

Tuesday, August 22, 2023

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TRUTH ABOUT MASKS



53



Surgical masks were used as torture tools at the notorious Guantanamo Bay detention camp in Cuba.

Last updated March 9, 2021.

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40 years of research showing mask ineffectiveness, harm to humans

The evidence is crystal clear: masks cannot and do not prevent the spread of communicable diseases and are essentially petri dishes that grow fungi and bacteria that you are breathing in all day while wearing said masks. Not to mention, masks are produced in squalid, unsanitary conditions around the world.

10%



00:00



Surgeons have long debated whether wearing masks was beneficial to them and their patients. The consensus is that masks are unnecessary and probably do more harm than good.

RELATED: [Mask Mouth – extended mask wearing leads to gum disease, tooth decay](#) (August 5, 2020)

COVID czar Dr. Anthony Fauci said in a March 8, 2020 interview on “60 Minutes” interview that “nobody should be wearing masks.”



00:00



He was right, based on well-established research from the medical industry. This list will expand. But here is the well-established science regarding masks, with the name of the scientific journals as headings.

DEATHS: **35,096** (as of April 7, 2023)

ADVERSE REACTIONS:

1,544,509 (as of April 7, 2023)

EudraVigilance (E.U.)

Latest Numbers:

DEATHS: **46,618** (as of July 16, 2022)

ADVERSE REACTIONS:

4,682,268(as of July 16, 2022)

RECENT COMMENTS

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Annals of the Royal College of Surgeons of England (1981)

The study by Dr. Neil WM Orr states at the very beginning, "No masks were worn in one operating theater for six months. There was no increase in the incidence of wound infection."

The study continues, "It would appear that minimum contamination can best be achieved by not wearing a mask at all" and that wearing a mask during surgery "is a standard procedure that could be abandoned. The conclusion is that the wearing of a mask has very little relevance to the well-being of patients undergoing routine general surgery and it is a standard practice that could be abandoned." [Read the full study here.](#)

World Journal of Surgery (1991)

The abstract of this study by Dr. Th. Göran Tunevall says it all: "It has never been shown that wearing surgical face masks decreases postoperative wound infections. On the contrary, a 50% decrease has been reported after omitting face masks. The present study was designed to reveal any 30% or greater difference in general surgery wound infection rates by using face masks or not."

The study concludes, "These results indicate that the use of face masks might be reconsidered. Masks may be used to protect the operating team from drops of infected blood and from airborne infections, but have not been proven to protect the patient operated by a healthy operating team." In other words, wearing masks in public do nothing to protect other people from you if you're sick. [Read the full study here.](#)

Anaesthesia and Intensive Care Medicine (2001)

Dr. Marcus W. Skinner and Dr. Brett A. Sutton conducted a meta-analysis. They searched the Medline database using the index terms "surgical mask," "anaesthetist," and "infection control." All original studies published in peer-reviewed journals in the English language were reviewed, with no restrictions on year of publication. Thirty-seven (37) suitable journal articles were obtained, reporting on altogether 44 studies published between 1905 and 2000.

The study concluded, "There is little evidence to suggest that the wearing of surgical face masks by staff in the operating theatre decreases postoperative wound infections. Published evidence indicates that postoperative wound infection rates are not significantly different in unmasked versus masked theatre staff. However, there is evidence indicating a significant reduction in post-operative wound infection rates when theatre staff are unmasked."

Finally, the study states, "A decision to eliminate masks would generate much discussion. The evidence for discontinuing the use of surgical face masks would appear to be stronger than the evidence available to support their continued use." [Read the full study here.](#)

Neurocirugía – Official Journal of the Spanish Society of Neurosurgery (2008)

Beder et al. set out to show "whether the surgeons' oxygen saturation of hemoglobin was affected by the surgical mask or not during major operations." Repeated measures, longitudinal and prospective observational

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studies were performed on 53 surgeons using a pulse oximeter pre and postoperatively.

The study revealed a decrease in the oxygen saturation of arterial pulsations (SpO₂) and a slight increase in pulse rates compared to preoperative values in all surgeon groups. The decrease was more prominent in the surgeons aged over 35. Pulse rates of the surgeons increase and SpO₂ decrease after the first hour. This early change in SpO₂ may be either due to the facial mask or the operational stress.

