



# A Conservative View

## Mask or No Mask?

Brad Fregger

In this article I am going to answer some questions regarding the critical issues of masks or no masks.



First,

### How effective are masks in limiting the spread of the Covid-19 virus?

Regarding, limiting deaths through a mask requirement, if states with no mask requirements are having results comparable to states with mask requirements, then masks are ineffective at limiting the spread of the virus and should not be required for numerous reasons.

On the following page is an image of the United States showing the following:

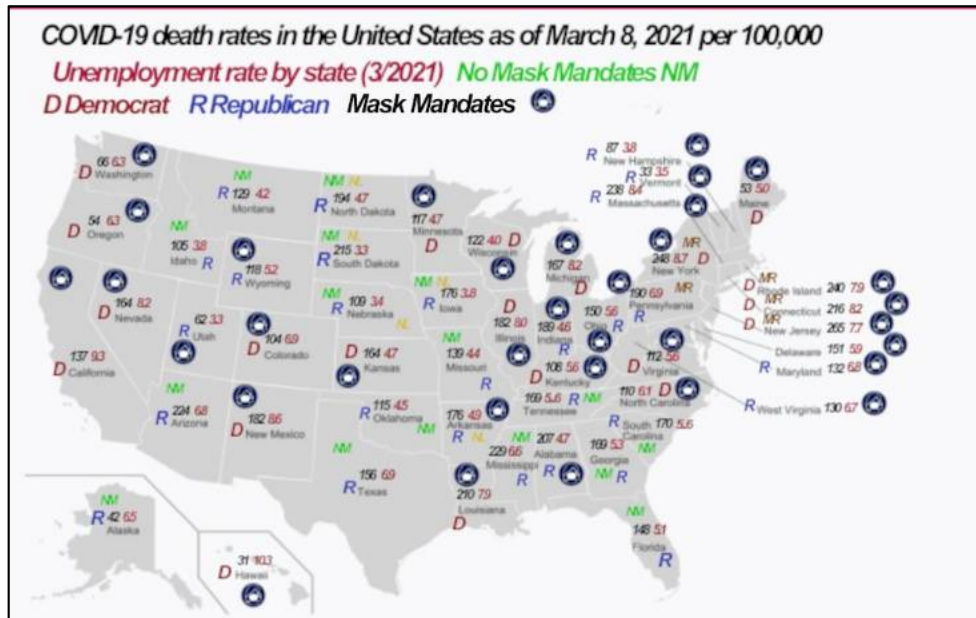
- Covid-19 death rate per 100,000 as of March 3, 2021
- December 2020 unemployment figures
- States that have a mask mandate (as of March 10, 2021)
- States with a no mask mandate (as of March 10, 2021)

An analysis of the data shows:

The 34 mask-mandated states had death rates ranging from 31 – 265 per 100,000, with a mean of 143.

The 16 states without a state-wide mandate had a death rates ranging from 42-229 per 100,000, with a mean of 156.

There was 13 percent higher average death rate in the states without a mask mandate.



However, six of these states had very low death rates (HI-31, VT-33, ME-53, OR-54, UT-62, and WA-66). Taking those six states are taken out of the equation, the mean death rate for the remaining 27 is 163, 7 points higher than the states without a state-wide mandate.

Another writer, Spike Hampton, also used CDC data to determine the relationship between state death rates and mask wearing. He took the 10 states that had mask mandated the earliest, versus the 10 states that never required masks. The results: A 5.5 higher percent rate in the mask-mandated states.<sup>1</sup>

Bottom line, there's nothing in either analysis that points to a *significant* correlation between mask mandates and COVID-19 death rates.

We have been told the mask mandate makes a *significant difference* and that masks should be worn at all times.



This belief has been fostered by our political leaders, the mainstream median, and some professional medical personnel and organizations. For example, Dr. Robert Redfield, the director of the Centers for Disease Control and Prevention, stated, "Masks may be even more effective at protecting against COVID-19 than a vaccine."

Where is the data to prove these policy-making judgements? So far my personal research has been unable to uncover a single research project, involving real-life situations, where

requiring masks made a significant difference. In fact, in a Marine recruit study<sup>ii</sup>, involving over 3300 individuals, after 14 days the no-mask group had .2 percent less positive COVID-19 tests than the group where the recruits were required to wear masks.

A Danish study<sup>iii</sup>, involving 6000 participants, also returned unexpected results. The researchers believed the mask-wearing group would have 50 percent better results than the non-mask group. Actually, the mask-wearing group's results were an *insignificant* .3 percent better.



