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### Mask Exemption (UK government's position as at December 2021)

- Anyone troubled by mask wearing is exempt from wearing one.
- By law you don't need a doctor's letter or an exemption card, and people like transport staff and shopkeepers cannot ask you for proof of your exemption.
- Police officers may ask if you are exempt but have no right to your medical information. It might make you more comfortable to have an exemption card in your purse/wallet or on your phone to show.
- Pick up an exemption card, or make your own, or visit the government website to download one.

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### Resources:

Websites: [SmileFree.org](http://SmileFree.org)

[HARTgroup.org](http://HARTgroup.org) [UsForThem.co.uk](http://UsForThem.co.uk)

Book by Laura Dodsworth: *A State of Fear: How the UK government weaponised fear during the Covid-19 pandemic, 2021*

Decades of academic papers demonstrate both the dangers and ineffectiveness of masks for general use. Two recent ones include:

<https://pubs.acs.org/doi/10.1021/acs.chas.1c00005>

<https://sciencedirect.com/science/article/pii/S0043135421002311>

Details of mask exemption and cards:

[www.gov.uk/government/publications/face-coverings-when-to-wear-on-e-and-how-to-make-your-own:](http://www.gov.uk/government/publications/face-coverings-when-to-wear-on-e-and-how-to-make-your-own)

# FACE MASKS: PROTECTION, OR CAUSE OF WIDESPREAD HARM?

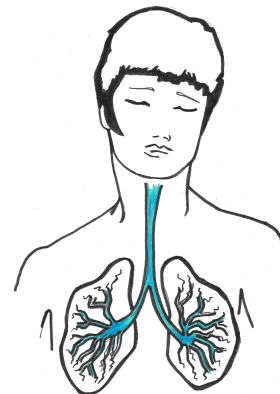


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In the warm and moist environment of the masks, bacteria, fungi and parasites thrive.

2

Masks encourage mouth breathing, so these pathogens go straight into the lungs – causing coughs, colds, sinusitis, bacterial pneumonia and other conditions including asthma – made worse by fibres, micro-plastics, and chemical contaminants from the masks.



3

Fit and healthy people might appear untroubled by wearing a mask. But elderly people often struggle to walk far, and children's bodies and minds are damaged.



4

Masks cause oxygen deprivation especially in children because of their small lungs and high metabolic rate. Inadequate oxygen levels puts strain on the heart, kills brain cells, accelerates dementia and lowers the immune system.



5

Breathing out sprays the mask toxins and pathogens over other people.



6

After just one minute of wearing a mask, carbon dioxide levels are *25 times* Environmental Standards. Symptoms include dizziness, anxiety, headache, fatigue and reduced performance which can lead to dangerous errors.



7

A mask cannot protect from any virus or covid variant. A virus is too small to be stopped by a mask, and air escapes around the sides of a mask in jets. The fine mesh of a mask does not trap droplets – instead converts them into aerosols that can spread pathogens far and wide. By contrast, air from natural breathing comes out in soft billows that are soon diluted and sterilised by natural processes.



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- Masks cause profound social and psychological damage.
- Children need to see smiles to feel safe, and to learn social interaction and empathy.
- Babies need to see moving lips to learn to speak, and the hard of hearing need to be able to lip-read.
- People who have been traumatised or are neurodiverse often find masks intolerable.
- Masks cause widespread division, anxiety, loneliness, misery, depression and alienation.
- Smiles liberate happiness and boost the immune system.