In other words, wearing masks probably decreases your blood oxygen levels after only one hour, and increases pulse rates. Imagine what is happening after 8+ hours wearing masks. Read the full study: [Postoperative wound infections and surgical face masks: A controlled study.](#)

- ▶ Technology
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Journal of the Royal Society of Medicine (2015)

Examination of the literature revealed much of the published work on the matter to be quite dated and often studies had poorly elucidated methodologies. As a result, we recommend caution in extrapolating their findings to contemporary surgical practice. However, overall there is a lack of substantial evidence to support claims that facemasks protect either patient or surgeon from infectious contamination. More rigorous contemporary research is needed to make a definitive comment on the effectiveness of surgical facemasks.

In the medical field where common practice can so easily become dogma, it is necessary to recognise the constant need to maintain a healthy skepticism towards established beliefs and to periodically re-evaluate and critically assess their scientific merit. [Read the full study here.](#)

BMC Infectious Disease (2019)

Note: *BMC Infectious Diseases* is an open access, peer-reviewed journal that considers articles on all aspects of the prevention, diagnosis and management of infectious and sexually transmitted diseases in humans, as well as related molecular genetics, pathophysiology, and epidemiology.

"Medical masks are commonly used in health care settings to protect healthcare workers (HCWs) from respiratory and other infections. Airborne respiratory pathogens may settle on the surface of used masks layers, resulting in contamination. The main aim of this study was to study the presence of viruses on the surface of medical masks."

"**Conclusion:** Respiratory pathogens on the outer surface of the used medical masks may result in self-contamination. The risk is higher with longer duration of mask use (> 6 h) and with higher rates of clinical contact. Protocols on duration of mask use should specify a maximum time of continuous use, and should consider guidance in high contact settings. Viruses were isolated from the upper sections of around 10% samples, but other sections of masks may also be contaminated. HCWs should be aware of these risks in order to protect themselves and people around them."

Read the full study: "[Contamination by respiratory viruses on outer surface of medical masks used by hospital healthcare workers.](#)"

Schwarz, Jenetzky, et al. (2020)

By 26.10.2020 the registry had been used by 20,353 people. In this publication we report the results from the parents, who entered data on a total of 25,930

children. The average wearing time of the mask was 270 minutes per day. Impairments caused by wearing the mask were reported by 68% of the parents. These included irritability (60%), headache (53%), difficulty concentrating (50%), less happiness (49%), reluctance to go to school/kindergarten (44%), malaise (42%) impaired learning (38%) and drowsiness or fatigue (37%). [See full study here.](#)

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53 COMMENTS

⚡ 🔥 Oldest ▼



Gary 2 years ago

lock him up!

👍 39 🗨️ Reply



GPL 2 years ago

🗨️ Reply to Gary

Yes! Fauci has harmed more people than Hitler and Stalin combined. Hell awaits this evil man.

👍 87 🗨️ Reply



MadMagyar 2 years ago

🗨️ Reply to GPL

... AND Mao, AND Pol Pot ... AND the Black Plague, AND the Spanish Flu, before it's over.

👍 24 🗨️ Reply



Jean Jessup 2 years ago

🗨️ Reply to GPL

And Mao. People all bring up Hitler all the time, but Stalin and Lenin killed over 60 million and Mao killed over 60 million.

👍 42 🗨️ Reply



Don McCullen 2 years ago

🗨️ Reply to Jean Jessup

They felt good after killing so many people. No different than using profanity and sexual pleasure. It just sends those good feelings up and down the body. Thus the need for Self Control

5 1 Reply



Karin Passmore 1 year ago

Reply to [Jean Jessup](#)

There is a reason for this. Who publishes magazines and books and owns the media? Who can you not criticize?

20 1 Reply



FedUpTickedOff 1 year ago

Reply to [Jean Jessup](#)

Stalin – “The **death of one man is a tragedy**, the **death** of millions is a statistic.”

8 1 Reply



Karin Passmore 1 year ago

Reply to [GPL](#)

Better that he shall publicly repent and encourage others to do the same.

2 1 Reply

40%



Ernie 2 years ago

I am a mask expert. I've designed, built, tested, mass produced, and used masks for over 40 years. They are useful and partially effective for what they are intended for. They do NOT work against viruses in general. N95 and higher have some effect- cloth and surgical masks don't even stop dust and smoke. I have permanent lung damage from fighting wildfires as a young man in a cloth mask.

Everyone who has ever actually used a mask knows what they are good for and why you NEVER wear them any longer than necessary. I've had bronchitis, pneumonia, and skin infections from wearing masks but it was worth it to not breathe the toxic chemicals and dusts I was working with. Simply put- MASKS DO NOT STOP VIRUSES.

