

DATE: XX/XX/XXXX

FROM: YOUR NAME
YOUR EMAIL

TO: ORGANIZATION/EMPLOYER
C/O: REPRESENTATIVE

RE: REQUEST TO WORK WITHOUT A MASK/FACE COVERING

I hereby request that I be granted a personal, religious, and medical exemption from using masks/face coverings/respirators, hereinafter masks, and further request that I be allowed to perform my work activities without such masks. I base my request on three things:

- (1) Masks do not stop the spread of viruses, nor does it protect the wearer from getting infected,
- (2) Masking is hazardous to anyone **and especially to me, due to my health condition**, and
- (3) Because masks affect my health, they therefore harm the Temple of God, which I am, and thus, it is against my religious beliefs and practices.

MASKS DON'T WORK

Old studies and a recent study have proven that masks, even of N-95 quality, do not protect against transmission, so it is an exercise in futility to force people to wear masks. See <https://www.zerohedge.com/political/massive-mask-study-shows-little-no-difference-preventing-covid-flu-infection>.

As plainly demonstrated in the photograph to the right, masks make 'little to no difference' in preventing spread of any flu, COVID-19, or similar virus. See <https://www.foxnews.com/health/face-masks-difference-spread-covid-scientific-review?msocid=1964d2cac07c62c82933c067c1f86383>.



See also <https://www.theepochtimes.com/health/little-evidence-supports-use-of-cloth-masks-to-limit-spread-of-coronavirus-analysis-4102824>.

Dr. Anthony Fauci made it very clear that masks may feel better for wearing a mask, but they do not work to stop the spread of disease, either getting it or giving it to someone else. See [Dr. Fauci on the Use of Masks or Face Coverings](#).

MASKS AFFECT MY HEALTH

It has been proven that prolonged use of masks is harmful to my health, harming my body, the Temple of God. See **"Masks Cause Headaches, Itching, and Lower Oxygen Intake: Study,"** at https://www.theepochtimes.com/health/masks-cause-headaches-itching-and-lower-oxygen-intake-study_5181866.html.

A recent study noted that symptoms of Long COVID-19 may have in fact be the result of using masks. See “New Study: Mask-Related Symptoms May Have Been Misinterpreted as ‘Long COVID’.” <https://needtoknow.news/2023/04/new-study-mask-related-symptoms-may-have-been-misinterpreted-as-long-covid>.

From a regulatory perspective, according to OSHA, Title 29 Code of Federal Regulations, section 1910.146,¹ and Cal/OSHA, Title 8 Code of California Regulations, section 5157,² persons should not work in oxygen atmospheres at below 19.5%, as they are considered hazardous atmospheres for human health. In 29 CFR 1910.146 it defines a “hazardous atmosphere” as follows:

“Hazardous atmosphere” means an atmosphere that may expose employees to the risk of death, incapacitation ... injury, or acute illness from one or more of the following causes:

(3) Atmospheric oxygen concentration below 19.5 percent or above 23.5 percent.”

Under these regulations, before an employee can be allowed to enter a confined space, air monitoring is required using a special monitoring device to test for oxygen deficiency and other toxic chemicals, such device known as an air monitor.³ These monitors will give out an alarm whenever the oxygen level is deficient and below 19.5%. In the following video example, you will see a gentleman doing us the favor of showing what happens when a person uses a simple surgical mask. As can be seen in this video, when using the surgical mask, the oxygen level goes down to 17.4, a dangerously low level that will result in oxygen deficiency to the wearer, especially for prolonged periods, and worse when doing strenuous physical activity, with the negative health consequences as mentioned above.⁴



See the full video at <https://tinyurl.com/COVID-Mask-Oxygen-Deficiency>. This test can be easily duplicated in most Cal/OSHA offices, who possess these types of air monitors as part of their inspection equipment.

While OSHA requires employers to have their employees wear filtering respirators, N95 masks and dust masks when doing certain activities, this is only in circumstances where there are toxic substances in the air that need to be filtered out in order to be able to perform a work activity for limited periods of time, they are never intended to ensure that oxygen levels are within the allowable range, **and they are definitely not intended to be worn to remove viruses from the air and be worn 8 hours a day, every day of the week for prolonged periods of time.**

¹ See 29 CFR 1910.146, at <https://tinyurl.com/Fed-OSHA-Confined-Space>.

² See 8 CCR 5157, at <https://tinyurl.com/Cal-OSHA-Confined-Space>.

³ See an example of an air monitor, at <https://tinyurl.com/Air-Monitor>.

⁴ See video of test showing how surgical masks reduce oxygen levels, at <https://tinyurl.com/COVID-Mask-Oxygen-Deficiency>.

DESCRIMINATORY PRACTICE. I hereby give you and your organization notice that to require employees that don't vaccinate for religious reasons to wear a mask, and at the same time allow vaccinated employees to be mask free, is discriminatory and violates my religious rights and can be considered arbitrary and capricious and an abuse of discretion, and can be actionable under Equal Employment Opportunity Commission regulations and in a court of law.

