

RCT	COUNTRY, SETTING	POPULATION (AGE)	SAMPLE SIZE ENROLLED (ANALYZED)*	CLUSTERS (RANDOMIZED)	INTERVENTIONS (N)*	WHO WORE THE MASKS	MASK USE RECOMMENDATION	ADHERENCE
Aiello et al, ¹⁶ 2010	US, university	Students (mean 19 y)	1437 (1297)	7 residence halls	Mask (378), control (552)	University students	Wear masks as much as possible	3.9 h/day (mask group)
Aiello et al, ¹⁷ 2012	US, university	Students (mean 19 y)	1178 (1111)	5 residence halls	Mask (392), control (370)	University students	Wear masks ≥ 6 h/day	5.04 h/day
Alfelali et al, ¹⁸ 2019 (preprint)	Saudi Arabia, Hajj	Hajj pilgrims (mean 37 y)	7687 (6338)	318 tents	Mask (3864), control (3823)	All pilgrims	If worn any time during the day, considered worn for the day	25% in mask group, 14% in control group
Canini et al, ¹⁹ 2010	France, home	Families (mean 27 y)	306 (306)	105 index cases (households)	Mask (148), control (158)	Sick person	Wear mask whenever in the same room as someone else	Mean (SD) 3.7 (2.7) h/day
Larson et al, ²⁰ 2010	US, home	Families (41% were 18-40 y)	2788 (2171)	617 families	Mask and hand hygiene (938), hand hygiene (946)	Sick and healthy (1 person noted as the “caretaker” in family)	Wear mask once someone gets sick	22 of the 44 households with ILI reported using masks within 48 h of ILI
MacIntyre et al, ²¹ 2009	Australia, home	Parents (age not reported)	290 (286)	145 index cases	Surgical masks (94), N95 masks (92), control (100)	Healthy people	Wear mask when in the same room as the index case	N95 = 32% (wearing most of the time), surgical = 45% (wearing most of the time)
MacIntyre et al, ²² 2016	China, home	Families (mean 37 y)	597 (597)	245 index cases	Mask (123), control (122)	Sick person	Wear mask whenever in the same room as someone else	Not reported
Simmerman et al, ²³ 2011	Thailand, home	Families (50% were 31-50 y)	1147 (885)	465 index cases	Mask and hand hygiene (291), hand hygiene (292)	All household members	Wear masks as often as possible except when eating or sleeping and also when index patient is with household members outside the house	3.5 h/day
Cowling et al, ²⁴ 2009	Hong Kong, home	Families (median 39 y)	1015 (794)	407 index cases; 322 households (received intervention)	Mask and hand hygiene (258), hand hygiene (257)	All household members	Wear masks as often as possible except when eating or sleeping and also when index patient is with household members outside the house	Index patient 47%, household members 27%
Cowling et al, ²⁵ 2008	Hong Kong, home	Families (age not reported)	370 (278)	198 index cases, 128 households (received intervention)	Mask (65), control (213)	All household members	Wear masks as often as possible except when eating or sleeping and also when index patient is with household members outside the house	Index patient 45%, household members 21%
Barasheed et al, ²⁶ 2014	Saudi Arabia, Hajj tents	Australian Hajj pilgrims (mean 44.5 y)	164 (164)	22 tents, 75 index cases, 89 contacts	Masks (75), control (89)	Everyone in mask tent (index and contacts sleeping within 2 m in the same tent)	Advice on mask use was given throughout their stay in Mina: before prayers, in seminars, and after meals	Mask group 56/75 (75%), control group 11/89 (12%)
Suess et al, ²⁷ 2012	Germany, home	Families (median 34-38 y)	218 (151)	84 households (35 in control, 37 in mask, 39 in mask and hygiene)	Masks (69), control (82)	All household members	Wear masks at all times when index or other household member with respiratory symptoms is with healthy members. Changed regularly during the day and not worn during the night or outside house	Mask group: index 50%, contacts 50%

ILI—influenzalike illness, RCT—randomized controlled trial, US—United States.
*Some RCTs had additional randomized arms of nonmask interventions that were not included in this systematic review if they were not the control group. Therefore, the total number analyzed will not match the intervention numbers for these studies.