188 1 Reply



Questionit21 2 years ago

Reply to [Ernie](#)

Ernie finally someone who knows how masks work and over 40 years would classify you as an expert for sure. There is an Editor at Cairnsnews has a blog titled 20-medical-reasons-face-masks-are-dangerous-and-dont-work, maybe can state in the comments their as have done here. There are more and more people seeing the real truth about Covid 19

28 1 Reply



Donna 1 year ago

Reply to [Questionit21](#)

Google will not show this article. I searched by your hyphenated title words. Duckduckgo search engine immediately returned the article. Google is a member of the Trusted News Initiative. It's goal is to control the news narrative everywhere. Search Trusted News Initiative, and read who are members- including Google, Facebook, Twitter, Reuters, the Associated Press, Washington Post, and so on.

19 1 Reply



Tom 2 years ago

Reply to [Ernie](#)

So, I was a Marine for 22 Years. We all were Trained in NBC Defense, myself a bit more than most actually! One thing to always consider is that the SIZE of the virus, as compared to the Object that the Mask can actually protect you from! Eloquently put here, as well, I can Unaocquiaviacally Recommend that Masks are simply a “Placebo” only ,and may actually make matters worse! Double them up, get twice the ineffectiveness actually! The falsehoods galore that are disseminated by your Government “Experts” and Massive Media Hype, are harming us all! Do the research, the ONLY way is a disposable full body suit and Positive Filtered Air supply or Air/Oxygen from a tank! And if indoors, to have a

Negative Air flow to the Outside, included in that mix! Anything else is worthless, fully!

👍 48 🗨️ ↩️ Reply



JohnnyBlazeGood ⌚ 2 years ago

↩️ Reply to [Tom](#)

Just like hospitals are supposed to have negative pressure rooms for patients infected with exotic viruses or exotic bacteria.

👍 18 🗨️ ↩️ Reply



theanonymousbear ⌚ 2 years ago

↩️ Reply to [Ernie](#)

Thanks Ernie. You are confirming what we thought.

👍 11 🗨️ ↩️ Reply



Cat ⌚ 2 years ago

↩️ Reply to [Ernie](#)

I hear ya man and that is good that you have had a long experient or somethin with masks meaning that well what you wrote so yeah you do know what your talking about and I believe you but i am truly also so sorry 4 what all you had to indure through the yrz and yes i too believe that too that masks concerning how everyday ppl are using them no masks are useless but how you used the masks that you used during wildfires you had to wear them . im just talkin about in general.

👍 9 🗨️ ↩️ Reply



Don McCullen ⌚ 2 years ago

↩️ Reply to [Ernie](#)

They don't care...as long as they can enslave and strip you of what God made you as.

👍 19 🗨️ ↩️ Reply



Tex Mex ⌚ 2 years ago

↩️ Reply to [Ernie](#)

Sorry Ernie you must be fake news. We don't listen t people who have experience, knowledge and qualifications. Somebody arrest this man for thinking.

👍 33 🗨️ ↩️ Reply



Karin Passmore ⌚ 1 year ago

↩️ Reply to [Ernie](#)

I also have experienced the skin rash from wearing the mask. Warm, damp, full of bacteria! and with glasses on one breathes all that up into ones eyes!! which creates problems too.

👍 9 🗨️ ↩️ Reply



Robb ⌚ 1 year ago

↩️ Reply to [Ernie](#)

I am sorry that you have experienced lung damage and thank you for your service in fighting the wild fires.

I have worked on asbestos cases and have sued companies for making faulty masks that trap the asbestos particles inside the masks which increases rather than decreases the chances of contracting mesothelioma. Respirator masks are effective for fighting wildfires, however they use filters that can be hazardous to breathe in for extended periods of time and that is why it is reccomended to not use them longer than needed. The reason you have lung damage from the wild fires was because the cloth mask didn't work in stopping the fumes; however the mask by itself wasn't dangerous. Your lung damage was from the mask not working, not from the mask.

