



## JANUARY 26, 2024 CALL TO ACTION

WE have a TREMENDOUS amount of work to do in North Carolina:

- To END Communist Public Health TYRANNY executed through the Trojan Horse of “Covid-19”
- To RESTORE liberty and personal body autonomy
- To PREVENT it from happening again!

This is YOUR opportunity to **TAKE ACTION**.

Step 1: Read carefully and completely the 2 Citizen Moms’ document “**Proposed Amendment to NC Anti-Mask Law.**”

Step 2: Identify the North Carolina General Assembly members who represent your county, and request a meeting with each member.

- House by county: <https://ncleg.gov/Members/RepresentationByCounty/H>
- Senate by county: <https://ncleg.gov/Members/RepresentationByCounty/S>

Step 3: At each meeting with each member who represents you, present the Citizen Moms’ document “document “**Proposed Amendment to NC Anti-Mask Law.**”

Step 4: Ask each member point blank: Yes or No, will you sponsor a bill to AMEND North Carolina’s Anti-Mask Law to:

- ALLOW for wearing of PERSONAL PROTECTIVE EQUIPMENT, which is not a MASK, in an occupation, trade, or profession,
- PROVIDE a RELIGIOUS EXEMPTION from MASKS and FACE-COVERINGS, and
- REMOVE “MASKS AND HOODS FOR THE PROTECTION OF HEALTH”?

If your member says “no,” or tells you that an exemption is needed to allow people voluntarily to wear masks, ask your member questions like these to determine your member’s humanity:

- how would you feel to see a masked person in a bank or in an isolated parking garage while there alone at night?
- how would you feel if your child were abused by a masked child on a school bus, and not able to identify the abuser because of the mask?

Step 5: Let 2 Citizen Moms know your progress by contacting us through our website: <https://www.2citizenmoms.com/>

For God and Country,  
2 Citizen Moms



**MASK LAW (NCGS 14-12-11)  
MUST BE AMENDED AND RETURNED TO ITS PRE-MAY 2020 VERSION**

**HISTORY OF NCGS 14-12-11**

On May 2, 2020, the NCGA led by President Pro Temp of the Senate Phil Berger and Speaker Tim Moore ratified the passage of Session Law 2020-3 (Senate Bill 704), which created an exemption to NCGS 14-12.11 for “MASKS AND HOODS FOR THE PROTECTION OF HEALTH.”

**SESSION LAW 2020-3 (SENATE BILL 704) (Page 34)**

<https://ncleg.gov/Sessions/2019/Bills/Senate/PDF/S704v6.pdf>

On May 4, 2020, Governor Cooper signed Session Law 2020-3 into law.

<https://www.ncleg.gov/enactedlegislation/sessionlaws/pdf/2019-2020/sl2020-3.pdf>

The NCGA and Governor Cooper **decriminalized** the wearing of a mask for the purpose of ensuring the physical health or safety of the wearer or others.

**The decriminalization was to expire on August 1, 2020.**

On July 8, 2020, the NCGA led by then Lt. Governor Dan Forest and Speaker Tim Moore ratified the passage of Session Law 2020-93 (Senate Bill 232), which **removed the August 1, 2020 expiration date and extended indefinitely** “MASKS AND HOODS FOR THE PROTECTION OF HEALTH.”

On July 10, 2020, Governor Cooper signed Session Law 2020-93 into law.

<https://www.ncleg.gov/enactedlegislation/sessionlaws/pdf/2019-2020/sl2020-93.pdf>

The NCGA-initiated exemption was necessary to facilitate Governor Cooper’s “face coverings” mandates in Executive Orders 163, 169, and 180.

