

**BE ADVISED:**

**I am exempt for any ordinance requiring facemasks in public**



**ADA**  
Americans with  
Disabilities Act



**Under the Americans With Disabilities Act,**

**I am not required to disclose any medical conditions to you.**

**Department of Justice ADA Reporting number: 800.514.0301**

**If found in violation of ADA, you could face steep penalties. Organizations and businesses can be fined up to \$92,383 for the first offense and \$184,767 for any subsequent violations.**

**WHO:**

“The wide use of masks by healthy people ... is not supported by current evidence and carries uncertainties and critical risks... There is no current evidence to make a recommendation for or against their use.”

[https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-health-care-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-health-care-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

**CDC:**

“ ‘Currently we are not finding any data that can quantify risk reduction from the use of masks’, a CDC spokesperson told Reuters.”

<https://www.reuters.com/article/uk-factcheck-coronavirus-mask-efficacy/partly-false-claim-wear-a-face-mask-covid-19-risk-reduced-by-up-to-98-5-idUSKCN2252T6>

**British Medical Journal:**

“Face masks make breathing more difficult. For people with COPD, face masks are in fact intolerable to wear as they worsen their breathlessness. [5] Moreover, a fraction of carbon dioxide previously exhaled is inhaled at each respiratory cycle.”

<https://www.bmj.com/content/369/bmj.m1435/rr-40>



**This individual is precluded from wearing facemasks in any public setting due to the inherent health and respiratory hazards, as cited by CDC, W.H.O., etc.**

**FAIR WARNING:**

**Further coercion on your part may result in steep penalties, and/or litigation.**

**PATIENT NAME** \_\_\_\_\_

**Doctor Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

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**Facemask Science References**

**World Health Organization**

[https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-ou-tbreak](https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-ou-tbreak)

"the wide use of masks by healthy people ... is not supported by current evidence... and carries uncertainties and critical risks.... There is no current evidence for their use."

"... there is currently no evidence that wearing a mask by healthy can prevent infection with respiratory viruses including COVID-19."

"Keep a distance of at least 1 meter from other people." [Not 6 feet!]

**British Medical Journal: 9 Apr 20 / Covid-19: important potential side effects of wearing face mask**

<https://www.bmj.com/content/369/bmj.m1435/rr-40>

"Face masks make breathing more difficult. For people with COPD, face masks are in fact intolerable to wear as they worsen their breathlessness.[5] Moreover, a fraction of carbon dioxide previously exhaled is inhaled at each respiratory cycle."

"...mask fabric ... can determine an increase in viral load and therefore they can cause a defeat of the innate immunity and an increase in infections." "It is not time to act without evidence."

**British Medical Journal 2020 / Face masks for the public during the covid-19 crisis**

<https://doi.org/10.1136/bmj.m1435>

"no randomised trials of masks so far for COVID 19"

"we did not find any published data that directly support the use of masks ... by the public."

"10 randomised controlled trials . that tested the efficacy of face masks... meta-analysis found no significant reduction in influenza transmission."

"...31 eligible studies ... The evidence is not sufficiently strong to support the use of facemasks as a protective measure against covid-19."

**CDC / Reuters: April 23, 2020 / Partly false claim: Wear a face mask; COVID-19 risk reduced**

[www.reuters.com/article/uk-factcheck-coronavirus-mask-efficacy/partly-false-claim-wear-a-face-mask-covid-19-risk-reduced-by-up-to-98-5-idUSKCN2252T6](https://www.reuters.com/article/uk-factcheck-coronavirus-mask-efficacy/partly-false-claim-wear-a-face-mask-covid-19-risk-reduced-by-up-to-98-5-idUSKCN2252T6)

"Currently we are not finding any data that can quantify risk reduction from the use of masks"

**Russell Blaylock PhD:**

"By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, and travel into the brain."

"When a person has TB we have them wear a mask, not the entire community of non-infected. The recommendations by the CDC and the WHO are not based on any studies of this virus and have never been used to contain any other virus pandemic or epidemic in history."

**Pubmed:**

**Perlman S et al. Spread of a neurotropic murine coronavirus into the CNS via the trigeminal and olfactory nerves. *Virology* 1989;170:556-560.**

<https://pubmed.ncbi.nlm.nih.gov/2543129/>

"Masks can spread all viruses, but coronavirus specifically. Exhaled viruses will not be able to escape and may concentrate in the nasal passages."

**From the peer review journal *Influenza and Other Respiratory Viruses* 6(4), 257–267. bin-Reza et al. (2012)**

**The use of masks and respirators to prevent transmission of influenza: a systematic review of the scientific evidence**

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1750-2659.2011.00307.x>

"There were 17 eligible studies. ... None of the studies established a conclusive relationship between mask use and protection against influenza ."

**Why Face Masks Don't Work: – John Hardie, PhD**

"The primary reason for mandating the wearing of face masks is to protect dental personnel from airborne pathogens. This review has established that face masks are incapable of providing such a level of protection. CDC ... guilty of perpetuating a myth a disservice to the ... patients."

**This is just the smallest sampling of the enormous amount of research on facemasks. There are literally hundreds of these legitimate references from mainstream science. Generally they are all saying the same thing: No evidence of protection from infectious disease. But significant evidence of respiratory interference promoting illness.**