Viruses: Only N95 masks can block particles that are smaller than a corona virus. That means that if a virus lands on a NON-N95 mask (like a cloth mask) it could fit through the pores. That being said, viruses cannot travel through the air by themselves, they just don't work that way. They survive inside of or on top of the condensation that leaves our noses and

mouths when we breathe. All masks (cloth and N95) work by lowering the amount of condensation we breathe in that may have a virus. If the virus lands on the mask (cloth or N95) the mask will stop the droplets and but virus could potentially penetrate a cloth mask and enter the blood stream, however the virus can also fall apart. If the virus enters the blood stream, it then needs to surpass the viral threshold (also known as viral load) which is the amount of virus needed to successfully reproduce without being destroyed by your immune system. The amount of virus that your body can handle will depend on your own genetic makeup and whether you are vaccinated. The masks can help by lower the probability that enough of the virus can enter the body and surpass the necessary viral load.

👍 -18 🗨️ Reply



Col Edward H R Green 1 year ago

🗨️ Reply to [Robb](#)

Exhalation evaporates the watery part of the molecule comprising a SARS-COV-2 viral particle, thus enabling the particle on the surface of the mask to pass through the pores in the mask material when the mask wearer inhales.

The diameter of a SARS-COV-2 viral particle is 0.25micron-1micron. An N95 mask filters to 0.30 micron IF AND ONLY IF the mask is properly fitted and properly donned and doffed. Other masks and cloth coverings have pores that are 19 microns in diameter.

Robb's comment fails to consider the increased condensation inside the mask that adversely affects the skin and inhibits breathing, as well as the accumulation of oral bacteria and other particles, including fibers from the mask, that the wearer inhales, thus setting the wearer up for developing upper respiratory illnesses.

👍 9 🗨️ Reply



Kriss 1 year ago

🗨️ Reply to [Robb](#)

In the meantime one way or the other, everyone's eyes have been uncovered while shopping at Walmart. Touching faces, etc. And re-use of face diapers...well, just gross. They don't work, and won't work.

📝 Last edited 1 year ago by Kriss

👍 7 🗨️ Reply



Mask Exempt 2 years ago

The mask is an attack on humanity, the only reason it's still enforced after all the evidence about how it does nothing is because it's meant to dehumanize us. We are all legally exempt from wearing the suffocation device. The mask wearing drones only wear it to signal their allegiance to being dominated and controlled.

👍 90 🗨️ Reply



Robert ROCK 2 years ago

Masks do work ... to jack-up the "terror factor". What better way to get people to line up and eagerly become guinea pigs ...?
Most amazingly of all: for NO health benefit, whatsoever.

👍 62 🗨️ Reply



Questionit21 2 years ago

I have read somewhere that the CDC has now stated that Masks have only slowed the spread by 1.32% this would explain it that cases were still growing before Covid 19 Vaccines or really should be Synthetic Genetic injections is slowing the numbers right down just now the deaths are climbing. It is due to the Severe Adverse Reactions that is leading people to their deaths.

👍 14 🗨️ Reply



Bobby Clemente 2 years ago

🗨️ Reply to [Questionit21](#)

They pulled that stat out of their behinds. There has never been a study that came up with that 1.32%, esp when no one has isolated the virus nor proven causation!

👍 46 🗨️ Reply



Jimminey Cricket 2 years ago

Can people be so stupid about masks? If you can smell a person's bad breath when that person is wearing a mask... and you CAN... don't people think that any virus or bacteria that person has is also coming through???

👍 54 🗨️ Reply



Eddie Leong 2 years ago

I live in a country where not wearing a mask can lead to a fine and jail term. Plus even expulsion for myself as I am a Resident. So, I cheat by pushing the metal nose piece to form a gap. And I keep wearing old masks that are loose...so I can breathe better.

It is a trade-off. I can handle my own microbes but will not accept an invasion of my blood system by vaccines.

I reduce my excursions outside the house to shops, malls, etc. So, no need to wear masks as I am home most of the time.

The world is now insane....masks, vaccines, lockdowns. No choice unless you are prepared for the long haul and losing the fight. So, stay smart, find small ways to cheat the system and also self-protect but staying away from crowded places.

👍 43 🗨️ Reply



theanonymousbear 2 years ago

🗨️ Reply to [Eddie Leong](#)

Damn Eddie...a fine AND a jail term? That's nuts but at the same time, it shows just had bad some places are. I'd like to ask you where you live but that may be a risk for you to post openly without some sort of VPN to cover you.

👍 11 🗨️ Reply



Catlady 2 years ago

🗨️ Reply to [theanonymousbear](#)

I can relate and feel with you Eddie! I live in a European country. We've been under a mask mandate since early fall 2020 (and before in spring and early summer 2020). Then in the end of January 2021, the government changed the mask mandate to require the wearing of KN95 masks, which restrict your breathing even more than the surgical and fabric ones. In some states they mandate them even outside in certain areas. In my state they're required for all indoor places except for your own home. And recently have chronic migraines, and the accumulation of CO2 and oxygen starvation causes so much more pain for me.