The unemployment figures, however, have a clear distinction between states requiring masks and states where there was no mask requirement. The mask-mandated states had unemployment ranging from 3.3 to 10.3 and a mean of 6.4 while the no mask states had an unemployment rate of 3.3 to 6.8 with a mean of 5. The unemployment mean for the mask-mandated states was 22 percent higher than the no-mask states.

Essentially, the vast majority of mask-mandated governors, in order to protect their citizens from COVID-19, chose massive restrictions while ignoring the impact on their economies. With the result that they significantly harmed their economies, damaged the psychological health of their citizens, and cheated their children out of a full year of school (so far). All of this suffering and, essentially, no impact on COVID-19 deaths.

While the no-mask states balanced their approach: protected the most vulnerable while allowing their economies to flourish as much as possible. The result, their economies are much better off and their death rates are comparable to, and in some instances better than, the mask-mandated states.

It is interesting that Denmark has never required masks and only encourages them on public transport. Denmark had a very low COVID-19 death rate of 41 per 100,000 while Wisconsin with approximately the same population as Denmark has a death rate of 122. Only three states in America have a lower death rate than Denmark.

Dutch Medical Care Minister Tamara van Ark, said, "From a medical point of view, there is no evidence of a medical effect of wearing face masks, so we decided not to impose a national obligation," iv





“Face masks in public places are not necessary, based on all the current evidence,” said Coen Berends, Netherland’s spokesman for the National Institute for Public Health and the Environment. “There is no benefit and there may even be a negative impact.”<sup>v</sup>

In addition, 80-90 percent of people in Finland (14 per 100,000) and Holland (94 per 100,000) say they “never” wear masks.

This data is strong support for the contention that masks have no significant effect on limiting the spread of the COVID-19 virus.

### **How should we protect the elderly and others with serious comorbidities?**

- Over 40 percent of COVID-19 deaths happened in nursing homes
- Approximately 04.5 percent of Americans live in nursing homes.
- 51 percent of COVID-19 deaths happened in Iowa’s nursing homes.

This means more than 40 percent of virus deaths happened in a group that amounted to less than half a percent of our population. A group that is naturally separated from the population at large.

In essence, we are asking the vast majority of our citizens to suffer restrictive mask requirements in order to “protect” an *extremely* small percentage of our population. A population that is very capable of taking care of themselves, or have responsible people taken care of them.

Healthy seniors need to, usually prefer to, take responsibility for their own safety. As much as possible they need to live normal lives.

### **What are the negatives resulting from the mask requirements?**

Dedicated mask wearing can actually lead to some serious health problems:

In a research paper, “Effects of surgical and FFP2/N95 face masks on cardiopulmonary exercise capacity”, Antonio I. Lazzarino, Medical Doctor and Epidemiologist, of the University College London, stated, “Wearing a face mask makes the exhaled air go into the eyes. This generates an uncomfortable feeling and an impulse to touch your eyes. If your hands are contaminated, you are infecting yourself.”<sup>vi</sup>



The conclusion of the study stated, "Ventilation, cardiopulmonary exercise capacity and comfort are reduced by surgical masks and highly impaired by FFP2/N95 face masks in healthy individuals. These data are important for recommendations on wearing face masks at work or during physical exercise."

Researchers in Germany found that Medical face masks have a marked negative impact on cardiopulmonary capacity that significantly impairs strenuous physical and occupational activities. In addition, medical masks significantly impair the quality of life of the wearer.vii

The researcher's data shows that masks serve more as instruments of obstruction of normal breathing, rather than as effective barriers to pathogens. Therefore, masks should not be used by the general public, either by adults or children, and their limitations as prophylaxis against pathogens should also be considered in medical settings.viii



Founders of One Manhattan Dental, are concerned about "mask mouth," which is causing inflammation and gum disease among their patients. They said dental problems associated with "mask mouth," including gum disease, could lead to serious complications.ix

Co-founder of One Manhattan Dental, Rob Raimondi, said that fifty percent of his patients are suffering from negative health issues due to mask-wearing. "We're seeing inflammation in people's gums that have been healthy forever, and cavities in people who have never had them before."

Dr. Russell Blaylock, a retired neurosurgeon says, that wearing N95 masks can cause problems that "vary from headaches to increased airway resistance, carbon dioxide accumulation, to hypoxia, all the way to serious life-threatening complications. ..."In essence, your mask may very well put you at an increased risk of infections, and if so, having a much worse outcome."x



### **When it is appropriate to wear a mask?**

The most important time for wearing a face mask is when you are exhibiting symptoms that could be early signs of a virus infection. If you are sick with any contagious disease you should probably be staying home. If you must go out, wear a mask and be extra considerate of those you come in contact with.

