


To Whom It May Concern:



I am exempt from the Governor's regulation mandating face mask usage in public.  
Wearing a facemask poses a health risk to me.

Under the ADA and HIPAA, I am not required to disclose my medical conditions to you.


Department of Justice ADA Violation information line: **800-514-0301**  
Organizations and businesses can be fined up to \$75,000 for the first ADA violation  
and \$150,00 for any subsequent violation.

**TO ALL GOVERNMENT AGENTS:  
PLEASE PROVIDE LAWFUL AND NECESSARY CONSIDERATION TO AID THE  
BEARER IN THE UNIMPEDED EXERCISE OF THEIR CONSTITUTIONALLY  
PROTECTED RIGHTS.**

**No Face Mask**

Thank you for your understanding and assistance.

Resources:



**The NEW ENGLAND  
JOURNAL of MEDICINE**

May 21, 2020  
N Engl J Med 2020; 382:e63  
DOI: 10.1056/NEJMp2006372

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**Excerpt:**


We know that wearing a mask outside health care facilities offers little, if any, protection from infection. Public health authorities define a significant exposure to Covid-19 as face-to-face contact within 6 feet with a patient with symptomatic Covid-19 that is sustained for at least a few minutes (and some say more than 10 minutes or even 30 minutes). The chance of catching Covid-19 from a passing interaction in a public space is therefore minimal. In many cases, the desire for widespread masking is a reflexive reaction to anxiety over the pandemic.

**CDC Guidance:**

[https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fcloth-face-cover.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fcloth-face-cover.html)

## Who Should Not Wear a Cloth Face Covering

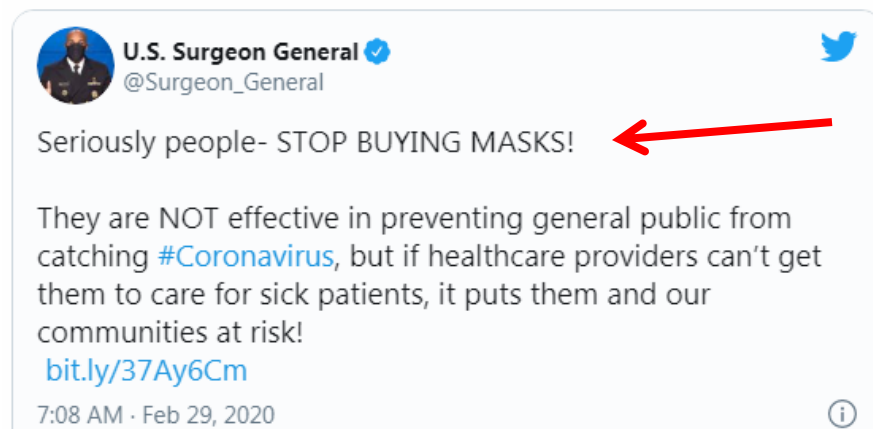
Cloth face coverings should **not** be worn by:

- Children younger than 2 years old
- Anyone who has trouble breathing 
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance

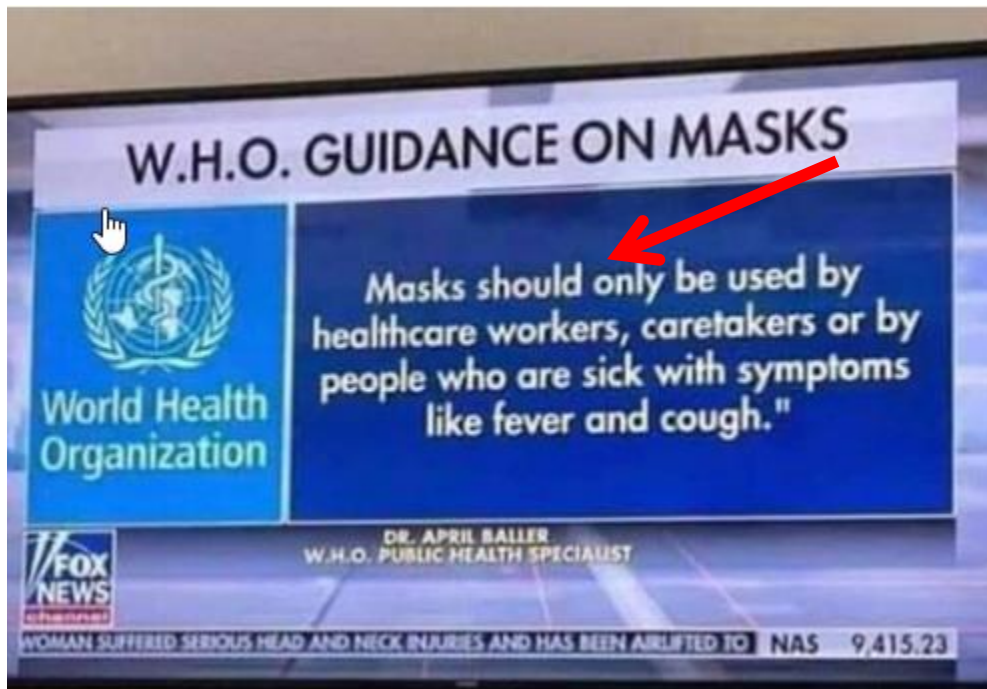
**Surgeon General Guidance:**

<https://www.cnn.com/2020/03/02/health/surgeon-general-coronavirus-masks-risk-trnd/index.html>

On Sunday, Adams [posted on Twitter](#) that people should stop buying masks. Rather, he tweeted that to keep yourself and those around you healthy, wash your hands often, avoid touching your eyes, nose and mouth with unwashed hands and disinfect surfaces.



WHO Guidance:



Journal Neurocirugia (Neurosurgery):  
**"Preliminary Report on Surgical Mask Induced Deoxygenation During Major Surgery.. Our study revealed a decrease in the oxygen saturation of arterial pulsations (SpO2)"**  
PMID: 18500410

(NEJM) New England Journal of Medicine:  
**"We know that wearing a mask outside health care facilities offers little, if any, protection from infection."**  
PMID: 32237672

Annals of Internal Medicine:  
**"..both surgical and cotton masks seem to be ineffective in preventing the dissemination of SARS-CoV-2 from the coughs of patients with COVID-19 to the environment and external mask surface."**  
<https://www.acpjournals.org/doi/10.7326/M20-1342>

Journal Headache:  
**"Most healthcare workers develop de novo PPE (such as N95 face mask) associated headaches or exacerbation of their pre-existing headache disorders."**  
PMID: 32232837

Journal of Life and Environmental Sciences:  
**"This study showed that the filtering efficiency of cloth face masks were relatively lower, and washing and drying practices deteriorated the efficiency."**  
PMID: 31289698

Journal of Influenza & Other Respiratory Viruses:  
**"None of the studies established a conclusive relationship between mask/respirator use and protection against influenza infection."**  
PMID: 22188875

American Journal of Infection Control:  
**"Face mask use in health care workers has not been demonstrated to provide benefit in terms of cold symptoms or getting colds."**  
PMID: 19216002

(BMJ) British Medical Journal:  
**"..laboratory-confirmed virus were significantly higher in the cloth masks group.. Penetration of cloth masks by particles was almost 97%.. This study is the first RCT of cloth masks, and the results caution against the use of cloth masks.. Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection."**  
PMID: 25903751

Respiratory acidosis:  
**"Respiratory acidosis develops when air inhaled into and exhaled from the lungs does not get adequately exchanged between the carbon dioxide from the body and oxygen from the air."**  
<https://www.medicalnewstoday.com/articles/313110>

University of Edinburgh:  
**"Conversely, surgical and hand-made masks, and face shields, generate significant leakage jets that have the potential to disperse virus-laden fluid particles by several metres. The different nature of the masks and shields makes the direction of these jets difficult to be predicted, but the directionality of these jets should be a main design consideration for these covers. They all showed an intense backward jet for heavy breathing and coughing conditions. It is important to be aware of this jet, to avoid a false sense of security that may arise when standing to the side of, or behind, a person wearing a surgical, or handmade mask, or shield."**  
<https://arxiv.org/ftp/arxiv/papers/2005/2005.10720.pdf>

(JAMA) Journal of the American Medical Association:  
**"Face masks should not be worn by healthy individuals to protect themselves from acquiring respiratory infection because there is no evidence to suggest that face masks worn by healthy individuals are effective in preventing people from becoming ill."**  
<https://jamanetwork.com/journals/jama/fullarticle/2762694>



Maine EO 49 FY 19/20 (Reference cloth Masks)

<https://www.maine.gov/governor/mills/sites/maine.gov.governor.mills/files/inline-files/An%20Order%20to%20Stay%20Safer%20at%20Home.pdf>

**National Institute of Health:**

**Cloth Mask Study:** (Available on NIH website)

<https://pubmed.ncbi.nlm.nih.gov/25903751/>

**Conclusions:** This study is the first RCT of cloth masks, and the results caution against the use of cloth masks. This is an important finding to inform occupational health and safety. Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection. Further research is needed to inform the widespread use of cloth masks globally. However, as a precautionary measure, cloth masks should not be recommended for HCWs, particularly in high-risk situations, and guidelines need to be updated.



