

Supplementary Material*

Chou R, Dana T, Jungbauer R. Update alert 7: masks for prevention of respiratory virus infections, including SARS-CoV-2, in health care and community settings. *Ann Intern Med.* 29 March 2022. [Epub ahead of print]. doi:10.7326/L21-0783

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*This supplementary material was provided by the authors to give readers further details on their article. The material was not copyedited.

Supplement Table 1. Study characteristics of new randomized controlled trials of mask use – Update Alert #7

Author, year Country	Inclusion criteria	Sample size	Interventions and other infection prevention and control measures	Duration of intervention	Age (mean, years)	Female (%)	Smoker	Other population characteristics
<i>Community setting</i>								
Abaluck et al, 2021 (9) Bangladesh	Villages in rural Bangladesh	572 villages (N=342,183)	A. Mask promotion intervention: household mask distribution; communication about the value of mask- wearing; mask promotion; in-person reminders about mask wearing at mosques, markets, and other public places; role-modeling by public officials and community leaders B. Control: no mask promotion intervention	8 weeks	Not reported (cluster RCT)	Not reported (cluster RCT)	Not reported (cluster RCT)	Not reported (cluster RCT)
<i>Healthcare setting</i>								
No new studies								

Supplement Table 2. Study characteristics of new observational studies of mask use – Update Alert #7

Author, year Country Study design	Inclusion criteria	Sample size	Age	Female (%)	Definition of infection
Community setting					
Goncalves et al 2021 (10) Brazil Case-control	Cases (SARS-CoV-2 infection) and controls (no SARS-CoV-2 infection) identified during three seroprevalence surveys	<i>Total cohort</i> Cases: 271 Controls: 1,396 <i>Third seroprevalence survey only</i> Cases: 229 Controls: 464	<i>Total cohort</i> Cases: 46 years Controls: 50 years	<i>Total cohort</i> Cases: 56% Controls: 62%	Cases: SARS-CoV-2 infection based on PCR testing Controls: self-report
Lio et al 2021 (11) Macau Case-control	Cases (confirmed diagnosis and hospitalization for COVID-19) and controls (people returning to Macau from high-prevalence countries undergoing mandatory 14-day quarantine)	Cases: 24 Controls: 1,113	Cases: 29 years Controls: 30 years	Cases: 56% Controls: 46%	Self-report
Rebmann et al 2021 (12) United States Cross-sectional	Close contacts of university students with positive SARS-CoV-2 test	378	Not reported; all were university students	71%	SARS-CoV-2 infection based on PCR testing
Sharif et al 2021 (13) Bangladesh Cross-sectional	Residence on one of 8 divisional cities (54 districts) in Bangladesh	1,690	Mean 34 years	45%	Self-report COVID-19 infection
Sugimara et al 2021 (14) Japan	Close contacts of community-dwelling residents with clinically-confirmed COVID-19 diagnosis	820	Mean/median not reported; 14% age 0-19 years, 53% age 20-59 years, 10% age >60	46%	SARS-CoV-2 infection based on PCR testing

Author, year Country Study design	Inclusion criteria	Sample size	Age	Female (%)	Definition of infection
Cross-sectional			years, 23% missing data		
<i>Healthcare setting</i>					
Haller et al, 2021 (8)* Switzerland Cohort	HCWs with patient contact working in healthcare institutions in Switzerland	<i>Total cohort</i> 3,259 <i>Seroconverted subgroup</i> 2,916	<i>Total cohort</i> 39 years <i>Seroconverted subgroup</i> Not reported	<i>Total cohort</i> 81% <i>Seroconverted subgroup</i> Not reported	<i>Total cohort</i> Self-report <i>Seroconverted subgroup</i> SARS-CoV-2 seropositivity

Abbreviations: HCW=healthcare worker; PCR=polymerase chain reaction; SARS-CoV-2 = severe acute respiratory syndrome coronavirus 2

*Not peer reviewed

Supplement Table 3. Quality assessment of new randomized controlled trials of mask use – Update Alert #7

Author, year	Random-ization	Allocation concealment	Baseline groups comparable	Blinding of study participants	Blinding of outcomes assessment	Attrition and missing data reported	Intention-to-treat analysis	Analysis for adherence	Cluster trials: Adjustment for clustering	Quality rating
<i>Community setting</i>										
Abaluck et al, 2021 (9)	Yes (by cluster)	Unclear	Yes	No	No	Yes	No	Yes	Yes (accounted for during randomization)	Fair
<i>Healthcare setting</i>										
No new studies										

