

## **Federal law:**

<https://www.law.cornell.edu/uscode/text/21/360bbb-3>

**The Federal Law-** This is not legal advice. It is my understanding that the Federal Law supersedes State Government mandates. Masks are granted an EUA. Under the EUA it states within the law:

(ii) Appropriate conditions designed to ensure that individuals to whom the product is administered are informed—

(I) that the Secretary has authorized the emergency use of the product;

(II) of the significant known and potential benefits and risks of such use, and of the extent to which such benefits and risks are unknown; and

(III) of the option to accept or refuse administration of the product, of the consequences, if any, of refusing administration of the product, and of the alternatives to the product that are available and of their benefits and risks.

## **CDC EUA for masks**

<https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/personal-protective-equipment-euas>

## **CDC+WHO Guidance**

When it comes to the guidance of the CDC and the WHO, both do not recommend exercising/strenuous activity with masks.

## **CDC- High Intensity Activities:**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

## **WHO- FACT People should NOT wear masks while exercising:**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters#exercising>

## **The Science**

These are scientific research articles that cover the effects of wearing masks while exercising. I'm looking for more.

<https://bjsm.bmj.com/content/early/2021/03/05/bjsports-2020-103758>

<https://pubmed.ncbi.nlm.nih.gov/32865523/>

<https://pubmed.ncbi.nlm.nih.gov/29395560/>

<https://pubmed.ncbi.nlm.nih.gov/32632523/>

<https://pubmed.ncbi.nlm.nih.gov/32590322/>