

Jennifer L. Krouche

Commissioner of Pinellas County,

Please end the mask mandate for Pinellas County. Citizens should have the freedom to decide whether or not to wear masks based on information available and their personal beliefs.

Worldwide statistics show little difference between masked/unmasked, locked down and populations under no lock down. Meanwhile our community, business, schools and citizens are suffering. Mental health and our children's development is declining. These mandates are also causing divisiveness in our community and families.

If this choice is not given back to citizens, our only choice is to vote for commissioners who will as soon as possible. This kind of power should not be in the hands of a few. Government is to serve the people not to control them. Please lift this mandate! J. Krouche

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To the Pinellas County Board of County Commissioners,

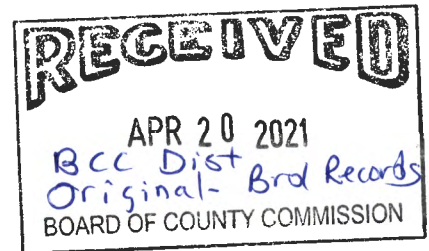
I am a concerned citizen.

I am sending two articles regarding the harm that is done to an individual by wearing a face covering. There are many more resources stating the same things. I would ask that you at least read these. Harm is being done to the citizens under your jurisdiction with the mask mandate.

You serve the public. Please do that.

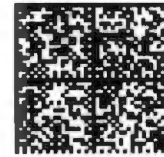
Respectfully,

Melinda C. Pearce



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Editor's Note: This is section 4 of Jim Meehan, MD, An Evidence Based Scientific Analysis of Why Masks are Ineffective, Unnecessary, and Harmful, 10 October 2020, meehanmd.com with the 17 points linked for direct access and sourcing.

Masks are Harmful: 17 Ways That Masks Can Cause Harm

As a physician and former medical journal editor, I've carefully read the scientific literature regarding the use of face masks to mitigate viral transmission. I believe the public health experts have community wearing of masks all wrong. Here are a few of the mechanisms by which medical masks can be harmful to their wearers and community wearing of face masks is a very bad idea:

Wearing masks for extended periods increased incidences of headaches and negatively affected work performance.

See Jonathan J.Y. Ong, et al., **Headaches Associated With Personal Protective Equipment – A Cross-Sectional Study Among Frontline Healthcare Workers During COVID-19**, *Headache, the Journal of Head and Face Pain* (May 2020). <https://headachejournal.onlinelibrary.wiley.com/doi/full/10.1111/head.13811>

- 1. Medical masks adversely affect respiratory physiology and function**
- 2. Medical masks lower oxygen levels in the blood**
- 3. Medical masks raise carbon dioxide levels in the blood**
- 4. SARS CoV-2 is armed with a “furin cleavage site” that makes it more pathogenic**
- 5. Medical masks trap exhaled viral (and other) pathogens in the mouth/mask interspace, increase viral/infectious load, and increase the severity of disease**
- 6. SARS CoV-2 Becomes More Dangerous When Blood Oxygen Levels Decline**
- 7. The furin cleavage site of SARS CoV-2 increases cellular invasion, especially during hypoxia (low blood oxygen levels)**
- 8. Cloth masks may increase the risk of contracting Covid-19 and other respiratory infections**
- 9. Wearing a face mask may give a false sense of security**

- 10. Masks compromise communications and reduce social distancing**
- 11. Untrained and inappropriate management of face masks**
- 12. Masks Worn Imperfectly Are Dangerous**
- 13. Masks collect and colonize viruses, bacteria, and mold**
- 14. Wearing a face mask makes the exhaled air (respiratory plumes) go into the eyes**
- 15. Contact tracing studies show that asymptomatic carrier transmission is very rare**
- 16. Face masks and stay at home orders prevent the development of herd immunity**
- 17. Face masks are dangerous and contraindicated for a large number of people with pre-existing medical conditions and disabilities**

1. Medical masks adversely affect respiratory physiology and function.

- **Masks inhibit air flow into and out of the lungs.**
 - For people with asthma, chronic obstructive pulmonary disease (COPD), and many other chronic lung diseases, face masks are intolerable to wear as they worsen breathlessness.[R]
- **Medical masks lower blood oxygen and raise carbon dioxide such that respiratory rate and depth of breaths are increased.[R]**
 - Decreasing oxygen and increasing carbon dioxide in the bloodstream stimulates a compensatory response in the respiratory centers of the brain. These changes in blood gases result in **increases in both frequency and depth of breaths.**
 - As masks increase both the frequency and depth of respirations (breaths), they increase the likelihood that each respiration will contain a larger amount of infectious viral particles. This may worsen the community transmission of CoVID-19 as infected people wearing masks exhale respiratory plumes loaded with greater levels of infectious viral particles. These infectious plumes readily move around the sides, bottom, and top of masks.
 - This may also increase the severity of CoVID-19 as the **increased tidal volume delivers the viral particles deeper into the lungs.**

- These effects are amplified if face masks are contaminated with the viruses, bacteria, or fungi that find their way or opportunistically grow in the warm, moist environment that medical masks quickly become.