Supplement Table 4. Quality assessment of new observational studies of mask use – Update Alert #7

Author, year	Did the study attempt to enroll all (or a random sample of) patients meeting inclusion criteria (inception cohort)?	Did the study use accurate methods for ascertaining exposures and potential confounders?	Were outcome assessors and/or data analysts blinded to exposure being studied?	Did the article report attrition or missing data?	Is there high attrition or missing data?	Were outcomes pre-specified and defined, and ascertained using accurate methods?	Controlled for confounders?	Quality rating
Community setting								
Goncalves et al 2021 (10)	No (participation rate <50%)	Unclear (potential recall bias)	No	No	No	Yes; ascertainment unclear from controls	Yes	Fair
Lio et al (11)	No (participation rate 61% among controls)	Unclear (potential recall bias)	No	No	No	Yes; ascertainment unclear	Yes	Fair
Rebmann et al 2021 (12)	Unclear	Unclear (potential recall bias)	No	No	No	Yes	Yes	Fair
Sharif et al 2021 (13)	Unclear (inclusion criteria not well-defined and participation rate unclear)	Unclear (potential recall bias)	No	No	No	Yes; ascertainment unclear	Unclear (reports adjusted estimates but unclear what the study adjusted for)	Poor
Sugimara et al 2021 (14)	No (participation rate 57%)	Unclear (potential recall bias)	No	No	No	Yes; ascertainment unclear	Partial (gender and contact type only)	Fair
Healthcare setting								
Haller et al, 2021 (8)*	Unclear	Unclear (potential recall bias)	No	No	Unclear	Yes	Yes	Fair

*Not peer reviewed

Supplement Table 5. Mask use and risk for SARS-CoV-2 infection

Author, Year (Reference)	Mask Use Versus Nonuse	Comparison of Mask Types	Consistency of Mask Use	Multiple Mask Layers Versus Single Layer
Community setting - RCTs				
<p>Abaluck et al, 2021 (9)</p> <p>Added for Update Alert #8</p>	<p><u>Symptomatic SARS-CoV-2 seroprevalence</u> Mask promotion intervention vs. no intervention: adjusted prevalence ratio 0.90 (95% CI 0.82 to 0.995)</p> <p><u>COVID-19 symptoms, based on WHO criteria</u> Mask promotion intervention vs. no intervention: adjusted prevalence ratio 0.88 (95% CI 0.83 to 0.93)</p>	<p><u>Symptomatic SARS-CoV-2 seroprevalence</u> Mask promotion intervention vs. no intervention, surgical mask villages: adjusted prevalence ratio 0.89 (95% CI 0.78 to 0.997)</p> <ul style="list-style-type: none"> • Age <40 y: 0.97 (95% CI 0.83 to 1.10) • Age 40-49 y: 1.01 (95% CI 0.82 to 1.20) • Age 50-59 y: 0.77 (95% CI 0.60 to 0.95) • Age ≥60 y: 0.65 (95% CI 0.45 to 0.84) <p>Mask promotion intervention vs. no intervention, cloth mask villages: adjusted prevalence ratio 0.94 (95% CI 0.78 to 1.10)</p> <ul style="list-style-type: none"> • Age <40 y: 1.06 (95% CI 0.87 to 1.25) • Age 40-49 y: 0.71 (95% CI 0.46 to 0.97) • Age 50-59 y: 0.84 (95% CI 0.52 to 1.15) • Age ≥60 y: 1.08 (95% CI 0.77 to 1.40) <p><u>COVID-19 symptoms, based on WHO criteria</u> Mask promotion intervention vs. no intervention</p> <ul style="list-style-type: none"> • Surgical mask villages: adjusted prevalence ratio 0.87 (95% CI 0.81 to 0.94) <p>Cloth mask villages: adjusted prevalence ratio 0.91 (95% CI 0.82 to 0.99)</p>	<p>--</p>	<p>--</p>
<p>Bundgaard et al, 2020 (15)</p>	<p>Surgical mask vs. no mask: OR 0.82 (95% CI 0.52 to 1.23)</p>	<p>--</p>	<p>--</p>	<p>--</p>
Community setting – Observational studies				
<p>Doung-Ngern et al, 2020 (17)</p>	<p>Surgical (medical) mask vs. no mask: adjusted OR 0.25 (95% CI 0.12 to 0.53)</p> <p>Cloth (nonmedical) mask vs. no mask: adjusted OR 0.78 (95% CI 0.32 to 1.90)</p> <p>Any mask vs. no mask: adjusted OR 0.46 (95% CI 0.13 to 1.64)</p>	<p>Surgical (medical) mask vs. cloth (nonmedical) mask: OR 1.06 (95% CI 0.63 to 1.79)*</p> <p>Mask type and risk of SARS-CoV-2 infection: p=0.54</p>	<p>Always wearing a mask vs. not wearing a mask: adjusted OR 0.23 (95% CI 0.09 to 0.60)</p> <p>Sometimes wearing a mask vs. not wearing a mask: adjusted OR 0.87 (95% CI 0.41 to 1.84)</p>	<p>--</p>

