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Medical Masks Versus N95 Respirators for Preventing COVID-19 Among Health Care Workers: A Randomized Trial - PubMed (nih.gov)

"The confidence intervals around this, that is, what the possible results could be if the trial was repeated many times, range from -2.5% to 4.9%," he told *Medscape*. "This means that the risk of a COVID-19 infection in those using the medical masks could have ranged from anywhere from 2.5% reduction in risk to a 4.9% increase in risk. Readers and policy makers can decide for themselves about this."

Dr. Shepherd opinion — A CI that crosses zero typically means that the predictor has NO relationship with the response. The study did not, likely, have enough subjects to determine if there is a causal relationship. In this case, I would not change my opinion or practice based on this study.