To make it even worse, apparently the gov said that the mandate will stay in effect all summer and all coming winter, but that "we can talk about scrapping the mandate for outside areas... MAYBE". So I guess they want to keep them forever. They're not even downgrading them to the lighter surgical ones.

Something else is weird. I have problems with sensitive skin and react to all sorts of things, especially my face. And these KN95 masks cause dermatitis on my face within a day, right where the mask touched my face. Even if it was only worn for like half an hour. Who knows what chemical poison is in these things.

To make it even more frustrating is that no doctor dares to write an exemption for you. Doctors are monitored very closely by the gov and punished, including dragged through the propaganda media with lies if they are unlucky. I never see anyone without a mask inside anywhere and there are bound to be many who would need an exemption for health issues much worse than mine. It's laughable to read about the possibility for mask exemptions on the gov website, where they list illnesses as examples which could qualify for an exemption, which a doctor needs to issue for you. In reality, no body

seems to get an exemption. I'm horrified thinking of our hot humid summer coming and having to wear that crap. And the mask issue is only one of countless other dystopian issues we have, like so many other countries. It's horrible.

👍 24 🗨️ Reply



Vagabond 1 year ago

🗨️ Reply to [theanonymousbear](#)

I live in a rural area and most people never paid attention to the mask mandate. I, too stay home more now. Not because I'm scared of a virus. It's because going to bigger towns, you're slapped in the face with the reality that most city dwellers are sheep. I normally drove over an hour to a city to shop, enjoy some restaurants once a month. No more. I shop local. Where even the cops break the mandate, don't bother crowds etc.

👍 16 🗨️ Reply



Donna 1 year ago

🗨️ Reply to [Eddie Leong](#)

Eddie, Youtube has several videos about making a homemade frame to hold the mask up off your nose and mouth. The frames are made easily from stirps of plastic cut from empty soft drink bottles, milk jugs, etc.

👍 1 🗨️ Reply



lori k 1 year ago

🗨️ Reply to [Donna](#)

better yet don't wear them. i never did

👍 5 🗨️ Reply



Truther 1 year ago

🗨️ Reply to [Eddie Leong](#)

Sounds like you live in Singapore. One of the world's most dystopian Covid dictatorships.

👍 2 🗨️ Reply



Lazarus 2 years ago

Corrupt bureaucrat & dwarf puppet in the service of his eugenicist, NWO globalist cabal...I.E. Rockefellers, Rothschilds, Bilderbergs & their frontmen & tools: big pharma, big tech, corporate media, Hollywood, cia, fbi, Bill Gates, Klaus Schwab, George Soros, etc. Those unseen(often in relatively recent secret societies like the freemasons, illuminati, Knights Templar & The Club of Rome) & possessing obscene wealth have been engineering humanity for not just centuries, but millennia.

Masks are absolute BS...but this is well known to the unseen prime movers of this global plan of deceit. The masks DO, however, provide the desired psychological effects..."SUBMISSION" or "SURRENDER" to "the state" or an "authority" that knows more than us & is working for our BEST INTEREST. They separate us from INDIVIDUAL LIBERTY. Masks also are effective at unconsciously making us feel like we may be "infected"...they're implementation is DESIGNED to keep us from gathering. It is manipulation through FEAR, SHAME &/or GUILT.

WE MUST RESIST AT ALL COSTS. OUR FREEDOM & DIGNITY ARE TRULY AT STAKE.

👍 40 🗨️ Reply



Paula 2 years ago

🗨️ Reply to [Lazarus](#)

You forgot the royal family.

👍 7 🗨️ Reply



Cat 2 years ago

After reading some of the awful effects of this poison some of the ppl still i can't believe it they still encourage others to take the poison too but hey it is what it is but i tell ya one thing i dont care what any1 says becuz i aint gonna

play russian roulette with my immune system and 2nd, it is the Lord my God who created me and thus made my immune system perfectly as in meaning it doesn't need any worldly repairs becuz I trust Jesus of Nazareth and him only , I dont trust man.

👍 34 🗨️ Reply



James Oconnor 2 years ago

Masks are occult symbolism for submission to those you attest to serve. I have sent indisputable information to local governments but they merely ignore and intimidate anyone who will not comply.