**Decriminalization of mask-wearing is PERMANENT  
WITHOUT AN AMENDMENT!**

**WITHOUT AN AMENDMENT,  
A mask mandate can be REINSTITUTED at any time!**

**WITH THIS AMENDMENT  
mask-wearing required by the NC DOL AIRBORNE INFECTIOUS DISEASES  
December 2023 petitioned rulemaking is ILLEGAL!**



## PROPOSED AMENDMENT TO NCGS 14-12-11

### **MASKS AND HOODS FOR THE PROTECTION OF HEALTH**

**SECTION 4.3.(a)** G.S. 14-12.11 reads as rewritten:

**"§ 14-12.11. Exemptions from provisions of Article.**

(a) Any of the following are exempted from the provisions of G.S. 14-12.7, 14-12.8, 14-12.9, 14-12.10 and 14-12.14:

- (1) Any person or persons wearing traditional holiday costumes in season.
- (2) Any person or persons engaged in ~~trades and employment where a mask is worn for the purpose of ensuring the physical safety of the wearer, or because of the nature of the occupation, trade or profession~~ an occupation, trade, or profession required to wear personal protective equipment, which includes protective equipment for eyes, face, head, and extremities, protective clothing, respiratory devices, and protective shields and barriers necessary by reason of hazards of processes or environment, chemical hazards, electrical hazards, radiological hazards, or mechanical irritants encountered in a manner capable of causing injury or impairment in the function of any part of the body through absorption, inhalation, or physical contact. A mask is not personal protective equipment.
- (3) Any person or persons using masks in theatrical productions including use in Mardi Gras celebrations and masquerade balls.
- (4) Persons wearing gas masks prescribed in civil defense drills and exercises or emergencies.
- (5) Any person or persons, as members or members elect of a society, order or organization, engaged in any parade, ritual, initiation, ceremony, celebration or requirement of such society, order or organization, and wearing or using any manner of costume, paraphernalia, disguise, facial makeup, hood, implement or device, whether the identity of such person or persons is concealed or not, on any public or private street, road, way or property, or in any public or private building, provided permission shall have been first obtained therefor by a representative of such society, order or organization from the governing body of the municipality in which the same takes place, or, if not in a municipality, from the board of county commissioners of the county in which the same takes place.
- ~~(6) Any person wearing a mask for the purpose of ensuring the physical health or safety of the wearer or others.~~

Provided, that the provisions of this Article shall not apply to any preliminary meetings held in good faith for the purpose of organizing, promoting or forming a labor union or a local organization or subdivision of any labor union nor shall the provisions of this Article apply to any meetings held by a labor union or organization already organized, operating and functioning and holding meetings for the purpose of transacting and carrying out functions, pursuits and affairs expressly pertaining to such labor union.



(b) Notwithstanding G.S. 14-12.7 and G.S. 14-12.8, a person may wear a mask for the purpose of protecting the person's head, face, or head and face, when operating a motorcycle, as defined in G.S. 20-4.01. A person wearing a mask when operating a motorcycle shall remove the mask during a traffic stop, including at a checkpoint or roadblock under G.S. 20-16.3A, or when approached by a law enforcement officer.

~~(c) A person wearing a mask for the purpose of ensuring the physical health or safety of the wearer or others shall remove the mask, upon request by a law enforcement officer, in any of the following circumstances:~~

~~(1) During a traffic stop, including a checkpoint or roadblock pursuant to G.S. 20-16.3A.~~

~~(2) When a law enforcement officer has reasonable suspicion or probable cause during a criminal investigation."~~

(c) Any person whose bona fide religious beliefs are contrary to a requirement to wear a mask or face-covering, that person shall be exempt from that requirement. No conditions, restrictions, or limitations shall be imposed on that person and that person's exemption.



## **REASONS FOR THE PROPOSED AMENDMENT**

1. For decades, North Carolina’s law criminalized the wearing of mask in public to **promote public safety**.
2. The “**physical health or safety of the wearer or others**” exemption added by the NC General Assembly in May 2020 **jeopardizes public safety** because:
  - Wearing a make conceals the wearer’s identity
  - Wearing a mask is a sign of intimidation
  - Wearing a mask is threat of violence
  - Wearing a mask communicates and projects risk
3. Masks are **ineffective**  
<https://brownstone.org/articles/studies-and-articles-on-mask-ineffectiveness-and-harms/>  
<https://brownstone.org/articles/more-bad-news-for-the-mask-cult/>  
<https://brownstone.org/articles/its-long-past-time-to-dump-the-masks/>
4. Masks have a **traumatic impact on victims** of violence, sexual abuse, and PTSD  
<https://dailyseptic.org/the-disturbing-impact-of-face-masks-on-victims-of-abuse/>  
<https://kdsml7.com/news/local/victims-of-sexual-assault-ask-for-understanding-when-not-wearing-a-mask>  
<https://newschannel9.com/news/local/masks-and-ptsd-how-the-mandate-is-hindering-a-domestic-abuse-survivor>
5. Masks **harm the wearer in 100s of ways**  
<https://www.lewrockwell.com/2022/01/allan-stevo/not-safe-not-effective-376-ways-that-face-masks-are-known-to-harm-the-wearer/>

