

## MASKS DON'T WORK - KEY QUOTES

(1) New England Journal of Medicine:

"We know that wearing a mask outside health care facilities offers little, if any, protection from infection."

<https://www.nejm.org/doi/full/10.1056/NEJMp2006372>

(2) CAL-OSHA Regulations:

"Cloth face coverings do not protect against COVID -19"

<https://dir.ca.gov/dosh/coronavirus/COVID-19-Infection-Prevention-in-Logistics.pdf>

(3) California Department of Health:

"Face coverings may increase risk if users reduce their use of strong defenses."

"There is limited evidence to suggest that use of cloth face coverings by the public during a pandemic could help reduce disease transmission." <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Face-Coverings-Guidance.aspx>

(4) FDA - "Even a properly fitted N95 mask does not prevent illness or death"

<https://web.archive.org/web/20200516235249/https://www.fda.gov/medical-devices/personal-protective-equipment-infection-control/n95-respirators-and-surgical-masks-face-masks>

(5) CDC — There is no scientific evidence for healthy people wearing masks. <https://youtu.be/UUUOq1ksiQQ>

(6) Neurosurgeon Dr. Russell Blaylock :

"There is no scientific evidence that masks are effective. If you are not sick, you should not wear a face mask."

<https://technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-healthy/>

(7) Columbia University: Psychological Harms of Face Masks:

"Many young children burst into tears or recoil when someone wearing a mask approaches. By putting on masks, we take away information that makes it especially difficult for children to recognize others and read emotional signals, which is unsettling and disconcerting." <https://bit.ly/2XDaaSx>

(8) US Surgeon General Jerome Adams:

"Masks are not effective in preventing the general public from catching coronavirus."

[https://twitter.com/Surgeon\\_General/status/1233725785283932160](https://twitter.com/Surgeon_General/status/1233725785283932160)

(9) Dr. Anthony Fauci:

"People should not be walking around wearing masks. Masks do not provide the protection people think they do."

<https://www.youtube.com/watch?v=MOeVkg9P-R8>

(10) WHO, Dr. Mike Ryan:

"There is no specific evidence to suggest that the wearing of masks by the mass population has any potential benefit. In fact, there's some evidence to suggest the opposite in the misuse of wearing a mask properly or fitting it properly."

<https://www.cnn.com/2020/03/30/world/coronavirus-who-masks-recommendation-trnd/index.html>

(11) US Department of Labor — OSHA:

"Oxygen deficient is any atmosphere that contains less than 19.5%." This happens when the oxygen is displaced by inert gas such as CARBON DIOXIDE and is the leading cause of FATALITIES."

<https://www.osha.gov/SLTC/etools/shipyard/shiprepair/confinedspace/oxygendeficient.html>

(12) AIER "The conclusion is not that asymptomatic spread is rare or that the science is uncertain. The study revealed something that hardly ever happens in these kinds of studies. There was not one documented case. Forget rare. Forget even Fauci's previous suggestion that asymptomatic transmission exists but not does drive the spread. Replace all that with: never. At least not in this study for 10,000,000."

[https://www.aier.org/article/asymptomatic-spread-revisited/?fbclid=IwAR0s9UGSu6wyYrFHNmleF0pEv\\_R1EuksPbQFWK7Gmgu1Rr9F7SP6phtcl](https://www.aier.org/article/asymptomatic-spread-revisited/?fbclid=IwAR0s9UGSu6wyYrFHNmleF0pEv_R1EuksPbQFWK7Gmgu1Rr9F7SP6phtcl)



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419-455-1585

Our mission at Ohio Stands Up! is to file the first federal lawsuit in the country challenging a governor's entire State of Emergency so we can reclaim Ohio. Our lawsuit will set national precedent, and as the saying goes, "Where Ohio goes so goes the nation." Equally important are our efforts to educate Ohioans and all Americans on the reality of COVID-19 while ensuring our Constitutional rights are honored in the process.