2. Medical masks lower oxygen levels in the blood.[R]

Wearing a mask for more than a few minutes causes a significant reduction in a person's blood oxygen level.

- Beder, A., U. Büyükköçak, H. Sabuncuoğlu, Z. A. Keskil, and S. Keskil. 2008. "Preliminary Report on Surgical Mask Induced Deoxygenation during Major Surgery." *Neurocirugia* 19 (2): 121-26. DOI: 10.1016/s1130-1473(08)70235-5
 - This study of 53 surgeons evaluated the effect of surgical masks on oxygen saturation of hemoglobin in surgeons performing surgery.
 - The study revealed the surgeons experienced a significant decrease in the oxygen saturation of arterial pulsations (SpO₂) and a slight increase in pulse rates after one hour. The decrease was more prominent in the surgeons over the age of 35.
 - Given that **a small decrease in SpO₂ reflects a large decrease in partial pressure of oxygen in the arterial blood (PaO₂)**[R], the findings of this study suggests that surgical masks worn more than one hour may lower arterial oxygen enough to induce physiologically detrimental effects.
- Here are two cases of the tragic consequences of forcing children to wear masks: Two Chinese boys drop dead while wearing face masks during physical exercise classes.[R][R]

Two boys from two Chinese cities died of sudden cardiac arrest within a week. The first boy, 15, collapsed after jogging in PE class while wearing a face mask on April 24. The other boy, 14, reportedly died during a running exam while wearing a mask.

Why would healthy boys drop dead while wearing masks and running in gym class?! To answer this question, we must consider how mask induced deoxygenation and increased oxygen demands of heart muscle during exercise could have precipitated heart attacks in otherwise healthy teenagers:

- **Point #1:** Heart muscle needs oxygen to survive. And the harder the heart works, the more oxygen it requires. The American Heart Association says this about heart attacks:

- "Your **heart muscle needs oxygen to survive**. A heart attack occurs when the blood flow that brings **oxygen to the heart muscle is severely reduced** or cut off completely." [R]
- **Point #2:** Masks block air intake and decrease arterial oxygen.

Studies of masked individuals have shown that mask wear decreases arterial oxygen. For example, the effects of surgical masks worn by surgeons in the operating room (an environment in which the oxygen blocking effects of masks are minimized by the high air flow, increased oxygen levels, and cool temperature of the operating suite) during major surgery showed a significant decrease in arterial oxygen. [R]

The lesson here is that medical masks should not be worn during intense exercise. As described above and shown in the study of surgeons wearing surgical masks, medical masks block oxygen intake. Depriving the heart of oxygen while exercising, especially intense exercise, could precipitate an acute heart attack.

Any questions? Wait...there's more...

- Jogger's lung collapses after he ran for 2.5 miles while wearing a face mask [R]

Mr Zhang's left lung was punctured due to high pressure caused by running. The 26-year-old became breathless while jogging with a mask on in China. Doctors said his punctured lung was caused by jogging with a face covering. He is now in stable condition after undergoing an operation, the hospital said.

