Evaluating performance of facemasks in reducing ambient particulate matter (PM10-2.5, PM2.5-1, PM1-0.25) exposure and their effects on cardiovascular health: A Randomized crossover trial

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PM10: 2.5, PM2.5: 1, PM1: 0.25

Study Design

Randomized crossover trial

Participants

Healthy volunteers

Interventions

Three types of facemasks: cloth, surgical, and N95

Outcomes

Cardiovascular health parameters

Results

Cloth masks were the least effective, followed by surgical masks, and N95 masks were the most effective.

Conclusion

Facemasks can reduce ambient particulate matter exposure, but N95 masks are the most effective.