Last edited 2 years ago by James Oconnor

👍 28 🗨️ Reply



Liz 2 years ago

I am in Australia so not sure if the same across the world but what I love is the argument that this is the most highly contagious virus and that you have to wear a mask to protect yourself from it. Then they barely give guidelines on what type of mask to buy, how often to change it, how to wear it properly and then people just chuck it on the ground when they are finished with it or at best put it in the general waste bin. If this virus is so highly contagious where are the Biological Waste Hazard bins and protocols! How can it just go in the general waste bin so the garbage man and people in waste facilities have them floating around. This is not about health people. Also, the specifications are so vague that I am tempted to crochet or knit a mask with great big knitting needles to have holes a fly could get through. That would actually comply as a mask I could wear to do my groceries. Seriously!

👍 27 🗨️ Reply



Crystal 1 year ago

Reply to Liz

Great idea! You would still be complying with their Burquafication orders, but able to breathe. Also, I wear a plastic face shield, & never wore a mask, and no one has questioned that. Just to shop. Their conquer and divide is working also...someone might even shoot you if you don't have a mask on—it's gotten THAT CRAZY!!! My face shield reads: JESUS SAVES, NOT VACCINES. PTL.

👍 13 🗨️ Reply



Vagabond 1 year ago

Reply to Liz

Exactly what I've been saying! Where are the hazardous waste bins? I'm in Minnesota USA. I live in a rural area and frequently hang out in state parks. Hiking etc. Idiots hike and bike alone with masks on. And, our beautiful state parks are all littered with masks,

👍 12 🗨️ Reply



Col Edward H R Green 1 year ago

Reply to Liz

"...what I love is the argument that this is the most highly contagious virus and that you have to wear a mask to protect yourself from it."

I'll see that "argument" and raise it one:

I am in the USA. I have had several people tell me, in all seriousness, that SARS-COV-2 is deadlier than every form of cancer !

As a cancer survivor, I find that assertion profoundly absurd and inexcuseably ignorant.

If one gets SARS-COV-2, but doesn't get treatment, just rides it out, one will very likely recover, and survive with no short-term or long-term adverse effects.

If one develops cancer of any type, and doesn't get treatment, one WILL die !

👍 7 🗨️ Reply



Old Codger · 1 year ago

Reply to Liz

I wrapped a T shirt around my gob and my head and tucked it into my shirt when masks were mandated in Western Australia a few months ago, in order to enter the tobacco shop (ha!) and was politely informed that my all encompassing T shirt mask was unsuitable (indeed illegal) and that I couldn't be served without a 'proper' mask. I asked where I might be able to purchase such a {legal} mask and lo and behold, the young lady said "Well, right here". \$10 later (gasp) I stretched an ill fitting little cloth number across my foot long beard, hooked the straps behind my ears and was then able to purchase my (98\$AU/40 grms) lung busting bright and dark tobacco.

Masks don't work with beards! OH&S demands a filtered and mechanically aspirated helmet for those of us who wear a beard and work in a hazardous air environment. My T shirt mask, in my opinion at least, would have been far superior but still irrelevant.

I wonder what the poor girl would have said if she knew I wasn't wearing undies!?

It's all about being in it together, you must comply. You must submit.

Baaa...

Feels so good to breath fresh, cool air three feet outside the door when you remove it and then let it sun-dry on the dashboard

5 · Reply



anne flynn · 1 year ago

I am writing as a medical professional concerning the dangerous implications of requiring young children to wear masks in any environment. I have worked when first graduating as a RGN primarily in a pediatric setting at a Boston Childrens' hospital. I have also worked through this entire Covid scare and believe that it is not only unnecessary but extraordinarily dangerous to require masks for children. I have a close understanding of the sensitive needs that children uniquely have to their environment due to my diverse interactions with children not only in the medical field but also as a mother of 4 children and spending over a decade volunteering on a biweekly basis in the national school system here in Ireland.

There is a unique balance that children need to maintain with their environment in order to remain healthy and progress into the fullness of their potentials.

