

A Note On Face Masks

Few people (whether during the alleged pandemic or subsequently) seem to have visited the Government's webpages to ascertain for themselves the situation concerning the wearing of face masks; simply assuming that (a) the only exemption was a medical one, and that (b) anyone had, or has, the right to judge whether or not their fellow countrymen had, or has, a medical exemption.

Regarding point (b): everyone's medical status is a private matter between themselves and their doctor, so no-one is in a position to judge the medical exemption status of another.

Regarding point (a): The Government's ***Health Protection Regulations 2020*** mandated that face masks were/are not required to be worn if a person had/has a "*reasonable excuse*" for not wearing one. Regulations 4(1)(a)(ii) / 4(1)(c) stated:

“(a) [T]he circumstances in which a person ('P') has a reasonable excuse include those where – P cannot put on, wear ... a face covering ... (ii) without severe distress / (c) **to avoid harm ... to themselves or others**” [*Health Protection Regulations 2020, (my emphasis)*].

The other main Government webpage giving guidance for face masks, said the following:

“Some people are less able to wear face coverings, and the reasons for this may not be visible to others. This includes (but is not limited to): ... where putting on, wearing or removing a face covering will cause you severe distress ... to avoid harm ... or the risk of harm ... to yourself or others” [Govt webpage: *Guidance: Face Coverings: When to Wear One, Exemptions, How to Make Your Own, 22 April 2021*].

“[Y]ou do not need to seek advice or request a letter from a medical professional about your reason for not wearing a face covering” [Govt webpage: *Guidance: Face Coverings, 22 April 2021*].

“No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face covering” [Govt webpage: *Guidance: Face Coverings (date?)*, accessed October 2020].

If you are able to peruse the numerous articles, videos, quotes and comments on my webpages discussing face masks, you will see that, in fact, (and in accordance with the established medical principle "*first, do no harm*" [**General Medical Council and Medical Schools Council, 2015**]), everyone has very sound physical health, mental health, scientific, political, psychological, and spiritual reasons for *not* donning face masks. And, according to the UK Medical Freedom Alliance,

“Face masks are a medical intervention, with risks associated, so should be subject to the same requirement for informed consent and right to refuse as all other medical treatments” [UKMFA, *Open Letter to Rt Hon Boris Johnson, [et al], 18 February 2021*].

As I have said elsewhere, if anyone had/has a witness to wear a face mask; and was/is not just doing so to please men or to keep the peace, or through fear rather than personal conviction, or through coercion from any third party, then obviously they were/are free to wear one.

Regarding exemption cards:

“[Y]ou do not routinely need to show any written evidence of this; you do not need to show an exemption card ... Carrying an exemption card or badge is a personal choice and is not required by law” [Govt webpage: *Guidance: Face Coverings*, 22 April 2021].

The covid narrative was (and may yet be again) beamed into homes without let-up for months and months for one reason only: to *influence* people; and it has been nigh impossible for many folks to withstand the relentless bombardment of fear propaganda, psychological manipulation, contradictory diktats, and general demoralising confusion, to step back and to have the wherewithal to research other sources of information for themselves.

Nevertheless, in a court of law, if justice is to be done, then the evidence for both the prosecution *and* the defence must be equally read, considered, and weighed. Likewise for establishing the truth about all things Covid; it is not just the evidence *for* the narrative: Government, SAGE, corporate media, that must be heard but also the evidence *against* the narrative: non-Governmental medical and scientific experts, investigative journalists and critics, etc. (Please let us not deceive ourselves into thinking that the evidences of thousands of expert scientists, doctors, medics, lawyers, and researchers world-wide *haven't* been unscientifically and undemocratically censored, demonised, and silenced throughout.)

And to do that, we need to have *all* the evidence at our disposal; not just that for one side.

Please think of my webpages concerning masks as a 'library'; they include articles and comments from very many highly experienced, professional medics, scientists, and others who have researched this subject in great detail and who discuss a vast amount of extremely relevant and important information hitherto ignored, or even deliberately suppressed, by the mainstream narrative on the wearing of face masks for the prevention of transmission of SARS-CoV-2.

May you be greatly blessed by your consideration of these sources.

Elizabeth McDonald,
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