

Face Mask Opt-Out: Religious and medical exemptions to face masks any human being can use to protest COVID immorality

The masquerade party has begun in my Ontario county. Face coverings are now “expected” to be worn by “visitors” (e.g. customers, patrons, members, etc.) of any “establishment” (e.g. shops, restaurants, gyms, places of worship, taxi cabs, etc.). [The policy](#) (masquerading as a law) is worth a careful read. The list of exemptions shows how one may easily opt-out of this mind control experiment (whereby people are asked to do something that has no significant benefit, while causing harm to the user and those around them.)

For example, the [local guidelines](#) state: “Some people cannot wear a mask for various reasons and are exempt from wearing a face covering. Proof of exemption is not required and should never be asked for by an owner/operator or other visitor.” It even says that there “is not a need for a business to turn away the customer...”

So all one might have to say is: “I am exempt from wearing mask.” In fact, you probably don’t even have to say that much. Though, I think it would be best if we said more. Let me explain...

The same guidelines state that one is exempt from wearing a mask for “any other physical or mental health medical reason.” Well, that’s easy!

Physically, the masks shield one from their environment, weakening their immune system. Mentally, masking weakens one’s cognitive functions by complying with an act that has no proven benefit in regards to preventing death. Even [The New England Journal of Medicine](#) admits that a face mask “offers little, if any, protection from infection.” At best, it may delay a death by a week or two. It may also cause more deaths by prolonging the life of viruses in the environment.

Mentally, masks dehumanize us by removing facial cues (such as smiles) which can lead to depression, misunderstandings and social disharmony. Face coverings also contribute to the disease of [germaphobia](#). In fact, the [county's guidelines](#) admit this: "A non-medical mask or face covering protects other people from [your germs](#)." I thought protection from germs was the job of our immune system?

"Religious reasons" are also another cause of exemption. At the heart of most religious traditions is the concept of following one's conscience or a sense of morality. Personally, I find it unconscionable and immoral to support this COVID farce which undermines people's God-given freedoms, rights and even their ability to [attend religious services](#).

The guidelines also advise establishment owners to "seek legal" advice if they plan to enforce mandatory wearing of masks, as anything stronger than a request may be in violation of "human rights codes." Indeed, the guidelines never state that the wearing face coverings is a law – merely "instructions." The instructions cite their "authority" in [Ontario Regulation 263/20 – Stage 2 Closures s.4\(2\)](#) of the provincial Emergency Management and Civil Protection Act which does not mention the word "mask" once. "Face coverings" are mentioned only once in reference to "personal care services relating to the hair or body" (such as hair salons).

Therefore, as far as I can tell, at least in my county, one need not wear a mask. Any establishment that forces visitors to wear a mask appears to be enforcing a law that does not exist.

So instead of obediently complying, one can boldly say: "I am exempt from wearing a mask for both religious and medical reasons; in that I would be acting against my conscience to support a practice that dehumanizes citizens, weakens their immune system; and generates germaphobia, cognitive indecision and a weakened will; while producing no proven decrease in deaths."

Alternative, and probably more effective, would be to present a [printed Notice of Exemptions](#) containing a statement such as the following:

NOTICE OF EXEMPTIONS FROM MASK AND FACE COVERINGS

In accordance with Ontario Regulation 263/20 – Stage 2 Closures s.4(2) of the provincial Emergency Management and Civil Protection Act, instructions posted by the local Public Health Unit and the Ontario Ministry of Health’s guidelines the bearer of this notice is claiming a human rights exemption from wearing masks or face coverings for physical health, mental health and religious-ethical reasons as outlined below...

PHYSICAL HEALTH EXEMPTIONS:

- The long-term safety or effectiveness of mask wearing has never been scientifically evaluated. The New England Journal admits that masks “offers little, if any, protection from infection.” Ontario Public Health also only claims that masks “may” help limit the spread of disease.
- Wearing a mask may weaken the immune system of the wearer. Masks limit one’s exposure to beneficial flora, natural plant-derived chemicals and general immune-boosting microbes in the environment.
- Masks limit and slow the spread of viruses in the environment, thereby delaying herd immunity and potentially putting the sick and elderly at risk for an *extended* period of time.
- Many masks and face coverings are made with toxic chemicals that will outgas and be inhaled by the wearer.