First and foremost masks are unnecessary for children as the incidence of contracting, spreading, and/ or becoming severely ill with 19-nCoV is incidentally insignificant according to all statistics available, including here in Ireland, <https://www.rcpi.ie/news/releases/paediatricians-say-the-incidence-of-covid-19-developing-into-a-serious-condition-in-children-remains-extremely-low/>

In its guidance document specifically on the use of masks in children, the WHO observes "the absence of strong scientific evidence" supporting the use of masks in children in the community setting. Additionally, "the effectiveness and impact of masks for children during play and physical activity have not been studied". The available evidence "suggests that children are unlikely to be the main drivers of COVID-19 transmission." Younger children "may have lower susceptibility to infection compared to adults" and, if infected, appear less likely to transmit the virus than teenagers and adults. In addition to the lack of evidence of benefits, there is "potential harm associated with wearing masks" to consider. "Advice on the use of masks for children in the community in the context of COVID-19: Annex to the Advice on the use of masks in the context of COVID-19", World Health Organization, August 21, 2020, https://www.who.int/publications/i/item/WHO-2019-nCoV-IPC_Masks-Children-2020.1.

Secondly, there are many medical journals, including the WHO, that affirm that mask-wearing is dangerous and can be fatal during physical activity. Children are perpetually active, there is very little in a child's life that isn't done outside of movement; it would be abnormal for any child to remain sedentary for any given amount of time. This is part of a child's character, and we know from many different studies but pointedly from the WHO that the "Even when you're in an area of COVID-19 transmission, masks should not be worn during vigorous physical activity because of the risk of reducing your breathing capacity." "Coronavirus disease (COVID-19): Masks", World

Health Organization, December 1, 2020, accessed May 21, 2021, <https://www.who.int/news-room/q-a-detail/coronavirus-disease-covid-19-masks>.

A policy of mandating the use of masks on children, especially during physical activities, is not evidence-based. I would further offer that the mask inhibits the ability of the body to exchange carbon dioxide with oxygen, and can have ultimately devastating consequences. This can be demonstrated by a medical emergency that many might be aware of, that is in hyperventilation, in order to correct this occurrence, we give the patient a rebreather bag. The opposite is also true, If a person has too little oxygen available the body begins to shut down, causing the body to spiral into an alkalotic state, this can be brought on easily in a child's environment due to their natural tendency to expend energy in innocuous movement. As a nurse, hypoxia in children can be subtle and a real delicate balance with their environment, as children's systems can acutely fluctuate to a critical condition rapidly. See below one study of many associating mask use with a wide range of adverse effects, including increased blood carbon dioxide levels, decreased blood oxygen saturation, headaches, dizziness, shortness of breath, increased respiratory rate, increased heart rate, increased body temperature, inhalation of harmful chemicals or nanoparticles from materials used in the manufacture of the masks, and a potentially increased risk of bacterial, viral, or fungal infection. Kai Kisielinski et al., "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*, April 20, 2021, <https://doi.org/10.3390/ijerph18084344>.

I would further like to add from anecdotal use of mask-wearing, as a nurse, that myself and colleagues during hospital shift work suffer from dehydration, headaches, increased exhaustion, and heart palpitations from long hours of mask-wearing. I wonder if HIQA has done any studies to see the long hours and oxygen exchange inhibition in healthcare workers or for those forced to wear the mask all day.

Thirdly, the probability that the mask would actually increase the spread of infection in children outways any justification for wearing the mask. Children are naturally touching and exploring their environment. The idea that they would be able to leave a mask on their faces and not touch them is preposterous. A recent study in the BMC looked at Medical masks in health care workers:

"Medical masks are commonly used in health care settings to protect healthcare workers (HCWs) from respiratory and other infections. Airborne respiratory pathogens may settle on the surface of used masks layers, resulting in contamination. The main aim of this study was to study the presence of viruses on the surface of medical masks."

"Conclusion: Respiratory pathogens on the outer surface of the used medical masks may result in self-contamination. The risk is higher with longer duration of mask use (> 6 h) and with higher rates of clinical contact. Protocols on duration of mask use should specify a maximum time of continuous use, and should consider guidance in high contact settings. Viruses were isolated from the upper sections of around 10% samples, but other sections of masks may also be contaminated. HCWs should be aware of these risks in order to protect themselves and people around them." https://www.researchgate.net/publication/333596759_Contamination_by_respiratory_viruses_on_outer_surface_of_medical_masks_used_by_hospital_healthcare_workers I am acutely aware of this as a healthcare professional we are well versed about the high incidence of hospital-borne medical diseases and the primary reason being hand hygiene. Hence the universal concept for 5 steps of hand hygiene. You cannot expect children to carry out the hygiene behaviors adults have yet to master.