### **Risk to Pregnant Women and Fetuses**

- Impedes gaseous exchange between mother and fetus
- Too much carbon dioxide in a pregnant mothers blood may lead to too much carbon dioxide in fetal blood
- Exposure to birth defect-causing chemicals and increased risk of giving birth to a child with birth defects
- Significant and irreversible damage to a child’s developing brain
- Impaired fetal growth
- Adverse perinatal outcomes in women with chronic respiratory conditions
- Preterm labor, which is regular contractions leading to the opening up of the cervix after week 20 and before week 37 of pregnancy and which may lead to preterm birth



- Pre-eclampsia, which is high blood pressure during pregnancy accompanied by damage to organs
- Respiratory compromise in pregnant women
- Imposes higher workload on pregnant women
- Increased risk of suffocation when worn by a baby
- Virtually every physiological reaction to facemasks mentioned on this list below can also occur in a fetus, only it occurs during his most important developmental period of life, likely making the physiological impact much worse

#### Breathing and the Lungs

- Obstruction of the airway
- Mask-induced increased airway resistance
- Increased breathing resistance
- Increased inhalation resistance
- Increased exhalation resistance
- Breathing problems
- Impeded gas exchange
- Shortness of breath
- Feeling of breathlessness
- Chest discomfort
- Tightness of the chest
- Increased respiratory frequency and depth
- Increased respiratory load
- Increased work of respiratory muscles
- Disturbed respiratory physiology
- Reduced lung function
- Impairments in lung function parameters
- Decreased oxygen intake
- Increased cardiorespiratory stress
- Impairments in cardiopulmonary capacity
- Rebreathing of carbon dioxide
- Increased rebreathing of the body's waste
- Increased inspiratory carbon dioxide levels
- Increased expiratory carbon dioxide levels
- Increased oxygen demand
- Increased oxygen consumption
- Impacted oxygen uptake
- Decreased oxygen saturation



- Increased physiological dead space, which is a larger amount of space in and around the body that does not exchange air and consequently may lead to significant problems as a result
- Reduced gas exchange volume available to the lungs in each breath
- Increased maximal inspiratory pressure
- Increased maximal voluntary ventilation
- Impeded gas exchange during exercise
- Increased retention of carbon dioxide in the lungs
- Hyperventilation, which is overly rapid or overly deep breathing
- Decreased ability to compensate for a lack of homeostasis through hyperventilation
- Hypoventilation, which is reduced intake of air into the lungs
- Respiratory distress
- Artificial inducement of COPD-like symptoms, which is chronic obstructive pulmonary disease, a chronic inflammation of the airways, causing restricted airflow
- Oxygen deprivation with effects on the heart, lungs, and brain
- Pneumonia, which is an infection of the air sacs of the lungs
- Aspiration pneumonia (Pulmonary aspiration is the inhalation of fluid or other substance into the lower lungs. Aspiration pneumonia is the infection and inflammation of air sacs as a result of pulmonary aspiration.)
- Passing out during exercise
- Irritation of the respiratory tract
- Airway inflammation
- Foreign bodies in the lungs
- Lung toxicity from inhaled graphene and other particles contained within face masks,
- Inhaled mask polypropylene fibers and other fibers contained within face masks,
- Sub pleural ground glass opacities due to inhaled mask fibers (While ground glass opacities are indicated in many diseases and conditions, they are hardly as awful as their name would suggest. Their name comes from the hazy look of sandblasted glass. Ground glass opacities (GGO) is merely another way to say hazy images on a chest x-ray or CT scan. The presence of ground glass opacities indicates increased density in lung tissue.)
- Self-contamination
- Clinically relevant fungal, bacterial, and viral infections
- Abscesses in lung tissue
- Increased lower respiratory tract infections caused by the deep seeding of oropharyngeal flora
- Aspergillosis, which is the inhalation of fungal fibers that gather as fungal balls in the lungs
- Inhalation of mold and bacterial colonies living on the surface of masks
- Fibrous thickening of the peribronchiolar interstitium, which is the space around the air sacs of the lungs
- Bronchopulmonary diseases from inhaled synthetic fibers such as:



