

Corona update: I have lost confidence in the authorities

The Danish National Board of Health's documentation for the effect of face masks is highly questionable

12 November 2020

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In the spring, the Danish National Board of Health did not believe it had been documented that face masks could reduce the risk of becoming infected with COVID-19. The Board has now changed its opinion and has published a report about the use of face masks.¹

The Board writes that randomised trials - where only half of the people wear face masks - are most reliable, citing a systematic review of such trials from April.² This review did not find a significant effect on the prevention of influenza-like illnesses by wearing a face mask.

The agency then writes: "As there are no results from randomised trials, observational studies are the best at present to say something about the infection-preventing effect."

But as there are numerous results from randomised trials, how could the Board then make such a statement? Well, the Board beat about the bush by saying that there are no results from experiments with *coronavirus*, but that is immaterial. These viruses spread in the same way, no matter what they are called, and influenza viruses and coronaviruses have the same size, about 100 nm. The results of experiments with influenza-like viruses therefore also apply to coronavirus.

The Board cites a review from the *Lancet* in June of observational studies,³ which is hopelessly unreliable. The Board uses this review to "prove" that face masks work. The apparent effect is probably just due to the fact that people who by themselves choose to wear face masks are more careful about keeping the distance to other people and washing their hands than people who do not wear face masks. In fact, the Board itself writes that, "The large variation in the design of the observational studies, which show a preventive effect of the use of face masks, means that the assessment of the results is subject to uncertainty."

The Board also writes that, "in line with the Danish National Board of Health, the WHO recommends the use of face masks as a supplement to prevent infection in situations where it is not possible to keep the distance, as well as supplementary protection for people over 60 and/or chronic illness." But since the Board recommends face masks for everyone, the Board is not in line with the WHO.

The Board concludes that there is "sufficient evidence to assume that face masks can have a supplementary preventive effect when used correctly." It is a bit like saying that we assume that an operation is successful when it is performed correctly and failing to say that it is almost never performed correctly. As shown by the various studies of face masks, people do not use them correctly.

According to the Board, the WHO concluded in June that "the literature does not provide unequivocal evidence for a protective effect when using a face mask in the public space."

My conclusion is that there is "sufficient evidence" to conclude that we should not be forced to wear face masks, which is not the WHO's position either. It should be voluntary.

Introducing interventions on the basis of observational studies is usually considered a medical error because it will often lead to the use of harmful treatments in the belief that they are beneficial. In this case, that is exactly what the Board has done, imposed a drastic restriction on personal freedom, without having the necessary evidence that it is beneficial, whereas we know it is harmful. Face masks are uncomfortable to wear and can cause itching and impaired vision if you wear glasses and it is cold. They can also increase the risk of infection if not used properly.

When does this galimatias stop? It is now possible to forcibly vaccinate people if it suits the current Minister of Health. These are scary Orwellian perspectives. Big brother is watching if you wear face masks and get vaccinated, and if you don't, the Ministry of Truth will send the police out to you. Most vaccines are very good, but it must be voluntary, otherwise trust in the authorities will fade and vaccine resistance will grow. The illegal decision to kill all 15 million mink in Denmark is probably the biggest political scandal and business tragedy I have experienced in Denmark. The State Serum Institute alone knows, but it is also the Ministry of Truth's institute. I have lost confidence in the authorities.

A Danish version of this article was published in a Danish newspaper, Jyllands-Posten, on 12 November.

1 Sundhedsstyrelsen. [Brug af mundbind i det offentlige rum. Dokumentation og sundhedsfaglige anbefalinger – opdateret 29.10.20.](#) 2020 Oct 29.

2 Jefferson T, Jones M, Ansari LAA, et al. [Physical interventions to interrupt or reduce the spread of respiratory viruses. Part 1 - Face masks, eye protection and person distancing: systematic review and meta-analysis.](#) 2020 April 7.

3 Chu DK, Akl EA, Duda S, et al. [Physical distancing, face masks, and eye protection to prevent person-to-person transmission of SARS-CoV-2 and COVID-19: a systematic review and meta-analysis.](#) Lancet 2020;395:1973-87.