



## NOTICE OF HARM

**Children's Health Defense (CHD)-Nebraska Chapter is writing to advocate for the health of children—specifically to provide notice of the harms inflicted by mask mandates.** CHD represents the interests of millions world-wide and is engaged in education, establishing safeguards to prevent harm, and conducting litigation when children's health is violated. Our local group consists of a diverse cross-section of Nebraskans with wide-ranging backgrounds and political and religious beliefs. What we have in common is our mutual concern for scientific integrity and for Nebraska youth.

Early in the pandemic, industrial hygienists—experts in chemical and biological hazard exposure, personal protective equipment (PPE), and warnings—identified that masks would be ineffective in preventing infection or transmission of COVID-19.<sup>1</sup> But this information has been heavily suppressed and actively censored. Stephen Petty, P.E., C.I.H., C.S.P., President of Engineering and Expert Services, Inc. pointed out that COVID-19 is transmitted via aerosols one-tenth-of-a micron in size (1000 times smaller in diameter than the cross-section of a human hair), which can stay suspended in the air for days.<sup>2 3</sup> Although surgical and cloth masks can function as splash guards for comparatively large droplets, they are not designated as PPE and thus cannot protect lungs from aerosolized viral particles. COVID-19 aerosolized particles easily enter through mask material and via inherent mask gaps.<sup>4</sup> Petty calculated that using a cloth or surgical mask to stop aerosolized COVID-19 particles would be like using a soccer net to stop a gnat.<sup>5</sup>

Protecting lungs from aerosolized particles requires PPE such as an N95 respirator,<sup>6</sup> but N95s must meet OSHA's Respiratory Protection Standard (29 CFR 1910.134) requirements including medical exams, fit testing, and training.<sup>7</sup> Recommending N95s without meeting OSHA requirements violates OSHA regulations and would likely result in misfit, misuse, and inadequate protection.

Additionally, masks have proven to be unsafe. In "More than 150 Comparative Studies and Articles on Mask Ineffectiveness and Harms," neurological and physical harms ranging from fatigue to death are identified.<sup>8</sup> Research indicating a correlation between mask wearing and mortality encompassed data from 35 countries and 602 million people.<sup>9</sup> The higher mortality has been attributed to the Fögen effect—the reinhalation of hypercondensed droplets of pure virions in the mask moisture.<sup>10</sup> The relationship between mask moisture (as well as poor filtration) and infection is supported by research prior to COVID-19.<sup>11</sup>

Wearing masks or N95 respirators can cause oxygen desaturation and hypercarbia (increased levels of carbon dioxide) resulting in fatigue, headaches, and other symptoms referred to as Mask-Induced Exhaustion Syndrome (MIES).<sup>12</sup> N95 respirators pose a special concern with more severe symptoms.<sup>13</sup> Lung infiltration has also been associated with mask wearing.<sup>14</sup> In a study assessing lung tissue samples of British citizens, microplastics, which do not break down, were found in the majority of participants with polypropylene (the material used to make surgical face masks) being the most prevalent.<sup>15 16 17</sup>

Neurological harm encompasses developmental, psychological, and cognitive damage. Decreased oxygen and elevated carbon dioxide levels from all masks impair thinking and concentration and can cause thought disorders and panic attacks.<sup>18</sup> Developmental delays in language and social skills due to facial coverings have been found.<sup>19 20</sup> Overall, the environmental changes associated with the COVID-19 pandemic are significantly and negatively affecting infant and child development with reductions in cognitive function and performance.<sup>21</sup> The CDC is trying to normalize this by readjusting multiple childhood milestones making them later. As of February 2022, a "normal" child will now be expected to have learned 50 words at 30 months rather than 24 months.<sup>22 23</sup>

Given the increasing number of studies indicating the significant risks and lack of benefits associated with mask wearing, CHD-Nebraska Chapter believes it is time to stop promoting practices that endanger our children's health and to put the interests of Nebraska youth before those of the CDC—a government agency riddled with conflicts of interest. (The CDC Foundation has received \$79.6 million dollars from corporations like Pfizer, Biogen, and Merck between 2014-2018 alone.<sup>24</sup>)

While aligning with CDC guidance has been a stipulation in educational funds, some districts have accepted funds and mismanaged them with taxpayers paying the difference. There are districts who have accepted funds and made masks optional and others who have voted not to participate in these funds at all. Students and their families should not be forced to decide between physical and/or neurological harm or leaving public school. The people are fighting back against the overreach, corruption, and censorship, and it is just a matter of time before mask damages result in lawsuits. There is no color on the COVID-19 risk dial that justifies damaging children with harmful and ineffective mask mandates. Where there is risk there must be choice.

Sincerely,  
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## ENDNOTES

URLs Retrieved 8/15/2022

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<sup>1</sup> Bryan, J. (2021, April 6). *Masks do nothing to stop the spread of COVID and are harming children*. The Civil Rights Lawyer. <https://thecivilrightslawyer.com/2021/04/06/masks-do-nothing-to-stop-the-spread-of-covid-and-are-harming-children/>

<sup>2</sup> Petty, S. E. (n.d.). *Concepts of Industrial Hygiene Exposure / PPE / Warnings Applied to COVID-19 & Masks*. 57.

<sup>3</sup> Ibid.

<sup>4</sup> Ibid.

<sup>5</sup> Petty, S. (n.d.). *Spreadsheet: Examples of Size of Virus*.