MENTAL HEALTH EXEMPTIONS:

- Wearing of masks, without any scientific proof of their effectiveness in preventing death, may weaken one’s cognitive function.
- Face coverings propagate a sense of fear in the wearer (and those around them) of a common cold coronavirus which studies show has only killed 1 out of every 500 people infected (which is comparable with influenza which kills an average of 650,000 people a year).
- Masks dehumanize the wearer by hiding their unique identity.
- Masks support the mental disease of germaphobia.
- Face coverings hide facial cues (such as smiles) and body pheromones, two important factors in normal, healthy social interactions.
- Mask wearing encourages anti-social behaviour which leads to depression and suicide.
- Wearing masks without justification and out of blind obedience to authority may produce a docile mental state that is detrimental to a democratic and free

society.

RELIGIOUS EXEMPTIONS:

At the heart of most religious traditions is the concept of following one's conscience or an ethical or morale code. Mask wearing becomes unconscionable and immoral as it supports unwarranted measures which have resulted in the following human rights violations:

- Millions of able and hard-working citizens have been forced into unemployment which will result in increased deaths due to suicides, malnourishment and starvation.
- Limited access to the court systems.
- Tens of thousands of small and medium sized businesses have been destroyed (with masks only discouraging further patronage).
- Closure of the schools, public playgrounds and recreational centres.
- Millions of sick have been denied needed medical services.
- Unfathomable amounts of hard-earned taxpayers' dollars have been diverted to COVID-19 propaganda, unemployment compensation and pharmaceutical companies.
- Millions of law-abiding citizens have been put on house arrest for *possibly* having a common cold virus.
- Citizens have been threatened with fines or jail time if they attend religious services and family gatherings.

Considering that "probable" and "presumed" cases are included in COVID-19 totals and deaths are counted "whether or not COVID-19 was determined to be a contributing or underlying cause of death" the bearer of this notice hereby states that they are exempt from wearing a mask so that they do not contribute to the over-hyped COVID-19 pandemic narrative; thereby creating unnecessary panic to justify the systemic violation of the rights and freedoms that form the basis of our society. Such aberrant measures are profoundly destructive to our physical, emotional, psychological, social and economic well-being; and are unsustainable, unwarranted, extreme and unconstitutional.

Copies of the above Notice of Exemptions are available [here](#). I've made it available

in both PDF format and in rich text format so that you can edit content to suit your personal views and regional regulations. You can print stacks of these and leave them with establishment owners as a form of protest and education. You can also make them available to others in your community. Keep in mind, I am not a lawyer, and you use these notices at your own risk (just as giving in to tyranny has its own risks).

Yet, if they call 911, what are the police going to do? There's no science, no law, no logic. Unless your local hospital is over-flowing with patients suffering from respiratory diseases, how will slowing down the spread of the common cold help anybody? The government is asking struggling businesses and dying religious organizations to execute their social conditioning masterplan under threat that they might throw the world back into lockdown.

That said establishment owners may still bar access to their store. In such a case, Theodore Kuntz, president of Vaccine Choice Canada, suggests:

1. If refused entry or service because you are unmasked, declare your exemption (or provide a [printed Notice of Exemptions](#)).
2. If an owner or employee refuses to honour your declaration of an exemption ask for what accommodation they will make for you.
3. If no accommodation is made, ask for the name and contact information of the owner, manager or employee so you can file a human rights complaint.
4. Take a picture of the individual and location failing to honour your exemption.
5. Inform them of your intention to file a human rights complaint and ask for compensation.
6. File a complaint with the appropriate human rights office.
7. Let the owner know that you will be taking your business elsewhere.

Vice versa, I would encourage the following if establishments honour the exemption:

1. Pay in cash so that they will retain 100% of the money received (do not use interac or credit card).
2. Leave a tip so that they know that those opposing masks are on their side.
3. Let them know that you will tell all your "anti-masking" friends to come to their store. Or, better yet, bring them along with you. Try reserving a table at a restaurant and then all show up with exemption forms.

Now, of course, these are the guidelines set for my county. Laws may be stricter in your part of the world. I would encourage you to read whatever guidelines your local government has issued and modify the notice accordingly. If you are not able to opt-out of wearing masks you may wish to consider my [Three-Step Face Mask Dissent Plan](#). But first make sure you've studied the laws.

Mask wearing has little to no science behind it, so it would be hard to write such a mandatory law, no less enforce it. Instead, governments are relying on unconscious compliance — even though the [Ontario Ministry of Health's](#) guidelines warn that “anyone who is unconscious” should not wear a mask.

Even the most liberal leaning should see the importance of a conscious, questioning and challenging citizenry for the success of a truly democratic nation. Blind compliance, otherwise, is a dangerous weapon I would not even trust in the hands of the wise and just, no less the tyrannical puppet masters pulling the global COVID strings.

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