



No, I will not wear a mask!

You cannot legally require me to wear a mask.

US Code: 21 U.S. Code § 360bbb 3; 21 USC Part 50.23, 50.24; 29 CFR § 1630.14

Masks as part of COVID spread reduction have not been shown to work

“Physical interventions to interrupt or reduce the spread of respiratory viruses” Jefferson T, et al; Cochrane Library; DOI: 10.1002/14651858.CD006207.pub6.

COVID is airborne and too small for masks

Covid airborne particles are typically 0.25 – 10 µm (microns) in size, potential spread by just virus (0.125 microns)

Groma, V., Kugler, S., Farkas, Á. *et al.* Size distribution and relationship of airborne SARS-CoV-2 RNA to indoor aerosol in hospital ward environments. *Sci Rep* **13**, 3566 (2023). <https://doi.org/10.1038/s41598-023-30702-z>

N95 masks filter only 95% of 0.1 to 0.3 micron particles, letting infectious particles pass through

Masks have safety concerns that represent real risks

Volatile chemical exposure:

Measuring the quantity of harmful volatile organic compounds inhaled through masks; Hajoo Ryu, Yong-Hyun Kim; *Ecotoxicology and Environmental Safety* 256 (2023) 114915

Microplastic inhalation:

Microplastics from face masks: A potential hazard post Covid-19 pandemic; Saurabh Shukla, Ramsha Khan, Abhishek Saxena, Selvam Sekar; *Chemosphere* 302 (2022) 134805

COVID-19: Performance study of microplastic inhalation risk posed by wearing masks; Lu Li, Xiaoli Zhao, Zhouyang Li, Kang Song; *Journal of Hazardous Materials* 411 (2021) 124955

I retain my rights to determine my medical choices, regardless of anyone else’s direction or desires. Any device requested or mandated to deal with a disease is a medical device. These reasons inform my decision to refuse masking.