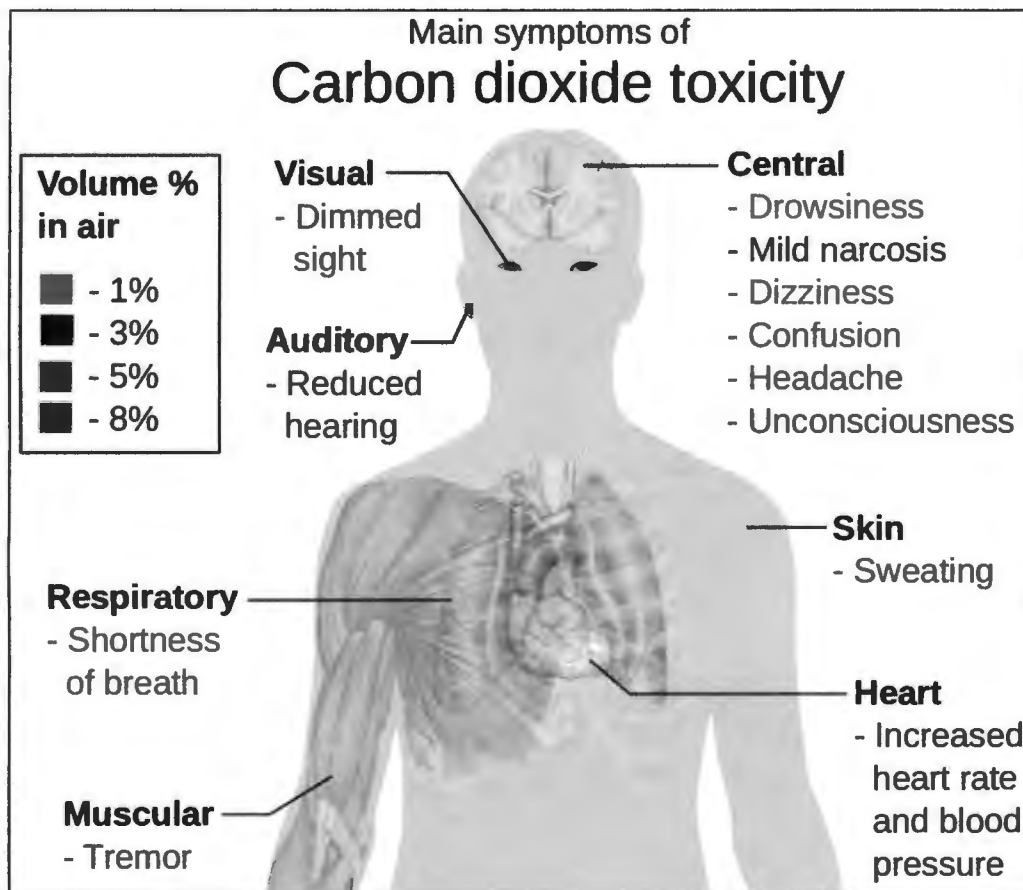
- Hypoxia increases the risk of blood clot formation. [R]
- Lowering arterial oxygen suppresses the immune system, thus increasing the susceptibility of mask wearers to infectious disease.

3. Medical masks raise carbon dioxide levels in the blood.

Although the body has robust mechanisms for mitigating transient and minor elevations of CO₂ in the air we breathe, these mechanisms can easily be overwhelmed by chronic exposure to significant elevations in CO₂, such as occurs with prolonged wearing of a medical mask.

- The science clearly demonstrates that **face masks cause carbon dioxide rebreathing and hypercapnia** [R]
 - Fletcher, S. J., M. Clark, and P. J. Stanley. 2006. "Carbon Dioxide Re-Breathing with Close Fitting Face Respirator Masks." *Anaesthesia* 61 (9):

- Exhaled air is rich in carbon dioxide, a waste product of cellular respiration.
- A portion of carbon dioxide previously exhaled is inspired (breathed) at each respiratory cycle.
- **Masks trap CO₂ rich respiratory exhalations at the mask-mouth interface, force re-breathing of CO₂ rich exhalations, raise carbon dioxide blood (CO₂) levels. [R]**



- Objective evidence demonstrating how masks increase blood carbon dioxide levels and negatively impact health and function.
 - **Transcranial Ultrasound Doppler (TCUD)** is a noninvasive means of assessing blood flow in the cerebral vasculature. The increase in carbon dioxide partial pressures (PCO₂) caused by medical masks can be assessed by TCUD.[R]
 - Elevation of PCO₂ causes vasodilation of the arteriolar channels leading to a decrease in peripheral vascular resistance. The decrease in peripheral vascular resistance is responsible for the changes in cerebrovascular circulation time, CBF, and the velocity of flow (V) in cerebral arteries.

- Medical masks force the wearer to inspire (re-breathe) air that is a mix of air from the local environment and the respiratory waste products from the mask wearer's previous exhalations.
 - Respiratory exhalations contain significantly higher levels of carbon dioxide (CO₂), one of the waste products of respiration.
 - The pulmonary system is designed to collect oxygen and remove CO₂ from the body. Masks trap CO₂ rich exhalations at the mask-mouth interface.
 - Changes in arterial PCO₂ considerably influence cranial blood flow (CBF).[R]
- Transcranial Ultrasound Doppler (TCUD) studies on masked and unmasked individuals demonstrate the changes in blood flow in the brain the result from the arterial CO₂ elevation that occurs within seconds of donning a mask.