<sup>6</sup> Petty, S. E. (n.d.). *Concepts of Industrial Hygiene Exposure / PPE / Warnings Applied to COVID-19 & Masks*. 57.

<sup>7</sup> Occupational Safety and Health Administration. (n.d.). 1910.134—Respiratory protection. | Occupational Safety and Health Administration. Retrieved August 9, 2022, from <https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.134>

<sup>8</sup> Alexander, P. E. (2021, December 20). *More than 150 Comparative Studies and Articles on Mask Ineffectiveness and Harms* ★ Brownstone Institute. Brownstone Institute. <https://brownstone.org/articles/more-than-150-comparative-studies-and-articles-on-mask-ineffectiveness-and-harms/>

<sup>9</sup> Rabinovitz, Y. (2022, May 1). *New study: Face mask usage correlates with higher death rates*. Israel National News. <https://www.israelnationalnews.com/news/326734>

<sup>10</sup> Fögen, Z. (2022a). The Foegen effect: A mechanism by which facemasks contribute to the COVID-19 case fatality rate. *Medicine*, 101(7), e28924. <https://doi.org/10.1097/MD.00000000000028924>

<sup>11</sup> MacIntyre, C. R., Seale, H., Dung, T. C., Hien, N. T., Nga, P. T., Chughtai, A. A., Rahman, B., Dwyer, D. E., & Wang, Q. (2015). A cluster randomised trial of cloth masks compared with medical masks in healthcare workers. *BMJ Open*, 5(4), e006577. <https://doi.org/10.1136/bmjopen-2014-006577>

<sup>12</sup> Kisielinski, K., Giboni, P., Prescher, A., Klosterhalfen, B., Graessel, D., Funken, S., Kempinski, O., & Hirsch, O. (2021). Is a Mask That Covers the Mouth and Nose Free from Undesirable Side Effects in Everyday Use and Free of Potential Hazards? *International Journal of Environmental Research and Public Health*, 18(8), 4344. <https://doi.org/10.3390/ijerph18084344>

<sup>13</sup> Ibid.

<sup>14</sup> Jenner, L. C., Rotchell, J. M., Bennett, R. T., Cowen, M., Tentzeris, V., & Sadofsky, L. R. (2022). Detection of microplastics in human lung tissue using µFTIR spectroscopy. *Science of The Total Environment*, 831, 154907. <https://doi.org/10.1016/j.scitotenv.2022.154907>

<sup>15</sup> Ibid.

<sup>16</sup> Law, B. D., Bunn, W. B., & Hesterberg, T. W. (1990). Solubility of Polymeric Organic Fibers and Manmade Vitreous Fibers in Gamble's Solution. *Inhalation Toxicology*, 2(4), 321–339. <https://doi.org/10.3109/08958379009145261>

<sup>17</sup> Jenner, L. C., Rotchell, J. M., Bennett, R. T., Cowen, M., Tentzeris, V., & Sadofsky, L. R. (2022). Detection of microplastics in human lung tissue using µFTIR spectroscopy. *Science of The Total Environment*, 831, 154907. <https://doi.org/10.1016/j.scitotenv.2022.154907>

<sup>18</sup> Kisielinski, K., Giboni, P., Prescher, A., Klosterhalfen, B., Graessel, D., Funken, S., Kempinski, O., & Hirsch, O. (2021). Is a Mask That Covers the Mouth and Nose Free from Undesirable Side Effects in Everyday Use and Free of Potential Hazards? *International Journal of Environmental Research and Public Health*, 18(8), 4344. <https://doi.org/10.3390/ijerph18084344>

<sup>19</sup> Gori, M., Schiatti, L., & Amadeo, M. B. (2021). Masking Emotions: Face Masks Impair How We Read Emotions. *Frontiers in Psychology*, 12. <https://www.frontiersin.org/articles/10.3389/fpsyg.2021.669432>

<sup>20</sup> Walsh, V. (2021, September 1). *Masking young children in school harms language acquisition—American Thinker*. [https://www.americanthinker.com/blog/2021/09/masking\\_young\\_children\\_in\\_school\\_harms\\_language\\_acquisition.html](https://www.americanthinker.com/blog/2021/09/masking_young_children_in_school_harms_language_acquisition.html)

<sup>21</sup> Deoni, S. C., Beauchemin, J., Volpe, A., D'Sa, V., & the RESONANCE Consortium. (2021). *Impact of the COVID-19 Pandemic on Early Child Cognitive Development: Initial Findings in a Longitudinal Observational Study of Child Health* [Preprint]. Pediatrics.

<sup>22</sup> "CDC's Developmental Milestones Checklist," CDC (updated: Feb. 2022), [https://www.cdc.gov/ncbddd/actearly/pdf/FULL-LIST-CDC\\_LTSAE-Checklists2021\\_Eng\\_FNL2\\_508.pdf](https://www.cdc.gov/ncbddd/actearly/pdf/FULL-LIST-CDC_LTSAE-Checklists2021_Eng_FNL2_508.pdf).

<sup>23</sup> Schering, S. (2022). *CDC, AAP update developmental milestones for surveillance program*. <https://publications.aap.org/aapnews/news/19554/CDC-AAP-update-developmental-milestones-for>

<sup>24</sup> Garber, J. (2019, November 6). CDC "disclaimers" hide financial conflicts of interest. *Lown Institute*. <https://lowninstitute.org/cdc-disclaimers-hide-financial-conflicts-of-interest/>