If you are concerned about catching the virus it is fine if you wear a mask when you are going to be in close proximity to other people, for example, on public transport.

### **When it is unreasonable and inappropriate to wear a mask?**



Children under 15 should *never* wear a mask. The mask will not protect them but it can cause serious health problems.

Children under 15 years have a significantly greater chance of serious problems from contacting the seasonal flu than from COVID-19. To force a child of 15 or under to wear a mask is, effectively, child endangerment.

Do not wear a mask when doing strenuous activity or exercising.

Do not wear a mask when you are walking, running, or hiking outdoors. If you are concerned about contacting COVID-19 you can always social distance. The chances of catching COVID-19 while walking, running, or hiking is less than the chances of being hit by lightning.



Do not wear a mask when driving a car. Not only is this an ignorant practice but there have been instances where mask driving has caused auto accidents.

Do not wear a mask at home. Continual mask wearing can cause serious health problems and anyone wearing a mask in their own home is, most likely, wearing masks at all times.

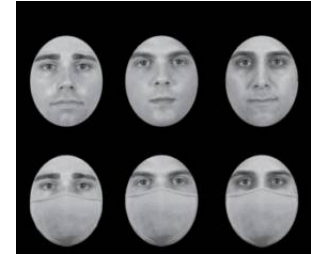
### **A few final thoughts**

UK researchers have calculated that if the entire UK population started using disposable masks daily, it would create a significant environmental hazard, namely 66,000 tons of potentially contaminated and unrecyclable plastic waste per year.<sup>xi</sup>

In the United States this would amount to 330,000 tons.

A team of researchers from Ben-Gurion University of the Negev (BGU) in Israel and York University in Canada have verified what we all know. That it is much more difficult to

recognize people and determine critical information about human interaction and communication.<sup>xii</sup>



“Faces are among the most informative and significant visual stimuli in human perception and play a unique role in communicative, social daily interactions.”



This limitation in the ability to “read” a person’s face, could have a significant effect on issues around daily living, social interactions, and other personal interactions, such as gaining understand which is essential for effective negotiations, conflict resolution, and decision making.

Finally, in the article, “Europe’s Top Health Officials Say Masks Aren’t Helpful in Beating COVID-19”, Jon Miltimore, stated, “Instead of ordering people to ‘mask-up’ under penalty of fines or jail time, scientists and public health officials should get back to playing their most important role: developing sound research on which people can freely make informed decisions.”<sup>xiii</sup>



I completely agree with his statement. We must get politics out of these critical health issues.

Thank you,  
Brad Fregger  
3/21/2021

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<sup>i</sup> [https://www.americanthinker.com/articles/2021/03/mask\\_mandates\\_do\\_not\\_save\\_lives.html](https://www.americanthinker.com/articles/2021/03/mask_mandates_do_not_save_lives.html)

<sup>ii</sup> <https://www.cidrap.umn.edu/news-perspective/2020/11/covid-spread-among-marine-recruits-despite-quarantine>

<sup>iii</sup> <https://fee.org/articles/new-danish-study-finds-masks-don-t-protect-wearers-from-covid-infection/>

<sup>iv</sup> <https://www.thesun.co.uk/news/uknews/12292821/face-masks-not-necessary-say-holland-scientists/>

<sup>v</sup> <https://www.thesun.co.uk/news/uknews/12292821/face-masks-not-necessary-say-holland-scientists/>

<sup>vi</sup> *Clinical Research in Cardiology* (2020) 109:1522–1530 <https://doi.org/10.1007/s00392-020-01704-y1> 3

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<sup>vii</sup> <https://nationalfile.com/researchers-say-prolonged-mask-use-causes-psychological-discomfort-physical-fatigue/>

<sup>viii</sup> <https://www.primarydoctor.org/masks-not-effect>

<sup>ix</sup> <https://principia-scientific.com/dentists-say-covid-mask-mouth-can-cause-serious-health-complications/>

<sup>x</sup> <https://greatmountainpublishing.com/2020/06/17/dr-russell-blaylock-says-that-face-masks-pose-serious-risks-to-the-healthy/>

<sup>xi</sup> <https://d2zly2hmrfvxc0.cloudfront.net/Covid19-Masks-Plastic-Waste-Policy>

Briefing.final.pdf?mtime=20200424170934&focal=none

<sup>xii</sup> <https://neurosciencenews.com/facial-perception-masks-17471/>

<sup>xiii</sup> <https://stateofthenation.co/?p=24097>