This video demonstrates the use of TCUD and heart rate variability to measure the adverse effects of masking a healthy nine year old child:
<https://bit.ly/2GGQWiZ>

4. SARS CoV-2 is armed with a “furin cleavage site” that makes it more pathogenic.

- The furin cleavage site makes the virus more capable of invading human cells.
- The furin cleavage site makes the virus even more capable of invading cells when arterial oxygen levels decline.[R]
- Therefore, wearing a medical mask may increase the severity of CoVID-19.

5. Medical masks trap exhaled viral (and other) pathogens in the mouth/mask interspace, increase viral/infectious load, and increase the severity of disease.

- Face masks trap exhaled viral particles in the mouth/mask interspace. The trapped viral particles are prevented from removal from the airways. The mask wearer is then forced to re-breathe the viral particles, thus increasing infectious viral particles in the airways and lungs.
- In this way, surgical masks cause self-inoculation, increase viral load, and increase the severity of disease.
- Neurosurgeon, Russell Blaylock, MD, raises additional concerns:

“By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the lungs, olfactory nerves, and travel into

the brain.”[R]

- Face masks **trap exhaled viral particles** in the mouth/mask interspace.[R] The trapped viral particles are prevented from removal from the airways. The mask wearer is thus forced to **re-breathe** the viral particles, increasing infectious viral particles in the airways and lungs. In this way, Medical masks cause self-inoculation, increase viral load, and increase the severity of disease.
- Asymptomatic or mild cases of CoVID-19 become more severe when the infected is masked, oxygen lowers, viral load increases from particle re-breathing, and the disease **overwhelms the innate immune system**.
 - The main purpose of the innate immune response is to immediately prevent the spread and movement of foreign pathogens throughout the body.[R]
 - The innate immune system plays a crucial role in destroying the virus, preventing infection, or decreasing the viral load to decrease the severity of infection.
 - The innate immunity’s effectiveness is highly dependent on the viral load. If face masks increase viral particle re-breathing at the same time they create a humid habitat where SARS-CoV-2 remains actively infectious, the mask increases the viral load and can overwhelm the innate immune system.
- This trapping, re-breathing, and increasing pathogen load delivered to the lungs becomes dramatically more dangerous when the medical mask becomes contaminated with the opportunistic viruses, bacteria, and fungi that can grow in the warm, moist environment of the mask.
- “By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves and travel into the brain.” - Russell Blaylock, MD

6. SARS CoV-2 Becomes More Dangerous When Blood Oxygen Levels Decline

- Arterial oxygen desaturation is a critical issue in CoVID-19. The virus’ ability to infect cells is markedly enhanced by oxygen desaturation, which has been shown to occur even in the ideal operating room environment in which surgeons operate: high air flow/exchange systems, cool temperature, and higher room oxygen levels. when wearing a surgical mask.[R]
- One of the features that make SARS CoV-2 uniquely infectious is the “furin” sequence in the virus that activates increased ACE2 receptor attack and cellular invasion in low oxygen environments.[R]

Dr. Blaylock: Face Masks Pose Serious Risks To The Healthy – Hypoxia And Hypercapnia

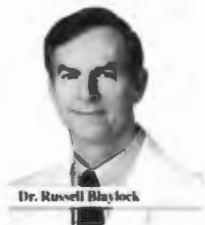
By Dr. Russell Blaylock, MD



By Guest Author

Last updated May 14, 2020

“By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves and travel into the brain.” — Russell Blaylock, MD



By Dr. Russell Blaylock, MD –

Researchers found that about a third of the workers developed headaches with use of the mask, most had preexisting headaches that were worsened by the mask wearing, and 60% required pain medications for relief. As to the cause of the headaches, while straps and pressure from the mask could be causative, the bulk of the evidence points toward hypoxia and/or hypercapnia as the cause. That is, a reduction in blood oxygenation (hypoxia) or an elevation in blood CO₂ (hypercapnia).

It is known that the N95 mask, if worn for hours, can reduce blood oxygenation as much as 20%, which can lead to a loss of consciousness, as happened to the hapless fellow driving around alone in his car wearing an N95 mask, causing him to pass out, and to crash his car and sustain injuries. I am sure that we have several cases of elderly individuals or any person with poor lung function passing out, hitting their head. This, of course, can lead to death.

A more recent study involving 159 healthcare workers aged 21 to 35 years of age found that 81% developed headaches from wearing a face mask. Some had pre-existing headaches that were precipitated by the masks. All felt like the headaches affected their work performance.

Unfortunately, no one is telling the frail elderly and those with lung diseases, such as COPD, emphysema or pulmonary fibrosis, of these dangers when wearing a facial mask of any kind—which can cause a severe worsening of lung function. This also includes lung cancer patients and people having had lung surgery, especially with partial resection or even the removal of a whole lung.