- Asthma
- Alveolitis, which is inflammation of the air sacs of the lungs
- Chronic bronchitis, which is the inflammation of the lining of the bronchial tubes; the bronchial tubes being how air is carried to and from the lungs,
- Bronchiectasis, which is abnormal widening of the bronchi, their branches, causing an additional risk of infection
- Spontaneous pneumothorax, which is sudden collapsed lung without any apparent cause
- Chronic pneumonia
- Granulomas, which are masses of tissue produced in response to the presence of an infection or foreign substance
- Pulmonary fibrosis
- Mask induced rhinitis, which is swelling of the mucous membrane of the nose
- Increased disease transmission due to the nebulizer effect, which is a phenomenon caused by the wearing of mask, in which the mask wearer pushes more fine particles further out from the mask wearer than a non-mask wearer would
- Pulmonary hypertension, which is abnormally high blood pressure in the blood vessels that support the lungs
- Aggravation of exercise induced asthma
- Bacterial-induced chronic airway inflammation
- Increased risk of severe respiratory failure
- Immotile cilia syndrome caused by humidity and temperature in the upper airway (Cilia is a hair-like structure lining the airways that serves several functions, among that helping to clear the lungs of matter. Immotile cilia lead to disturbance in the clearing of the lungs)

### Heart

- Increased heart rate
- Reduced cardiopulmonary capacity
- Lower maximum blood lactation response, which is an indicator of reduced cardiopulmonary capacity
- Mask-induced latent increase in blood gas carbon dioxide levels (toward hypercapnia),
- Increase in carbon dioxide retention
- Increased carbon dioxide blood content
- Increased transcutaneous carbon dioxide, which is carbon dioxide levels measured through the skin
- Rapid onset of toxic effects due to the easy uptake of carbon dioxide in the blood and the rapid diffusion into bodily tissue
- Mask-induced latent drop in blood gas oxygen levels (toward hypoxia)
- Decreased oxygen availability
- Decreased oxygen saturation of the blood
- Decreased blood oxygen partial pressure





- Hypercapnia, which is abnormally high carbon dioxide in the blood
- Including acute (sudden) hypercapnia
- Hypoxia, which is abnormally low oxygen in the blood
- Hypercapnic hypoxemia, which is abnormally low oxygen in the blood at the same time as abnormally high carbon dioxide in the blood
- Increased blood acidity
- Increased lactate concentration
- Increased acidic environment
- Acidosis
- Cardiac overload
- Endothelial dysfunction, which is impaired function of the lining of the blood vessels, an early stage of arteriosclerosis in which the endothelium, the lining of the blood vessels, stops working properly and may cause significant symptoms
- Increased blood pressure
- Increase in systolic blood pressure
- Hypertension, which is abnormally high blood pressure
- Hypotension, which is abnormally low blood pressure
- Vascular damage, which is damage to the arteries and/or veins
- Cardiovascular disease, which is disease of the heart and circulatory system
- Increased heart attack risk
- Increased stroke risk
- Serious arrhythmia, which is an irregular or abnormal rhythm of the heart
- Cardiac dysfunction
- Right or left ventricular dysfunction, which is improper functioning of the portion of the heart that is largely responsible for pumping blood
- Pericarditis, which is swelling or irritation of the saclike tissue around the heart, the pericardium
- Myocardial ischemia, which is reduced blood flow to the heart, preventing the heart muscle from receiving enough oxygen
- Arteriosclerosis, which is the hardening of the arteries
- Coronary heart disease, which is a disease affecting the major blood vessels that supply the heart
- Life threatening staph infections
- Bacteremia, which is bloodstream infection
- Sepsis, which is a condition in which the body's response to an infection damages the body
- Septic arthritis, which is joint trouble caused by the spread of an infection to a joint
- Irreversible fibrosis in heart tissue, which is a change in the heart tissue, leading to impaired performance of the heart