Author, Year (Reference)	Mask Use Versus Nonuse	Comparison of Mask Types	Consistency of Mask Use	Multiple Mask Layers Versus Single Layer
Goncalves et al 2021 (10) Added for Update Alert #8	<i>Third seroprevalence survey only</i> Mask use vs. no mask: adjusted OR 0.10 (95% CI 0.03 to 0.25)	--	--	--
Lio et al 2021 (11) Added for Update Alert #8	Mask use when outdoors vs. no mask: adjusted OR 0.31 (95% CI 0.11 to 0.87)	--	--	--
Rebmann et al 2021 (12) Added for Update Alert #8	Masked exposure to index case vs. not masked: adjusted OR 0.20 (95% CI 0.03 to 0.71)	--	--	--
Sharif et al 2021 (13) Added for Update Alert #8	Mask use vs. no mask: adjusted OR 0.04 (95% CI 0.02 to 0.43)	--	--	--
Sugimura et al 2021 (14) Added for Update Alert #8	Mask use vs. no mask: adjusted RR 0.60 (95% CI 0.30 to 0.90)	--	--	---
van den Broek-Altenburg et al, 2021 (18)	Mask use outside of work (yes vs. no): OR 2.35 (0.67-8.25)	--	--	-
Wang Y et al, 2002 (16)	Unadjusted OR (95% CI) for household with secondary infection of family member Mask use all the time by: • All family members (including index case) vs. no family members before index case illness onset: 0.20 (0.07 to 0.60)	-	Unadjusted OR (95% CI) for household with secondary infection of family member Primary case or family members wore mask (N95, surgical, or cloth) after index case illness onset:	--

Author, Year (Reference)	Mask Use Versus Nonuse	Comparison of Mask Types	Consistency of Mask Use	Multiple Mask Layers Versus Single Layer
	<ul style="list-style-type: none"> Some family members vs. no family members: 0.72 (0.30-1.73) At least one family member (including index case) vs. no family members prior to index case illness onset: 0.22 (0.07-0.69) <p>Adjusted OR (95% CI) for household with secondary infection of family member</p> <ul style="list-style-type: none"> Mask use all the time by at least one family member or index case vs. no family members prior to index case illness onset: 0.21 (0.06-0.79) 		<ul style="list-style-type: none"> All the time vs. never: 0.30 (0.11-0.82) Sometimes vs. never: 1.15 (0.11-0.82) <p>Mask use after index case symptom onset not included in multivariate model</p>	
Healthcare setting – Observational studies				
Akinbami et al, 2020 (23)	--	--	<p>Always use N95 vs. less than always: adjusted OR 0.83 (0.72-0.95)</p> <p>Always use surgical mask vs. less than always: adjusted OR 0.86 (0.75-0.98)</p>	--
Chatterjee et al, 2020 (24)	Any mask vs. no mask: OR 0.35 (0.22-0.57)*	--	--	--
Davido et al, 2021 (25)	--	--	Systematic use of facemask vs. no systematic use: adjusted OR 0.07 (0.003-0.56)	--
Fletcher et al, 2021 (22)	--	<p><u>Study Period 1</u> N95 vs. surgical mask: OR 1.25 (0.55-2.85)</p> <p><u>Study Period 2</u> N95 vs. surgical mask: OR 1.18 (0.86-1.62)</p>	--	--
Haller et al, 2021	--	Mostly FFP2 use vs. mostly surgical mask use: adjusted HR 0.80 (0.64-1.00)	--	--

