

5 NIH studies from 2004-2020 all finding verifiable health effects from wearing a face mask, including scientifically verified reduction in blood oxygen level:

<https://pubmed.ncbi.nlm.nih.gov/29395560/>

<https://pubmed.ncbi.nlm.nih.gov/32590322/>

<https://pubmed.ncbi.nlm.nih.gov/15340662/>

<https://pubmed.ncbi.nlm.nih.gov/26579222/>

<https://pubmed.ncbi.nlm.nih.gov/31159777/>

SOME of the mask studies on efficacy:

<https://www.medrxiv.org/content/10.1101/2020.04.01.20049528v1>

<https://www.medrxiv.org/content/10.1101/2020.03.30.20047217v2>

<https://www.nejm.org/doi/full/10.1056/NEJMp2006372>

<https://jamanetwork.com/journals/jama/fullarticle/2749214>

<https://www.cmaj.ca/content/188/8/567>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5779801/>

<https://pubmed.ncbi.nlm.nih.gov/19216002/>

<https://aaqr.org/articles/aaqr-13-06-0a-0201.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/>

<https://academic.oup.com/cid/article/65/11/1934/4068747>

https://www.jstage.jst.go.jp/article/bio/23/2/23_61/_pdf/-char/en

<https://link.springer.com/article/10.1007/BF01658736>

<https://www.journalofhospitalinfection.com/article/>

[0195-6701\(91\)90148-2/pdf](https://doi.org/10.1017/S0950-2688(19)01482-2)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2493952/pdf/>

[annrcse01509-0009.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2493952/pdf/annrcse01509-0009.pdf)

<https://web.archive.org/web/20200717141836/https://>

[www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-](https://www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data)

[all-covid-19-not-based-sound-data](https://www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data)

[https://www.nap.edu/catalog/25776/rapid-expert-consultation-on-the-](https://www.nap.edu/catalog/25776/rapid-expert-consultation-on-the-effectiveness-of-fabric-masks-for-the-covid-19-pandemic-april-8-2020)

[effectiveness-of-fabric-masks-for-the-covid-19-pandemic-april-8-2020](https://www.nap.edu/catalog/25776/rapid-expert-consultation-on-the-effectiveness-of-fabric-masks-for-the-covid-19-pandemic-april-8-2020)

<https://www.nap.edu/read/25776/chapter/1#6>

https://wwwnc.cdc.gov/eid/article/26/5/19-0994_article

<https://academic.oup.com/annweh/article/54/7/789/202744>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6599448/>

<https://www.acpjournals.org/doi/10.7326/M20-1342>