In certain hospital settings OSHA requires employees to use N95 masks, such as in the case of working with COVID-19 patients, but the reality is that all the studies available show that even N95 masks cannot guarantee either being exposed to a virus or exposing others. One of the recent analyses of such mask studies was done by Professor of Physics Denis G. Rancourt, PhD, in his scientific article titled **"Masks Don't Work: A review of science relevant to COVID-19 social policy"**. In his summary/abstract, he writes the following:

*"Masks and respirators do not work. There have been extensive randomized controlled trial (RCT) studies, and meta-analysis reviews of RCT studies, which **all show that masks and respirators do not work to prevent respiratory influenza-like illnesses, or respiratory illnesses believed to be transmitted by droplets and aerosol particles.***

*Furthermore, the relevant known physics and biology, which I review, are such that masks and respirators should not work. It would be a paradox if masks and respirators worked, given what we know about viral respiratory diseases: **The main transmission path is long-residence-time aerosol particles (< 2.5 μm), which are too fine to be blocked, and the minimum-infective-dose is smaller than one aerosol particle.***

*The present paper about masks illustrates the degree to which governments, the mainstream media, and institutional propagandists can decide to operate in a science vacuum or select only incomplete science that serves their interests. **Such recklessness is also certainly the case with the current global lockdown of over 1 billion people, an unprecedented experiment in medical and political history.**"⁵*

Once we consider that masks cannot prevent a virus transmission, we go back to the evidence provided herein on the dangers of using a mask, including world-renowned molecular genetics and immunology expert Prof. Dr. Dolores Cahill's warning on the use of masks:

*"As for the scientific support for the use of face mask, a recent careful examination of the literature, in which **17 of the best studies were analyzed, concluded that, none of the studies established a conclusive relationship between mask/respirator use and protection against influenza infection ... Several studies have indeed found significant problems with wearing such a mask. This can vary from headaches, to increased airway resistance, carbon dioxide accumulation, to hypoxia, all the way to serious life-threatening complications ... The longer the duration of wearing the mask, the greater the fall in blood oxygen levels.**"*

In a May 23, 2020, article by the *Physics of Fluids*, "On respiratory droplets and face masks," they reported results with and without a **surgical and an N95 mask**. They showed that a normal cough induces a turbulent flow that spreads about 70 cm from the subject. The N95 mask prevented air leakage more effectively than the surgical mask during coughing, **but there was still significant sideways leakage.**⁶

⁵ See Rancourt's scientific article on the use of masks, at <https://tinyurl.com/Rancourt-Masks-Dont-Work>.

⁶ See *Physics of Fluids* report on mask leakage, at <https://tinyurl.com/Masks-Respiratory-Droplets>.

(OPTIONAL) MY HEALTH CONDITION MAKES IT DANGEROUS FOR ME TO WEAR MASKS

Aside from all the above, and to make matters worse, I have a medical condition that makes masking even worse for my health. **(EXPLAIN WHAT MEDICAL CONDITION YOU HAVE)**. I believe restricting breathing for prolonged periods of time, in particular 8 hours a day, 5 days a week, would harm my health seriously, in particular because of my medical history.

It is important to note that even at the height of the COVID-19 pandemic, health departments made it clear that persons with certain medical conditions, in particular related to respiratory issues, should be exempt from masking. In California, the health department order noted the following:

“The following individuals should not wear masks:

- *Persons younger than two years old. Very young children must not wear a mask because of the risk of suffocation.*
- ***Persons with a medical condition, mental health condition, or disability that prevents wearing a mask. This includes persons with a medical condition for whom wearing a mask could obstruct breathing or who are unconscious, incapacitated, or otherwise unable to remove a mask without assistance.***
- ***Persons for whom wearing a mask would create a risk to the person related to their work, as determined by local, state, or federal regulators or workplace safety guidelines.”***

See <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx#June15guidance>.

RELIGIOUS EXEMPTION

My religious teachings and beliefs tell me that I am the Temple of God, and that God resides within me, and He requires me to protect my body from harm, like masking, as described above. See the following verses from the Holy Bible:

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”

— 1 Corinthians 6:19

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”

— 1 Corinthians 3:16

“If any man defiles the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”

— 1 Corinthians 3:17

Based on the above, my religious beliefs and practices require me to avoid masking. Please refer to my Church Pastor’s letter regarding the usage of masks for any virus, including the COVID-19 virus, and how this is against our church’s beliefs and practices, at <https://thenaturallawchurch.com/wp-content/uploads/2022/12/pastor-ricardo-beas-letter-against-pcr-testing-and-face-coverings.pdf>.

Based on all the above, I request that I be granted a personal, religious, and medical exemption to any sort of masking requirement during my normal and other working hours, so that any requirements for me will be the same or less restrictive than that required from vaccinated employees, vendors, visitors, and the like.

Please reply by email to my request.

Respectfully submitted,

YOUR NAME