

The science on the pandemic continues to evolve at a fast pace. A **systematic review** and **meta-analysis of data** from the best-available evidence from:

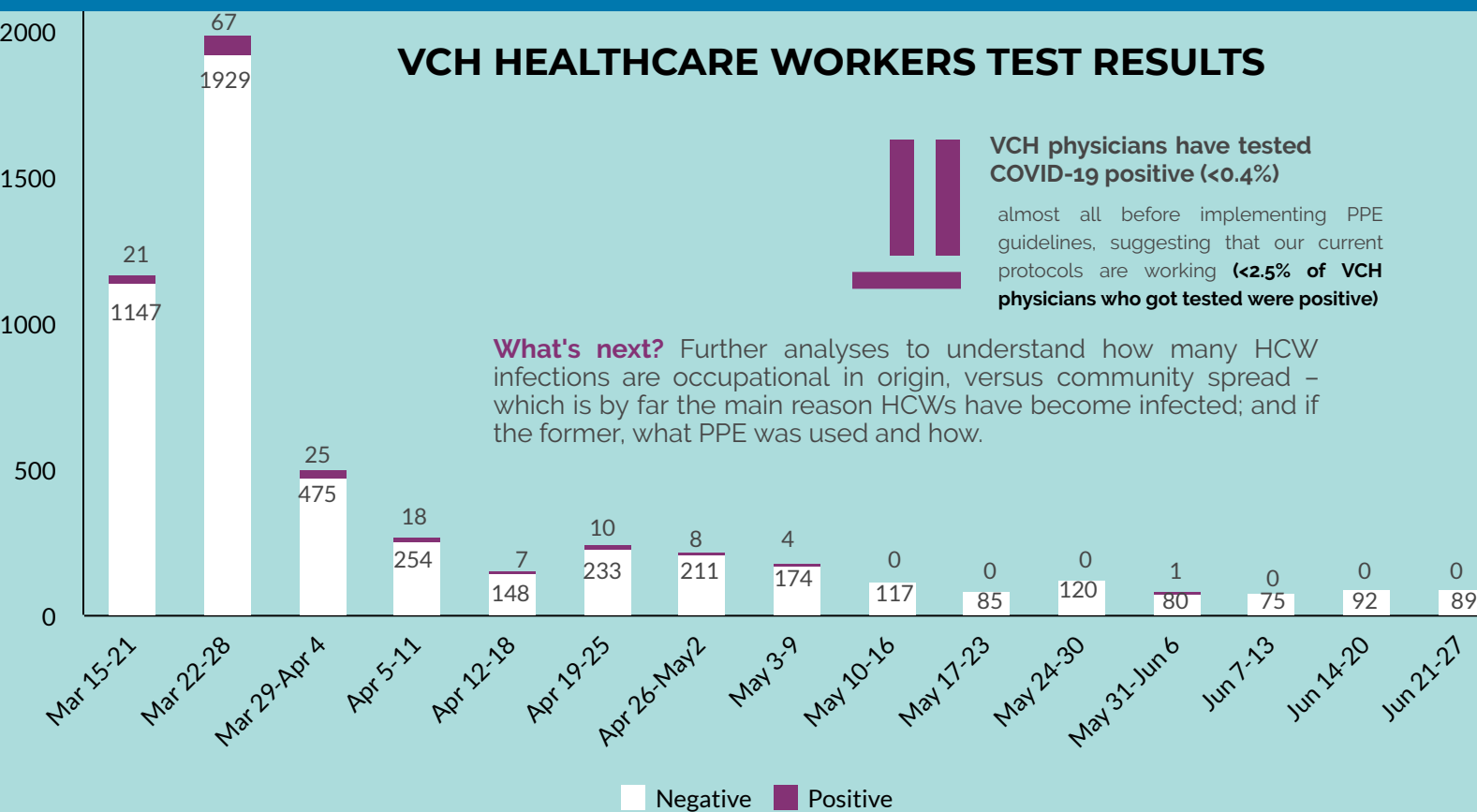
- SARS**  
**MERS**  
**COVID-19**
- 172** observational studies
- 16** countries
- 6** continents

	Adjusted Odds Ratio	95% CI	Level of Certainty	Odds of COVID-19 infection when exposed to an infected person
<b>Physical Distancing</b> 	<b>0.18</b>	0.09 - 0.38	moderate	<b>82%↓</b> if physical distance of one meter or more is maintained, compared to less than one meter
<b>Face Masks vs. None</b> 	<b>0.15</b>	0.07 - 0.34	low	<b>85%↓</b> if face mask is worn compared to no mask
<b>Eye protection vs None</b> 	<b>0.22</b>	0.12 - 0.39	low	<b>78%↓</b> if eye protection is used, compared to no eye protection

**Physical distance may result in a large reduction in virus infection. In Canada we chose 2 metres.**

Reference: Chu, D. K. et al. (2020) 'Physical distancing, face masks, and eye protection to prevent person-to-person transmission of SARS-CoV-2 and COVID-19: a systematic review and meta-analysis', *The Lancet*. Elsevier, 395(10242), pp. 1973-1987. doi: 10.1016/S0140-6736(20)31142-9.

- Both N95 and medical masks were strongly associated with better protection than single-layer masks
- No significant difference between wearing N95s or procedure masks** (respective odds ratios of 0.04 [95% CI 0.004 to 0.30] vs 0.33 [95% CI 0.17 to 0.6]), except for aerosol-generating medical procedures (AGMPs)
- For AGMPs, N95s are preferable**
- As the supply of N95 respirators in Canada and internationally remains constrained, responsible use is essential.
- Data from clinical experience internationally shows that **use of droplet-contact precautions are very effective at protecting healthcare workers, except when there is a high risk of AGMPs.**



Debates continue in the media as to what should be done to combat the pandemic (e.g. [New York Times article click here](#)).

While science indicates that some SARS-COV-2 can indeed be airborne for a short period, the extent to which this contributes to transmission is low (see [WHO link-click here](#)) and there is nothing to suggest need for radical changes to current recommendations on face protection or physical distancing.

**PPE must be used correctly to avoid self-contamination. And remember, observing physical distancing and appropriate hand hygiene remains essential.**



Email [posh.covid@ubc.ca](mailto:posh.covid@ubc.ca) question, concerns, possible exposures, etc.