# JOIN THE MOVEMENT

**CHALLENGING** **HONORING** **EDUCATING**  
**THE STATE OF EMERGENCY** **CONSTITUTIONAL RIGHTS** **ON THE REALITY OF COVID-19**

[www.OhioStandsUp.org](http://www.OhioStandsUp.org)

# SCIENCE SAYS HEALTHY PEOPLE SHOULD NOT WEAR MASKS



- **Masks reduce intake of oxygen, leading to carbon dioxide toxicity**
- **Germs are trapped near your mouth and nose, increasing risk of infection**
- **Wearing a mask causes you to touch your face more frequently**
- **There is no scientific evidence that supports healthy people wearing masks**
- **Masks obscure your facial features and impede normal social interaction**
- **Masks make it hard for hearing-impaired people to understand you**
- **Masks symbolize suppression of speech**

## MASKS DO NOT PREVENT SPREAD OF VIRUS

NOTE: Many links are being scrubbed (removed) from the Internet. We are updating as possible. Original article can be found here: <https://www.thehealthyamerican.org/masks-dont-work>

### KEY FINDINGS:

A study on health effects of wearing masks. While the study does not show long term (12)health effects they will eventually be unavoidable because physiological short term symptoms are still present.

"Wearing an N95 for an entire 12-hour shift had statistically significant negative effects on some physiologic measures and subjective symptoms. Over time, nurses' CO2 levels became significantly elevated, from a statistical standpoint, compared with beginning-of-shift baseline measures; perceived exertion; perceived shortness of air; and complaints of headache, lightheadedness, and difficulty communicating also increased over time (Tables 3 and 4). CO2 levels increased from a baseline average of 32.4 at the beginning of the shift to 41.0 at the end of each shift. There were no changes in nurses' blood pressure, O2 levels, perceived comfort, perceived thermal comfort, or complaints of visual difficulties compared with baseline levels."

Source: Physiologic and other effects and compliance with long-term respirator use among medical intensive care unit nurses - Study

When a person has negative physiological symptoms for a long period of time it can cause stress and anxiety. "Being stressed out for a long period of time might increase anxiety, a new study shows. The study, published in Behavioral Neuroscience, lays some of the blame on stress hormones. Those stress hormones -- such as cortisol and corticotropin-releasing hormone -- can help respond to an immediate threat.

Source: WebMd

Stress is a major contributor to disease manifestation since it is known to lower the immune system. "When we're stressed, the immune system's ability to fight off antigens is reduced. That is why we are more susceptible to infections. The stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g. lowers the number of lymphocytes)."

Source: Stress, Illness and the Immune System | Simply Psychology Website Study pdf link: Physiologic and other effects and compliance with long-term respirator use among medical intensive care unit nurses <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7132714/>

Face masks: "In our systematic review, we identified 10 RCTs that reported estimates of the effectiveness of face masks in reducing laboratory-confirmed influenza virus infections in the community from literature published during 1946–July 27, 2018. In pooled analysis, we found no significant reduction in influenza transmission with the use of face masks."

Source: Article, Nonpharmaceutical Measures for Pandemic Influenza in Nonhealthcare Settings—Personal Protective and Environmental Measures | From the Center for Disease Control Website

"Disposable medical masks (also known as surgical masks) are loose-fitting devices that were designed to be worn by medical personnel to protect accidental contamination of patient wounds, and to protect the wearer against splashes or sprays of bodily fluids (36). There is limited evidence for their effectiveness in preventing influenza virus transmission either when worn by the infected person for source control or when worn by uninfected persons to reduce exposure. Our systematic review found no significant effect of face masks on transmission of laboratory-confirmed influenza."

Source: Article, Nonpharmaceutical Measures for Pandemic Influenza in Nonhealthcare Settings—Personal Protective and Environmental Measures

From the Center for Disease Control Website Masks Don't Work: A Review of Science Relevant to Covid-19 Social Policy <https://www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-relevant-to-covide-19-social-policy>

Dept of Labor OSHA guidelines... Human beings must breathe oxygen to survive, and begin to suffer adverse health effects when the oxygen level of their breathing air drops below 19.5 percent oxygen. Below 19.5 percent oxygen air is considered oxygen-deficient. At concentrations of 16 to 19.5 percent, people engaged in any form of exertion can rapidly become symptomatic as their tissues fail to obtain the oxygen necessary to function properly (Rom, W., Environmental and Occupational Medicine, 2nd ed.; Little, Brown; Boston, 1992).

Wearing a mask can reduce oxygen intake by 20% or more causing the individuals oxygen inhalation to be well below the necessary 19.5 percent.