What protects against COVID-19 infection or transmission?

Social Distancing

Chances of infection
5x more likely without distancing
For every 6 feet further away in distancing, the relative effect might increase

Face Masks

Face masks are twice as effective as face shields and 6x better than no protection

Face Shields

Face shields are 3x better than no protection, but only half as effective as masks or respirators

When properly used, these interventions offer good protection, especially when combined. Basic protective measures such as hand hygiene and avoiding crowded situations with poor ventilation are also essential.

Data from The Lancet. For details regarding certainty of these estimates, please refer to their published paper:
Lancet 2020. Published online June 1.