



## Docs Friday Facts June 5, 2020

1) The CDC just issued updated guidelines that surfaces are a minor part of any transmission, so surfaces do not have to be cleaned as frequently. My advice is that frequently touched surfaces such as doorknobs should still be cleaned, and that everyone should use hand sanitizers after such use before they inadvertently touch their face. Restaurants should still wipe shared condiment containers such as salt, pepper and ketchup between uses.

2) A meta-analysis of 172 studies across 6 continents, and 44 comparative studies in health care and non- health care settings was published in the Lancet on June 1<sup>st</sup>. It studied the use of social distancing, face masks, and eye protection to prevent person to person transmission of SARS, MERS and specifically COVID-19. This study was backed by the World Health Organization.

3) Summarizing the findings: with social distancing of at least 3 feet, the chances of infection or transmission of the coronavirus was about 3 percent, compared with 13 percent when people kept a distance less than that. For every extra 3 feet up to a total of 9 feet, the risk was reduced by half.

Regarding face masks, the chance of infection was 3 percent with a mask compared to 17 percent without a mask, which is a reduction of more than 80 percent. This was with surgical or multi-layer cloth masks. N95 masks are even more effective. For health care workers, eye protection afforded a 60% decrease in infections.

So stay outside, social distance where possible, and wear a mask indoors to protect yourself and our most vulnerable.