- Subacute bacterial endocarditis, which is an infection of the heart lining and valves that develops over a longer period of time than acute (sudden) bacterial endocarditis

### Kidneys

- Reduced renal blood flow
- Reduced renal function
- Reduced glomerular filtration rate, which is the amount of blood that passes through the filters of the kidneys each minute a reduced rate is an indication of reduced kidney function
- Renal overload
- Generalized nephritis, which is inflammation of the kidneys
- Flares of toxins in the body

### Head

- Headaches
- Exacerbation of pre-existing headache disorders
- De novo PPE-associated headaches (PPE is personal protective equipment, such as face masks, N95 respirators, face shields, and other items; de novo, in this specific usage, refers to a headache that did not exist prior to the introduction of PPE and therefore provide a stronger indication that the introduced PPE is a cause of the headache.)
- Migraine headaches
- Irritation of cervical nerves in the neck and head by mask straps
- Lightheadedness
- Insomnia
- Drowsiness, which is qualitative neurological deficits
- Dizziness
- Syncope, which is the inability to maintain sufficient blood pressure to allow the brain to properly function, thereby increasing the risk of falling
- Triggers cerebral ischemia, which is the reduction of blood flow to the brain, thereby reducing the amount of oxygen available to brain tissue
- Seizures
- Increased brain volume
- Decrease in cerebrospinal fluid spaces
- Increased intracranial pressure (Generally speaking, as the brain enlarges, pressure on the skull increases.)
- Increased vasodilation in the central nervous system
- Increase in cerebral artery flow
- Decreased pulsation of blood vessels in the central nervous system
- Damage to blood vessels that supply the brain
- Decreased cerebral perfusion (Perfusion is the act of pumping blood through the body, cerebral perfusion is the movement of blood and thereby oxygen through the tissue of the brain.)



- Deterioration of the hippocampus, which is a particularly oxygen-sensitive portion of the brain
- Degeneration of the brain due to reduced oxygen
- Neurodegenerative disease
- Alzheimer's disease
- Meningitis, which is inflammation of the fluid and membranes around the brain and spinal cord
- Autoimmune encephalitis such as basal ganglia encephalitis and pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections, which is also known as PANDAS

#### Face

- Obstructs flow of blood vessels in the face
- Obstructs flow of lymph in the face

#### Skin

- Moisture retention
- The sensation of dampness
- The sensation of heat
- Impacted microclimates of the face
- Flushing
- Impacted pH value of skin
- Skin breakdown
- Erythematous, which is the reddening of the skin due to damage of superficial capillaries
- Increased fluid loss through the skin epithelium
- Increased sebum production (Sebum is a Latin word for grease, and refers to the oil created by the sebaceous glands, specifically on the face, in this example.)
- Altered skin flora
- Hypersensitivity to ingredients of industrially manufactured masks
- Impaired skin barrier function
- Increased skin susceptibility to acne and infection
- Redness
- Rash
- Mask associated skin irritation
- Local acne
- Staph infections
- Itching
- Urticaria, which is another word for hives red, itchy welts on the skin
- Contact dermatitis
- Contact eczema
- Increased disease transmission due to poor hygiene practices around face masks



### Eyes

- Impaired field of vision
- Mask-associated ocular irritation
- Increased dry eye symptoms
- The fogging up of glasses

### Ears

- The angulation of the outer ear
- Permanently disfigured growth of cartilage of the outer ear
- Auricular chondritis, which is painful inflammation of the cartilage of the ear
- Under-developed auricular cartilage
- Mechanical skin lesions
- Painful lesions of the retro auricular skin (The auricle of the ear is the external portion of the ear; retro auricular skin refers to skin on the back side of the ears or behind the ears.)
- Permanent hyperpigmentation (Mask pressure against the skin causes dark marks in the places of pressure as the skin becomes damaged and heals repeatedly.)

