and efficacy profile and should be avoided from use. The current article comprehensively summarizes scientific evidences with respect to wearing facemasks in the COVID-19 era, providing proper information for public health and decisions making.

The study concludes (emphasis added):

*The existing scientific evidences challenge the safety and efficacy of wearing facemask as preventive intervention for COVID-19. The **data suggest that both medical and non-medical facemasks are ineffective to block human-to-human transmission of viral and infectious disease such SARS-CoV-2 and COVID-19, supporting against the usage of facemasks.** Wearing facemasks has been demonstrated to have **substantial adverse physiological and psychological effects.** These include hypoxia, hypercapnia, shortness of breath, increased acidity and toxicity, activation of fear and stress response, rise in stress hormones, immunosuppression, fatigue, headaches, decline in cognitive performance, predisposition for viral and infectious illnesses, chronic stress, anxiety*

and depression. Long-term consequences of wearing facemask can cause **health deterioration, developing and progression of chronic diseases and premature death**. Governments, policy makers and health organizations should utilize proper and scientific evidence-based approach with respect to wearing facemasks, when the latter is considered as preventive intervention for public health.