



**I am exempt from the local regulation mandating face mask usage. Wearing a face mask is detrimental to my health.**

Provincial and municipal legislation do not require employees or members of the public to provide proof of any exemptions. Some exemptions include but are not limited to:

- Mental Health - PTSD, autism, anxiety, depression, etc.
- Physical Health - COPD, asthma, difficulty breathing, headache, etc.
- Human Rights Code - religion, creed, disability, etc.

\* For an extensive list of exemptions, please visit our website.

Violations of the bylaw can be reported to your local bylaw office. Violations of Disability Rights, under the Canadian Human Rights Act or Canadian Charter of Rights and Freedoms can be reported to your provincial human rights tribunal.

**HugsOverMasks.ca**

# IT'S **NOT** JUST A MASK

## UNSAFE MASK USE

1

### INCREASES RESPIRATORY INFECTIONS

Wearing a cloth mask significantly increases the risk of flu-like illness. Masks absorb moisture and can become reservoirs of bacteria and viral particles.<sup>[1]</sup>

2

### MENTAL HEALTH IMPACTS OVERLOOKED

Those with exemptions for mental health often face discrimination or disbelief of their condition. Masks can cause stress and anxiety, aggravating pre-existing symptoms before, during, and after use.

3

### BULLYING AND SHAMING

Those who are unable to wear a mask will be confronted multiple times a day regarding mask use. Children who are unable to wear masks face bullying from other children and even their parents.

4

### IMPAIRS SOCIAL DEVELOPMENT

Children rely on the nose and lips to identify their parents. Masks muffle sound, hide facial expression, and prevent lip reading.<sup>[2]</sup> Communication relies heavily on lip movement, especially for the hearing impaired.

5

### POSES PUBLIC SAFETY RISKS

Masks compromise safety and enable anonymous crime. Being able to identify people and children in distress is paramount for safety; this is especially important for identifying missing children.

6

### CAUSES HEADACHES AND DIZZINESS

Masks impair breathing, can cause shortness of breath and have other negative side effects. Masks increase carbon dioxide and reduce oxygen concentrations inside the mask.<sup>[3]</sup>

[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/>

[2] <https://jov.arvojournals.org/article.aspx?articleid=2213025>

[3] <https://pubmed.ncbi.nlm.nih.gov/16441251/>

For more facts please visit

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