**Hypoxia:**

O2 Saturation	%	
Normal - Healthy	95-100	Healthy oxygenation levels
Low	<95	
Dangerous	<92	<b>Hypoxia Range</b>
Very Dangerous	<90	
<b>Extremely Dangerous</b>	<b>&lt;80</b>	<b>Can cause organ damage and death</b>

<https://www.healthline.com/health/normal-blood-oxygen-level#adjusting-your-level>  
<https://healthfully.com/dangerous-blood-oxygen-levels-5514172.html>  
<https://www.verywellhealth.com/oxygen-saturation-914796>  
<https://www.livestrong.com/article/491433-the-normal-oximeter-levels-while-exercising/>  
[https://en.wikipedia.org/wiki/Oxygen\\_saturation\\_\(medicine\)](https://en.wikipedia.org/wiki/Oxygen_saturation_(medicine))  
[https://web.archive.org/web/20120131222646/http://www.aacn.org/WD/Practice/Docs/ch\\_14\\_PO.pdf](https://web.archive.org/web/20120131222646/http://www.aacn.org/WD/Practice/Docs/ch_14_PO.pdf)  
<http://heartfailure.solutions.com/34/oxygen/low-oxygen-levels-how-low-is-too-low-and-should-you-worry>  
<https://www.webmd.com/asthma/guide/hypoxia-hypoxemia>  
<https://www.ampereirect.com/po/help-pulse-oximeteriz-interpreting-results.html>

**Masks can lower O2 saturation in the body.**

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**Masks are not helpful:**

<https://www.vigiliae.org/face-masks-why-we-should-not-wear-them/>

**OSHA\***

Cloth masks are WORSE than none.

The CDC wants us to keep wearing masks. The masks don't work.

Wash your hands. Sanitize your hands. Don't touch stuff. Wash your phone. Don't touch people. And keep your distance. Why? Because your breath stinks, your deodorant is failing, your shoes are old and stink, that shirts not clean, I like my space. Trust me I can hear you from here. Lots of reasons. But trust me. The masks do not work.

\*Occupational Safety & Health Administration sited.

The top American organization for safety.

They regulate and educate asbestos workers, surgical rooms, you name it.

If your mask gives you security wear it, just know it is a false sense of security.

If stores stopped enforcing it no one would continue this nonsense.

**Cloth Masks Found Dangerous to Health:**

<https://www.sciencedaily.com/releases/2015/04/150422121724.htm>

Effective controls of outbreaks and pandemics at the origin impacts us directly, so it is important for global disease control that the use of cloth masks be discouraged in high-risk situations," she said.

"Despite more than half the world using cloth masks, global disease control guidelines, including those from the World Health Organisation, fail to clearly specify conditions of their use.

**WARNING:**

THIS PRODUCT IS AN EAR LOOP MASK.  
THIS PRODUCT IS NOT A RESPIRATOR AND  
WILL NOT PROVIDE ANY PROTECTION  
AGAINST COVID-19 (CORONAVIRUS) OR  
OTHER VIRUSES OR CONTAMINANTS.

Wearing an ear loop mask does not reduce the  
risk of contracting any disease or infection.

User is solely responsible for the selection of  
appropriate personal protective equipment for  
the setting and application.

Change immediately if contaminated.

Single Use Only.



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**Selected quotes from peer reviewed medical research:  
(Original peer reviewed link provided below).**

- 1. "We know that wearing a mask outside health care facilities offers little, if any, protection from infection."**
- 2. "In many cases, the desire for widespread masking is a reflexive reaction to anxiety over the pandemic."**
- 3. "A mask will not protect providers caring for a patient with active Covid-19 if it's not accompanied by meticulous hand hygiene, eye protection, gloves, and a gown."**
- 4. "It is also clear that masks serve symbolic roles. Masks are not only tools, they are also talismans that may help increase health care workers' perceived sense of safety, well-being, and trust...."**
- 5. "..... Although such reactions may not be strictly logical, we are all subject to fear and anxiety, especially during times of crisis. One might argue that fear and anxiety are better countered with data and education than with a marginally beneficial mask."**