

From: clerk@hamilton.ca
To: [Kolar, Loren](#)
Subject: Fw: Masks
Date: July 8, 2020 5:40:44 PM

From: Maria Cristina Siena [REDACTED]
Sent: Wednesday, July 8, 2020 5:27 PM
To: clerk@hamilton.ca
Subject: Masks

Four months ago, I was one of the first people to wear PPE to the grocery store although the World Health Organization had said that masks were not effective. I wore an N95 mask and maximum protection gloves. Since elected officials were recommending only one shopping trip each week and since I was shopping not only for myself and my family, I was also shopping for someone elderly, my shopping trip took several hours. I realized right away that wearing a mask wasn't good for me because it made me feel very sick. I had headaches and I had trouble breathing when wearing my mask. I was careful with my PPE as I had learned how to disinfect a mask for reuse. I've noticed that many people wearing masks nowadays do not wear the proper masks that offer protection from the coronavirus. Only N95 masks do so. Most people do not know how to wear masks, they don't cover up their nose or their mouth or they'll pull their mask off and then put it on again or let it hang under their chin. Touching a mask is not safe yet most people do that constantly. Most people don't know how to disinfect masks as there is no proper education by elected officials on how to do so safely. Most people do not know how to discard masks as there is no proper education by elected officials on how to do so safely. I have learned that wearing a mask does more harm than good and actually weakens the immune system. Given both what I experienced while wearing a mask and my medical history, I would hope that elected officials will not mandate masks in my city.

Thanks for listening to my story.

Cristina Siena