Author, Year (Reference)	Mask Use Versus Nonuse	Comparison of Mask Types	Consistency of Mask Use	Multiple Mask Layers Versus Single Layer
Added for Update Alert #8		<ul style="list-style-type: none"> ○ Restricted to data collected after 1 December 2020: adjusted HR 0.73 (0.55-0.97) ○ Seroconverted subgroup only: adjusted HR 0.73 (0.53-1.00) 		
Heinzerling et al, 2020 (26)	--	--	<p>Always facemask (non-N95) during aerosol generating procedures: OR 0.77 (0.03-20.02)</p> <p>Always facemask (non-N95) during non-aerosol generating procedures: OR 1.29 (0.05-30.38)</p>	--
Khalil et al, 2020 (27)	Medical/surgical mask (yes vs. no): 1.40 (0.30-6.42)	--	--	--
Piapan et al, 2020 (19)	Mask (FFP2-3 or surgical) vs. no mask: adjusted OR 1.6 (0.9-2.9)	FFP2 mask vs. surgical mask: adjusted OR 7.1 (3.6-13.9)	--	--
Sims et al, 2020 (20)	<p>Any mask vs. no mask: OR 0.58 (0.50-0.66)</p> <p>N95 or surgical mask vs. no mask: OR 0.57 (0.50-0.66)</p> <p>N95 vs. no mask: OR 0.54 (0.47-0.62)</p> <p>Surgical mask vs. no mask: OR 0.71 (0.58-0.86)</p>	N95 vs. surgical mask: OR 0.76 (0.63-0.92)	--	--
Venugopal et al, 2021 (21)	<p>N95 only (yes vs. no): OR 0.87 (0.50-1.54)*</p> <p>Surgical mask only (yes vs. no): OR 1.70 (1.08-2.69)*</p>	N95 only vs. surgical mask only: OR 0.60 (0.31-1.15)	--	--

Author, Year (Reference)	Mask Use Versus Nonuse	Comparison of Mask Types	Consistency of Mask Use	Multiple Mask Layers Versus Single Layer
	N95 and surgical mask (yes vs. no): OR 0.64 (0.41-1.00)*			
Wang X. et al, 2020 (28)	In department with mask use (no vs. yes): adjusted OR 464.82 (97.73- ∞)	--	--	--

*Variable not included in a multivariate model

Supplement Table 6. Masks for prevention of respiratory virus infections evidence map – Update Alert #7

Comparison (intervention A vs. intervention B)	SARS-CoV-2 infection	SARS-CoV-1 or MERS-CoV infection †	Influenza, influenzalike illness, and other viral respiratory illness (excluding pandemic coronaviruses) ‡
Community setting			
Mask (type not specified) vs. no mask in households with an index case and other community settings <ul style="list-style-type: none"> • SARS-CoV-2*: 2 RCTs (9, 15) and 8 observational studies (10-14, 16-18) • SARS-CoV-1/MERS-CoV: 3 observational studies (29-31) 	◆/●	◆	-
N95^s vs. surgical mask in household contacts and other community settings <ul style="list-style-type: none"> • SARS-CoV-2: no studies • SARS-CoV-1/MERS-CoV: no studies • Influenza, influenzalike illness or other viral respiratory illness: 1 RCT (32) 	-	-	◆
N95^s vs. no mask in household contacts <ul style="list-style-type: none"> • SARS-CoV-2: no studies • SARS-CoV-1/MERS-CoV: no studies • Influenza, influenzalike illness or other viral respiratory illness: 1 RCT (32) 	-	-	◆
Surgical mask vs. no mask in households with an index case and other community settings <ul style="list-style-type: none"> • SARS-CoV-2*: 2 RCTs (9, 15) and 1 observational study (17) • SARS-CoV-1/MERS-CoV: no studies • Influenza, influenzalike illness or other viral respiratory illness: 12 RCTs (32-42) 	◆	-	●
Cloth mask vs. no mask in community contacts and other community settings* <ul style="list-style-type: none"> • SARS-CoV-2: 1 RCT (9) and 1 observational study (17) • SARS-CoV-1/MERS-CoV: no studies • Influenza, influenzalike illness or other viral respiratory illness: no studies 	■	-	-
Surgical vs. cloth mask in community settings <ul style="list-style-type: none"> • SARS-CoV-2: 1 RCT (9) and 1 observational study (17) • SARS-CoV-1/MERS-CoV: no studies 	◆	-	-

