Twitter Thread by Alex McNeil

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Masks. A short thread. In June last year my GP advised me that wearing a mask even for a short space of time would be harmful for me on two fronts. One - I have painful rosacea on my face. It's a horrible condition and it's lifelong. I can at times look scary!

Putting on a mask simply makes it worse. Two - I have hypertension. Manageable and controlled. GP also advises that mask wearing even for short periods can raise cortisol levels and make them dangerous to me.

On that basis and given the dreadful treatment us non-maskers have to suffer and to appease the abusers I have three times asked my GP to issue me with a letter relating to my conditions.

On each occasion she has said that there is no need. Whilst she won't admit it straight up, all conversations suggest she's been told not to. I happen to agree that no-one should need to reveal their medical history to anyone other than medical professionals responsible for me.

I've researched mask wearing in relation to what they are supposed to be used for ref *Covid* - I'm no thicko - I prepare risk assessments (and I'm qualified to do so) every day (or did) - and the evidence *for* is weak. Very weak.

I have no issue if people choose to wear one. I have a big issue with compulsion especially given all the conflicts about effectiveness. Masks are a crude device and there's no reason, none, to make covering your face mandatory.

At best they are placebos and on a different scale they are dehumanising and scary. For people with physical difficulties it's hard enough; for those of us who suffer anxiety & other hidden illnesses it must be terrible.

My son who before developing a bacterial infection on his mouth was forced to wear a mask for 6/7 hours per day nearly lost his job because he became ill with masking up. His employer - a govt agency - had to be reminded of the exemptions, several times, before relenting.

Mask wearing is an utter absurdity in the context of effectiveness. Wear one standing in a queue in a coffee shop but take it off whilst sitting down; mask up when walking to the toilet in a pub. Eh? Is it just me who thinks this is totally nuts?

The compulsory nature of the mask has also enabled people to be downright nasty and judgemental. It’s the worst by-product of the *rule* to muzzle up. The shaming has been relentless and religiously applied by the virtuous.

Regardless of my conditions, I abhor the mask and it truly does cause anxiety. Despite its obvious flaws, long live my birth face!