

## HB 1323 Limitations on Mask Requirements

Rena Rustad testimony, District 4

Good morning committee members, thank you for reading my testimony. I urge a **Do Pass** out of committee for this bill and here is why:



(Used with permission from Visual Capitalist)

<https://www.visualcapitalist.com/visualizing-relative-size-of-particles/>

Pandemic	Death Toll by % of Population	Year of Population Estimate
Black Death	51.0%	1300
Plague of Justinian	19.1%	500
Smallpox	12.1%	1500
Antonine Plague	2.6%	200
Spanish Flu	2.5%	1919
The Third Plague	1.0%	1850
HIV/AIDS	0.7%	1981
COVID-19	0.03%	2021 of March 15)

1. Particle Size: As you notice the size of the Coronavirus particle is smaller than smoke particles. How many times have you walked out of a business or other situation where you smell cigarette smoke (or other odors) – with your face mask on? How did that happen? Didn't the mask stop it? Why? If your mask can't filter out the smoke, it can't filter out the Coronavirus particle either. The pore size of the mass manufactured masks are like "a barn-door." (Quoted from Dr. Byrum Brindle, Viral Immunologist, University of Guelph, Canada)

When I googled PPE for Level 3 pathogen (Coronavirus level) this is one of the masks that came up for shopping:



This mask might keep out those particles, but only if you never broke the face seal, and only after it was fitted properly to your face. I personally know about this type of mask as I used to wear a similar one in my manufacturing shop.

2. Masks don't work for stopping viruses: As quoted from the ND Vaccination Plan on page 75:

“– Masking appears to be at least somewhat effective in limiting the droplet spread of a person who is sneezing or coughing, even if its effectiveness at preventing another person from inhaling the droplets is less clear.”

This states masks only “somewhat” work and only if a person is sneezing or coughing. **(not breathing normally)** How many times have you seen or heard a person sneeze or cough into their mask? So why should people that are not sneezing or coughing wear a mask? Perhaps the sick people who have to go out should be the ones masked, that would make more sense rather than masking healthy people, especially people who have already had the Coronavirus Sars Cov2 and have antibodies.

3. What if the masks are making you sick? Here is an article from our neighbors in Canada who issued masks and made people sick just in March, 2021.

<https://montreal.ctvnews.ca/i-just-now-feel-a-bit-betrayed-quebec-teachers-and-parents-respond-after-potentially-toxic-masks-pulled-1.5364638>

4. Masks spread disease: <https://doi.org/10.7326?M20-1342> Swine flu and coronaviruses caused the SARS and MERS pandemics. Asian people and others wore surgical or homemade cotton masks to protect themselves. This created an illusion of protection. Surgical facemasks are designed to be discarded after single use, after continued wear, they become moist and porous and no longer protect. Experiments have shown (referenced above) that surgical and cotton masks do NOT trap the Sars Cov2 virus, which can be detected on the outer surface of the masks for up to 7 days. People touch their masks often, spreading the virus.

I've watched people in committee, in restaurants, in grocery stores, etc. continually touch and move their face masks around to speak, to eat, etc. Again, a false sense of security. If that mask wasn't on their face, they wouldn't be touching it.

No state or local elected official, the state, or political subdivision of the state should be able to mandate that I have to wear a covering over my face. Once again, protect our individual rights and vote Do Pass on this bill.

I and my doctor know what's best for me, let us decide as individuals. Just as those one-size-fits-all shirts don't fit everyone, allowing officials to mandate masks for all situations is not in the best interest of all either.