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**Subject:** Email - Communication - Lisa Kusch - Mask Mandate for Transit Users - File CK 270-7  
**Attachments:** saskatoon\_city\_council\_mask\_mandates.pdf

**From:** Web NoReply  
**Sent:** Friday, August 28, 2020 2:32 PM  
**To:** City Council <[City.Council@Saskatoon.ca](mailto:City.Council@Saskatoon.ca)>  
**Subject:** Email - Communication - Lisa Kusch - Mask Mandate for Transit Users - File CK 270-7

--- Replies to this email will go to [REDACTED] ---

Submitted on Friday, August 28, 2020 - 14:32

Submitted by user: Anonymous

Submitted values are:

Date Friday, August 28, 2020  
To His Worship the Mayor and Members of City Council  
First Name Lisa  
Last Name Kusch  
Phone Number (306) [REDACTED]  
Email [REDACTED]  
Address [REDACTED] Coppermine Cres  
City Saskatoon  
Province Saskatchewan  
Postal Code [REDACTED]  
Name of the organization or agency you are representing (if applicable) Applied Breath Sciences, and Mental Health Private Service Homes  
Subject Mask Mandates on public transport  
Meeting (if known) August 31 Full Council Meeting  
Comments  
I am not requesting to speak, I am requesting to be consulted before any final decision is made. Please see attached letter  
Attachments  
[saskatoon\\_city\\_council\\_mask\\_mandates.pdf](#)

[REDACTED]

[REDACTED]

August 28, 2020

His worship, the Mayor, and the members of City Council,

Today I submit to you critical information regarding instituting mask mandates as a precaution during this proclaimed state of emergency. As you know, neither the Emergency Planning Act nor the Public Health Acts of Saskatchewan speak directly to the use of masks during an epidemic, however, if they are consulted, it is abundantly clear that while we are still in a "State of Emergency," and the Ministers have great latitude in instituting safety measures, they still hesitate to make masks mandatory, for good reason. Saskatoon City council is wise to take heed and not respond only to the mounting public pressure born primarily of fear.

I am writing to you today from 2 distinct perspectives. First, as a certified breathing behavior specialist, I am the only psychophysiological who specializes in breathing sciences in Saskatchewan. Since the mask mandates began, my business has become overrun with inquiries from around the world. Recently, I presented an overview of the risks of mask mandates by request to a global forum: the International Breathwork Association. I also provided information for Parents and Teachers at that forum to help children wear masks safely. To be clear, this is not because I am in support of masks, rather, I view this as a harm reduction project.

Has Council considered the potential harms to our citizens and your very real potential liability for enforcing procedures that could cause physical and psychological harm to our citizens?

Let me be clear, masks in and of themselves do not harm people. They do not restrict oxygen intake nor do they increase CO<sub>2</sub>. The critical piece of information is this: How a person breathes while wearing a mask can cause them harm, both short and long term. Breathing Pattern Disorders are easily created and magnified in those with pre-existing conditions in anyone wearing a mask without proper instructions. Additionally, secondary infections such as eye infections, mouth, gum and lung infections can occur as a result of fungal growth from improper mask use. The immediate symptoms and long-term effects would take some time to cover, but the effects of chronic hypocapnia, and secondary infections will be seen in our health care system. Can the city be held liable for that if the condition is linked to being forced to wearing masks?

Items to consider regarding the potential harm of mask mandates:

We have conflicting research on the use of masks as beneficial to reduce transmission of any corona virus.

We have no research that lays out the most effective hygiene protocols for non-surgical and cloth masks.

We have research that concludes the misuse of masks can increase transmission.

We have no scientific evidence that adding masks to the precautions already in place increases protection from transmission in the general public.

We have no evidence confirming that the use of masks does not negatively affect compliance to other, proven effective, basic hygiene precautions.

We have no research exploring the psychosocial and health implications of masks on an entire population.

We do have research that shows significant developmental harm in children who wear masks. Both psychosocially from lack of facial cuing, and physical malformations because of prolonged mouth breathing triggered by the air resistance of masks.

We have no research that mask use is effective in place of other methods. We have anecdotal evidence that it is useful in addition to other protocols only. For example: Mask use as applied in public transport is largely being used to replace, coughing or sneezing into a tissue, social distancing, adequate handwashing, and cleaning of surfaces protocols. Is Saskatoon prepared to be at least as rigorous as the airlines if they implement masks in public transport and public spaces?

Secondly, I speak on behalf on the Mental Health Private Approve Home Operators of Saskatoon. This is my 23rd year as a licenced home operator, through SK Health. We provide safe family homes for hundreds of vulnerable adults recovering from mental illness. These residents have pre-existing disorders that make them even more susceptible to the potential harm of masks. I have been conducting free Smart and Safe Mask inservices to Abilities Council and Inclusion Sask, as well as small private groups and all identity that the use of masks is a barrier for many clients, and the emotional load is measurable. Additionally, the bus is the only mode of transport for these residents. Mask mandates would be punitive to all those residents of Saskatoon who cannot wear masks for health reasons, as I described above. The increased social isolation, and impact on the health of those who would be refused passage is a burden we must address.

I make myself available to City Council for consultation. Thank you for your continued service and the collective wisdom these proceedings produce.

Respectfully,

Lisa V Kusch M.Sc. B.Ed

■■■■ Coppermine Cres

Saskatoon

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