### Nose

- Itching and swelling of mucous membranes, which are the lining of surfaces in the nose and other parts of the body that come in contact with the air and contain cells that produce mucus
- Mucosal irritation of the nose
- Increased nasal secretion

### Mouth

- Mouth-breathing
- Mouth dryness
- Reduced saliva
- Oral dysbiosis, which is a harmful imbalance of the microflora of the oral cavity
- Halitosis, which is bad breath
- Seriously sour breath
- A newly identified condition known as “maskmouth,” in which many of the conditions in this section occur simultaneously, seemingly caused by face mask wearing
- Decaying teeth
- Dental caries, which are more commonly known as cavities
- Mask-induced dental problems
- Receding gum lines
- Gum disease
- Gingivitis, which is inflammation of the gingiva, the lining of the gums around the base of the teeth
- Cheilitis, which is inflammation of the lips
- Angular cheilitis, which is the breaking down of skin at the corners of the mouth
- Cracking and sores at the corner of mouth,



- Increased risk of Group A Streptococcus infections
- Candidiasis of the mouth, which is fungal infestation of the mucous membranes with *Candida albicans*
- Periodontal disease, which is illness of the support structure around the teeth
- Superficial and relatively harmless pathogens in the oral flora are caused to be harmful when they access deeper tissues and the blood
- Impaired vocal cord coordination
- Aggravation of facial trauma
- Harm to oral and maxillofacial surgery patients (The maxilla is the upper jaw; oral and maxillofacial surgery is surgery of the mouth, bones of the mouth, and face, and may extended into other portions of the head.)

#### Communication

- Slurred speech
- Acoustic filtering of speech, making speech sound softer, mumbled, muffled, or otherwise harder to hear
- Filter and dull acoustic communication
- Limit facial recognition
- Positive emotions become less recognizable
- Suppression of emotional signals
- Erase positive effects of smiles and laughter
- Increase the likelihood of misunderstanding
- Block emotional signaling
- Disrupt human communication, both verbal and non-verbal
- Negative emotions are amplified
- Reduction of comprehension of outward emotional displays
- Reduction in empathy perception
- Disrupt social interaction
- Disruption of doctor-patient relationship
- Bonding between teachers and learners is reduced
- Interference with pedagogy
- Increased alienation of the deaf and hard of hearing
- Increased stress upon the hearing impaired
- Increased stress upon the mentally impaired
- Reduced social cohesion
- Reduced group cohesion
- Increased stress-related illnesses
- Hinders a baby's acquisition of speech and language
- Increased feelings of isolation
- Social withdrawal



- Increased peer pressure encouraging the wearing of a face mask beyond the recognition of harmful symptoms
- Provokes excessively loud speech
- Triggering new voice disorders
- Increased risk of voice disorder
- Compromise of the pressure gradients required for undisturbed speech
- Increased aerosol production during speech, which leads to increased spread of pathogens

#### Immunity

- Partial immunosuppression or reduced immune response
- Increased predisposition for viral, fungal, and bacterial illness
- Increased rhinovirus infections
- Increased risk of disease transmission
- Immune-mediated inflammatory disorders, more commonly known as auto-immune diseases, which include rheumatoid arthritis, systemic lupus, Sjogren's syndrome, along with many others

#### Cancer

- Promotes the growth, invasion, and spread of cancer
- Poorer survival rates in patients with cancer
- Poorer clinical outcomes

#### Body

- PPE-associated discomfort
- Mild pain
- Nausea
- Vomiting
- Fatigue
- Vertigo, which is a sensation of whirling and loss of balance
- Exhaustion
- Drowsiness
- Increased stress hormone levels, which include adrenaline, noradrenaline, and cortisol
- Increased muscle tension
- Impacted working methods
- Malaise with chest pain
- Increased danger of heat stroke
- Increased likelihood that heat will amass in the body
- Increased likelihood that the body will not be able to properly cool itself
- Mask induced thermal stress
- Increased risk of thermal shock
- Increased risk of dehydration
- Impacted homeostasis