Comparison (intervention A vs. intervention B)	SARS-CoV-2 infection	SARS-CoV-1 or MERS-CoV infection †	Influenza, influenzalike illness, and other viral respiratory illness (excluding pandemic coronaviruses) ‡
Influenza, influenzalike illness or other viral respiratory illness: No studies			
Healthcare setting – moderate or higher risk (inpatient)			
Any mask vs. no mask <ul style="list-style-type: none"> SARS-CoV-2: 2 observational studies (20, 24) SARS-CoV-1/MERS-CoV: 12 observational studies (43-54) Influenza, influenzalike illness or other viral respiratory illness: no studies 	■	●	-
N95 vs. no mask <ul style="list-style-type: none"> SARS-CoV-2: 3 observational studies (20, 21, 28) SARS-CoV-1/MERS-CoV: 4 observational studies (43, 49-51) Influenza, influenzalike illness or other viral respiratory illness: no studies 	■	◆	-
Surgical mask vs. no mask <ul style="list-style-type: none"> SARS-CoV-2: 3 observational studies (20, 21, 27) SARS-CoV-1/MERS-CoV: 6 observational studies (43, 44, 46, 49, 50, 53) Influenza, influenzalike illness or other viral respiratory illness: no studies 	■	■	-
N95 or surgical mask vs. no mask <ul style="list-style-type: none"> SARS-CoV-2: 1 observational study (20) SARS-CoV-1/MERS/CoV: 1 observational study (54) Influenza, influenzalike illness or other viral respiratory illness: no studies 	■	■	-
N95 and surgical mask vs. no mask <ul style="list-style-type: none"> SARS-CoV-2: 1 observational study (21) SARS-CoV-1/MERS/CoV: no studies Influenza, influenzalike illness or other viral respiratory illness: no studies 	■	-	-
Mask (type not specified) vs. no mask <ul style="list-style-type: none"> SARS-CoV-2: no studies SARS-CoV-1/MERS-CoV: 5 observational studies (45, 47, 50, 52, 53) 	-	◆	-

Comparison (intervention A vs. intervention B)	SARS-CoV-2 infection	SARS-CoV-1 or MERS-CoV infection †	Influenza, influenzalike illness, and other viral respiratory illness (excluding pandemic coronaviruses) ‡
<ul style="list-style-type: none"> Influenza, influenzalike illness or other viral respiratory illness: no studies 			
Cloth mask vs. no mask <ul style="list-style-type: none"> SARS-CoV-2: no studies SARS-CoV-1/MERS-CoV: 3 observational studies (43, 48, 53) Influenza, influenzalike illness or other viral respiratory illness: no studies 	-	■	-
Consistent/always mask use vs. inconsistent mask use <ul style="list-style-type: none"> SARS-CoV-2*: 2 observational studies (23, 25) SARS-CoV-1/MERS-CoV: 4 observational studies (44, 47, 55, 56) Influenza, influenzalike illness or other viral respiratory illness: no studies 	■	◆	-
N95 vs. surgical mask <ul style="list-style-type: none"> SARS-CoV-2*: 5 observational studies (8, 19-22) SARS-CoV-1/MERS-CoV: 5 observational studies (43, 44, 49, 54, 57) Influenza, influenzalike illness or other viral respiratory illness: 3 RCTs (58-60) 	■	◆	●
N95 or surgical mask vs. cloth mask <ul style="list-style-type: none"> SARS-CoV-2: no studies SARS-CoV-1/MERS-CoV: 3 observational studies (43, 45, 53) Influenza, influenzalike illness or other viral respiratory illness: no studies 	-	■	-
Surgical mask vs. cloth mask <ul style="list-style-type: none"> SARS-CoV-2: no studies SARS-CoV-1/MERS-CoV: no studies Influenza, influenzalike illness or other viral respiratory illness: 1 RCT (61) 	-	-	◆
Healthcare setting – lower risk (outpatient)			
N95 vs. surgical mask <ul style="list-style-type: none"> SARS-CoV-2: no studies SARS-CoV-1/MERS-CoV: no studies 	-	-	●

Comparison (intervention A vs. intervention B)	SARS-CoV-2 infection	SARS-CoV-1 or MERS-CoV infection †	Influenza, influenzalike illness, and other viral respiratory illness (excluding pandemic coronaviruses) ‡
<ul style="list-style-type: none"> Influenza, influenzalike illness or other viral respiratory illness: 1 RCT (62) 			

* New evidence added for this update

† Only observational evidence was included for these infections

‡ Only RCT evidence was included for these infections§ N95 or equivalent (e.g. P2 mask)

Strength of evidence

- Moderate
- ◆ Low
- Insufficient
- No evidence

Direction of effect

	Favors intervention A
	Effects similar or no difference
	No or too little evidence to determine

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