



Citizens' Council for Health Freedom

# Health Freedom Minute

March 9, 2023

## **STUDY: Masks Make “Little to No Difference” in Covid**

Researchers at the Cochrane Institute, one of the world's most notable research institutions, looked at 78 global studies on face masks and said there was no clear reduction in respiratory viral infection with the use of medical/surgical masks. There were also “no clear differences between the use of medical/surgical masks compared with N95s...in healthcare workers when used in routine care to reduce respiratory viral infection.”

Specifically, they wrote, “Wearing masks in the community probably makes little or no difference to [getting flu or COVID-19] compared to not wearing masks.” The researchers also said, “Harms associated with physical interventions were under-investigated.” Will people believe this study?

**“Physical interventions to interrupt or reduce the spread of respiratory viruses,”** Tom Jefferson et al, Cochrane Library, January 30, 2023:

<https://bit.ly/3YZBJwu>

**“Does this finally put the mask debate to bed? ‘Gold standard’ analysis of 78 studies and 1 million people finds face coverings made ‘little to no difference’ to Covid infection or death rates,”** Caitlin Tilley, Daily Mail, February 2, 2023: <http://bit.ly/3SqxQhI>

Presented daily by Twila Brase, President and Co-founder  
Citizens' Council for Health Freedom.

*The Health Freedom Minute is now heard in 48 states:  
Mon-Fri on more than 870 radio stations nationwide*

[cchfreedom.org](http://cchfreedom.org) / [info@cchfreedom.org](mailto:info@cchfreedom.org) / 651-646-8935