

Latest Data on COVID-19 Mitigation On & Off Duty Resources & Links

There are a lot of recently published scientific & observational studies, editorials, viewpoints, and more about both medical and lay person PPE. This includes predominantly masks & respirators, but also other mitigation strategies that have been moved beyond 'might this help?' to 'likely some benefit'. In some cases, recommendations from international and national organizations & agencies, as well as industry organizations, have been made. Below, are some links to some of those documents. All of them provide good information, but some of them are "better" reads, while others provide all the science data a person could want.

Here is a link to an IAFF infographic (poster) that recommends masking in the stations and, while aimed at fire, is also apropos for EMS or any "home-like" work environment.
Infographic of IAFF Recommendations for Masking in the Station/at Home:
<https://www.iaff.org/wp-content/uploads/COVID-19-Reducing-Potential-Exposure-at-Fire-Stations.pdf>

This is an EMS 1/Palm Beach County video which talks about masking & PPE only a bit, while covering a lot of other concepts appropriate for the Public Safety/1st Responder audience. He is an excellent speaker and covers so many important concepts well. Although, please note that MERS is not gone but is more likely to be animal to human transmission although there are occasional clusters of HCWs, family, friends, or co-workers.

Please share it with co-workers, family, and friends.

EMS World – Video of EMS State Medical Director on COVID Concepts:
<https://www.emsworld.com/video/1224568/masks-age-covid-19-clearing-confusion>

This article outlines the efficacy study of different hospital-use respirators/masks, including the use of well expired N95s to establish safe use.

*** JAMA Efficacy of Hospital Face Mask Alternatives (Front Line Worker Masks):**
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2769443>

This article studies the use of the N95 respirator and other various cloth and other material masks, in different formations, and rates them on their efficiency of preventing droplets (that might contain virus) from a single person speaking.

*** AAAS – Science Advances – Efficacy of Masks with Breathing (UNC-CH):**
<https://advances.sciencemag.org/content/early/2020/08/07/sciadv.abd3083>

These two articles present some evidence that even in non-work related exposure, using a shield or goggles may protect from COVID.

WebMD – Eye Protection Could Decrease COVID Spread:

<https://www.webmd.com/lung/news/20200608/eye-protection-could-decrease-covid-19-spread>

Healthline – Are Goggles or Shields Needed to Prevent COVID Transmission:

<https://www.healthline.com/health-news/do-you-need-to-wear-goggles-to-stay-safe-from-covid-19>

This Lancet Meta-Analysis is packed full of material, but as you are looking at the data, please note that there is data for SARS, MERS, and COVID-19 and, it looks like COVID mitigation may be made with masks and eye protection. Look at the chart and you'll see what I mean.

Lancet – Meta Analysis of Distancing, Mask and Eye Protection to Prevent Transmission of Multiple Coronaviruses (SARS, MERS, COVID-19):

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)31142-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext)

This study points out reasons why the eyes may be at risk for viral transmission.

JAMA – Characteristics of Ocular Findings in Hubei Province:

<https://jamanetwork.com/journals/jamaophthalmology/fullarticle/2764083>

And, these are news articles on the subject of personal protection devices and includes some comments by Dr. Fauci and contain links to other articles and studies.

ABC News – Why Eye Protection Might Be a Necessary Precaution Against COVID-19:

<https://abcnews.go.com/Health/eye-protection-precaution-covid-19/story?id=71089124>

NY Post Interview by Dr. Ashton with Dr. Fauci:

<https://nypost.com/2020/07/30/fauci-urges-americans-to-wear-goggles-for-added-covid-19-protection/>