

February 7, 2022

Sent via email to: PHTestimony@cga.ct.gov

Dear Connecticut General Assembly,

I am writing to express my support for mask choice in our CT schools and for the end of Governor Lamont's mandate on masks in schools as well as an end to his executive orders. I would ask that you vote NO on extending executive orders as well as vote NO for enacting any of these orders into laws.

With regards to mask wearing especially in kids. Please consider that this is changing the structure of the child's airway as well as taking away the ability to control the immune response in a healthy way. There is also the potential for re-breathing in bacteria, fungus, and other pathogens. I feel that we are not considering or talking about the long-term effects of this. This is one of the many reasons children should not wear masks all day long in school, sports or in general. Children are being told to wear masks with no breaks and having to wear outside as well. I am struggling with how this is a good thing for a developing and growing child and teenager. Children and teenagers are the least effected by Covid. We need to be building up one's defense mechanisms not breaking them down. Is this really helping our children or are we setting them up for health problems in the future. I believe we are setting them up for future health problems. This is one component of many to consider. Breathing was the first thing we did when we came into this world and will be the last thing we do before we leave. Please consider the anatomy, which really is not up for debate: The physical structure of the nasal complex, paranasal sinuses, nasal pharynx and its relationship to the Eustachian tube and oral cavity (i.e. ear, face, mouth, hard palate) which in turn changes the function of a system that was designed for optimal health. To name a few things: Changing the structure can result in blocked sinuses, more stiffness in areas of the respiratory zone, more constriction of the tubes in the airway, etc. making it even more challenging to breathe. Encouraging chronic obstructive respiratory disorders like asthma and emphysema. Hyperventilation causing more stress to an already stressed-out system. Altering the biomechanics of the diaphragm, causing digestive, venous and atrial issues, back pain, and other movement discrepancies. Even worse, effecting gas exchange which causes issues with oxygen and carbon dioxide partial pressure saturations. Recurrent sinus infections, ear, and eye infections, potential for conductive hearing loss. Intracranial infections, headaches, tooth and gum infections, malocclusions. Not to mention the fact that this would encourage more mouth breathing over nasal breathing. It is well documented that mouth breathing contributes to a vast number of issues. Breathing through the mouth is not optimal breathing. Bottom line, causing more inflammation and systemic issues in the body which sets a person up for serious health problems in the future. When breathing is off everything in the body is off. I would argue that most people are not breathing optimally in general. So now you add the mask which will create even more havoc especially if it continues over the long-haul. In the grand scheme of things, the risks are far greater than any benefits afforded especially where children are concerned.

Also, please consider the individuals that already suffer from allergies and asthma. I would bet there are many children in the CT school systems that suffer from allergies and asthma. I would imagine mask

wearing would perpetuate their conditions and symptoms. These kids need to stop needlessly suffering. We need to do a better job at protecting our future generation and setting them up for success.

Once again, I ask that you please vote NO for mask mandates and executive orders. Mask wearing should be a personal choice as I realize some people feel a sense of security wearing them and I understand and respect that. If this is the case, they should be allowed to wear masks if they so choose. Surely, we can come up with a happy medium with regards to this. The risks associated should be documented as well so everyone is aware and can make informed decisions about their health and the health of their families. This is not something I see being done here in CT. I feel this should be a personal choice as everyone's views, circumstances and situations are different. I also believe that people are extremely capable of making their own decisions regarding their health as well as the health of their families and children. We must also appreciate the fact that there are no one size fits all when dealing with a population of people

Thank you for your time and again please vote NO. Please represent the families and children of CT by voting NO and stopping these mandates and emergency powers immediately.

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