- Slowed maximum speed of movement
- Inability to recognize the signs of dehydration
- Psycho-vegetative stress reactions
- Impacted physical workload
- Impacted maximum power output
- Impacted exercise capacity
- Impacted pace of work
- Muscular weakness
- Impact on fast-twitch muscle fiber size
- Muscle damage
- Greater difficulty exercising
- High fever
- Impacted metabolic rate
- Increased leptin release
- Increased harm from caffeinated drinks and other diuretics
- Health deterioration
- Oxidative stress
- Intoxication, which is the poisoning of the body with a toxin, often to the point of impaired physical or mental control
- Increased inflammatory substances such as C-reactive protein (An increase of these substances in the body indicates a higher level of inflammation in the body. Inflammation is a swelling or some other immune reaction of the body and indicates a problem.)
- Increased cell acidity
- Increased noradrenergic stress response (Involving the hormone norepinephrine also called noradrenaline. This hormone and neurotransmitter mobilizes the body to act and is associated with the fight or flight response and survival adaptation as well as stress in general. It is common for norepinephrine levels to be low when the body is at rest and a person is at ease.)
- Increased rate of infection caused by exercising in a face mask
- Increased use of medication
- Toxic shock syndrome
- Atopic predisposition, which is an allergy tendency
- Increased rate of hospitalization
- Sudden death during exercise
- Altered metabolism
- Increased metabolic stress
- Self-induced illness
- Buildup of pathogenic (disease-causing) bacteria



- Epithelial damage, which is damage to the outer layer of cells lining the surface of the body, both internal and external
- Reduced participation
- Increased symptoms of sleep apnea
- Increased rates of sleep apnea
- Autonomic dysfunction
- Increased likelihood of wound infection when worn by a surgeon
- Chronic inflammation
- Accelerated aging process
- Premature mortality
- Diabetes
- Long-term disease relevant consequences
- Mask-Induced Exhaustion Syndrome (MIES)

### Thinking

- Impaired cognition
- Compromised cognitive performance
- Cognitive impairment, such as thinking impairments and coordination impairments
- Concentration problems
- Decreased IQ
- Reduced motoric abilities
- Impacts caretaker cognition and wellbeing, leading to a higher risk of harm to the individual receiving care
- Decrease in psycho-motoric skills, which include hand-eye coordination, playing an instrument, driving a car, or other actions in which several parts of the body are used in coordination with each other
- Reduced responsiveness
- Impaired thinking
- Suppressed anger
- Increase in psychosomatic illnesses
- Increased feelings of insecurity
- Panic reactions
- Anxiety
- Activation of fight or flight response
- Increased fear
- Mood disturbances
- Disorientation
- Impacted feeling of well being
- Reduced self-determination
- Loss of autonomy





- Feeling of deprivation of freedom
- Self-suppression of own needs and concerns
- An inhibition to habitual actions such as eating, drinking, touching, scratching, and cleaning
- Subconscious, constant distraction
- Reduced attention
- Impacted individual skill
- Psychological impairment
- Failure to recognize hazards
- Mask-induced listlessness
- Avoidable accidents at work
- Impaired operation of automobiles and other machines
- Perception of discomfort
- Increased feelings of discouragement
- Mild depressive feelings
- Depression
- Exacerbation of paranoid schizophrenia symptoms
- Exacerbation of dementia symptoms
- Exacerbation of personality disorder symptoms
- Psychological impact on children
- Developmental impact on children
- Exacerbation of panic attack symptoms
- Exacerbation of panic disorder symptoms
- Inability to recognize a feeling of thirst
- Loss of consciousness
- Concentration disorders
- Trigger sympathetic stress response
- Depressive self-experience
- Lowered health-related self-care
- Effect on neurological diseases
- Narcotic action
- Neurological symptoms
- Confusion
- Increased feelings of numbness
- Syncope in the operating theater
- Reduced quality of medical care when worn by a care provider
- Mistakes and misunderstandings in the operating room
- Impacted postural stability (proprioception)
- Altered gait velocity



6. Masks violate religious freedom (Psalms 27-9) – a hidden face symbolizes broken relationship, disconnection, and excommunication  
<https://mechon-mamre.org/p/pt/pt2627.htm>  
<https://www.kingjamesbibleonline.org/Psalms-27-9/>