

24-Dec.-2021

RE: Masks and patient safety — in response to reports of patients being forced to remove N95-type masks in order to enter various health facilities.

To Whom it May Concern,

I am advising all patients to use an N95 or similar mask of equivalent efficacy as an essential element in the basic protection of self and others.

Acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is an **airborne virus**, with **airborne transmission** as a major driving force in the COVID-19 pandemic.¹⁻²³

As such, **N95-type masks** (or superior) are **required** to protect individual patients and the larger population (especially from airborne-mediated superspreading events).¹⁻²³

Simple **medical/surgical masks** do **not** offer adequate protection against airborne pathogens; indeed, they were never designed for such a purpose.¹⁻²³

Accordingly, **I have instructed patients to not remove the N95-type mask to have it replaced by an institution-issued simple medical/surgical mask**; this is because the latter does not offer adequate protection against airborne transmission of SARS-CoV-2, especially the omicron variant.¹⁻²³

I continue to do my best in educating patients in how to practice proper technique in using N95-type masks, with particular emphasis on establishing an effective seal on a clean-shaven face to help ensure that the good fit translates to good filtration etc. These skills will be refined over time as patients continue building competence and confidence so that maintaining N95-type fit, filtration, and function becomes second nature, like putting on a seatbelt as part of basic safety and common sense.

Sincerely,



Dr. Eric Sigmund, M.D., C.C.F.P.
MSP 60541, CPSID 039721
Attached: *References*



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