Fashion Fetishism, Surgical Masks and Coronavirus

The importance of these findings is that a drop in oxygen levels (hypoxia) is associated with an impairment in immunity. Studies have shown that hypoxia can inhibit the type of main immune cells used to fight viral infections called the CD4+ T-lymphocyte. This occurs because the hypoxia increases the level of a compound called hypoxia inducible factor-1 (HIF-1), which inhibits T-lymphocytes and stimulates a powerful immune inhibitor cell called the Tregs. This sets the stage for contracting any infection, including COVID-19 and making the consequences of that infection much graver. In essence, your mask may very well put you at an increased risk of infections and if so, having a much worse outcome.

People with cancer, especially if the cancer has spread, will be at a further risk from prolonged hypoxia as the cancer grows best in a microenvironment that is low in oxygen. Low oxygen also promotes inflammation which can promote the growth, invasion and spread of cancers. Repeated episodes of hypoxia have been proposed as a significant factor in atherosclerosis and hence increases all cardiovascular (heart attacks) and cerebrovascular (strokes) diseases.

There is another danger to wearing these masks on a daily basis, especially if worn for several hours. When a person is infected with a respiratory virus, they will expel some of the virus with each breath. If they are wearing a mask, especially an N95 mask or other tightly fitting mask, they will be constantly rebreathing the viruses, raising the concentration of the virus in the lungs and the nasal passages. We know that people who have the worst reactions to the coronavirus have the highest concentrations of the virus early on. And this leads to the deadly cytokine storm in a selected number.

It gets even more frightening. Newer evidence suggests that in some cases the virus can enter the brain. In most instances it enters the brain by way of the olfactory nerves (smell nerves), which connect directly with the area of the brain dealing with recent memory and memory consolidation. By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves and travel into the brain.”

*

Note to readers: please click the share buttons above or below. Forward this article to your email lists. Crosspost on your blog site, internet forums. etc.

Dr. Russell Blaylock, author of *The Blaylock Wellness Report* newsletter, is a nationally recognized board-certified neurosurgeon, health practitioner, author, and lecturer. He attended the Louisiana State University School of Medicine and completed his internship and neurological residency at the Medical University of South Carolina. For 26 years, practiced neurosurgery in addition to having a nutritional practice. He recently retired from his neurosurgical duties to devote his full attention to nutritional research. Dr. Blaylock has authored four books, *Excitotoxins: The Taste That Kills*, *Health and Nutrition Secrets That Can Save Your Life*, *Natural Strategies for Cancer Patients*, and his most recent work, *Cellular and Molecular Biology of Autism Spectrum Disorders*.

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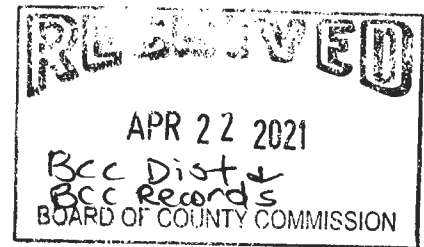


Guest Author 862 Posts 0

Comments

April 19, 2021

Board of Pinellas County Commissioners
315 Court Street
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Esteemed Commissioners,

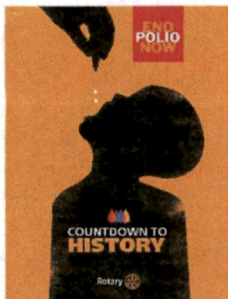
Attached is one woman's two-week documentation of the deplorable impact these sickening masks are having on our beach community. Not one of these face coverings is accomplishing anything towards stopping the spread of COVID19. They are all headed to the Gulf. The end to this pandemic depends on vaccination, not virtual signaling.

Pinellas County has done an outstanding job of distributing immunizations to its citizens and should be commended. That being said, please consider ending this overreaching, soul-sucking mask mandate. We do not understand the 3% or 5% goal the commission is striving towards, but if it means the entire community is being punished because there is a small anti-vaxxer segment of the population that continues to test positive for the virus, we believe it is time to reconsider your position. We are no longer in a "state of emergency". 5% positive of whatever you're measuring means 95% negative; hardly an emergency.

As a tax-paying, voting Pinellas County citizen, I implore you to comply with our Governor's executive order and please release us of from your oppressive face-covering mandate.

Very sincerely yours,

Susan Ann Smith
Rotary District 6890 Secretary 2020-2021



17817 Lee Ave.
Redington Shores, FL 33708
813-505-8051

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