Children in addition learn through their senses. Mask wearing would be covering their noses and mouths, which inhibits their sense of smell and visual sensories, it also inhibits their use of sound and interpretation of that sound. It is difficult to understand the context of what is being taught as in the visual and or what is being communicated in a classroom if you cannot understand the teacher behind a mask or the response from the pupils that surround them. No two children are alike a quiet child will answer potentially in a muffled tone. Children learn from other children, how can children learn when any portion of the learning is incomprehensible?

Lastly, the intellectual, physical, psychological, and social implications of masking children have unknown consequences, in addition, evidence would

suggest that children use facial expressions to access their social-psychological, and learning environment, this could potentially inhibit proper intellectual and social maturity. We cannot know the implications of a society filled with fear of one another and the mere masking of one child to another implies the idea that something needs to be protected. Children also build their immune systems by interacting with one another and catching colds and developing a healthy system that works for them later in life. We know from experience that immunological responses can be exaggerated if a person has had no encounter with that sensitivity in their early years, hence the scientific principle that children will develop allergies if their house is too clean. https://www.hopkinsmedicine.org/news/media/releases/newborns_exposed_to_dirt_dander_and_germs_may_have_lower_allergy_and_asthma_risk We also know that we are social people and fear of catching a cold from someone in an environment of fear can potentially cause social stigmas and psychological trauma. The learning environment in such a society can be potentially harsh and inhibit growth. This is not about the safety of the children as demonstrated above, who are clearly not at risk, hence you must ask what are the benefits and to my mind there are none.

👍 19 🗨️ Reply



anne flynn 1 year ago

I would like to give credit to your website for helping me write that letter to the Children's Health minister and Health and Safety,...

👍 9 🗨️ Reply



TH. 1 year ago

I'm in Malaysia, teaching in college. Today 04/10 is the day college reopen again, been closed since mid May. I'm 1of4 employees (total 190) who still refuse to take the job.

So we will be put in a different working area; we can't work in the office at our respective dept as before, AND, required to put on double mask plus a face shield.

👍 7 🗨️ Reply



Troy 1 year ago

I think it would be a good idea to help getting the message out one way would be the old fashion way of writing thecovidblog.com in the sky with a airplane or the ones pulling a banner you see along the coast. Currently youtubers I watch that have 10ns of thousands to millions of subscribers I comment to them shortly about thecovidblog.com I just say decide for yourself then maybe they will inform all their subscribers

👍 2 🗨️ Reply



Karin Passmore 1 year ago

I have had side effects from the mask; it caused a skin disorder which was in remission to reappear around my nose. I can only wear the mask for short periods.

👍 4 🗨️ Reply



Sophie 1 year ago

Great site. Masks are for morons and automatons.

👍 10 🗨️ Reply



Vanessa 1 year ago

Believe me, Mr. Fauci (not a real doctor in my humble opinion) has his place in line for where he will stand in front of God and his judgement will be swift and just... Hell awaits Mr. Fauci, you are in your 80's so it can be any day now.

👍 14 🗨️ Reply



Col Edward H R Green 1 year ago

🗨️ Reply to [Vanessa](#)

Fauci was graduated from medical school, so he earned the title of "Medical Doctor" (MD).

However, he has never practiced any branch of medicine.

He went straight from medical school to "working" for the federal government.

He has been a fully politicized bureaucratic technocrat and Statist ever since !

👍 6 🗨️ Reply



coco 1 year ago

I know that the mask isn't helpful because of one simple reason. It inhibits my breathing! how the heck can that possibly be good? i refuse to wear one. i have been "forced" to wear one on occasion...maybe 5 times since this whole fiasco. No regrets here. and i have no problem dealing with "karens" who say anything about it! I love a bit of spice in my life! bring it on!

👍 9 🗨️ Reply



Col Edward H R Green 1 year ago

🗨️ Reply to [coco](#)

Were you physically forced to wear one ? If so, that's a crime called physical assault !

If you were bagered to wear one, that's not force; that's you choosing to appease the Karen badgers.

👍 1 🗨️ Reply



gee 1 year ago

🗨️ Reply to [coco](#)

just cut some holes in it, problem solved. you are still wearing the mask. God knows we ALL are re-using our masks, making them useless. i remember in early 2020 putting those precious masks out in the sun for 2 days before re-using them, because we couldn't get any masks back then. nowadays we can get new masks, but who throws away their mask after 20mins wear time?

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👍 1 🗨️ Reply dba COVID Legal USA™.