

May 17, 2021

Dear Ventura County Board of Supervisors:

I am outraged that Ventura County Board of Supervisors still requires masks at my local exercise studio even though there is published evidence that masks do not work and may even cause damage due to lack of oxygen, impaired breathing and intake of unavoidable bacteria and toxins.

Healthy people don't need protection as we already protect ourselves and others by caring for our immune systems every day (i.e., eating healthy, regular exercise, minimize stress, take right vitamins and minerals etc.).

There is now tremendous research and evidence that our government cannot protect us from a virus and that lockdowns, social distancing, and masks do not work.

Please stop this madness, stand up and open our county at 100% without restrictions.

Furthermore, I am urging to board to consider voting on resolutions to never again interfere with our constitutional rights, including:

- No lockdowns, no closing of businesses and no masks ever again
- No mandated COVID tests, vaccines or vaccine passports

In the future, if the county needs to take action for a virus/pandemic then please consider protections for individuals that are highly vulnerable (i.e., nursing homes) or those already infected and leave the rest alone.

I cannot even begin to imagine the extent of the mental, emotional and physical damage that COVID mandates have caused. Additionally, I cannot imagine how hard these decisions are to make. Thank you for all that you do. God Bless the board, our citizens and our country.

Sincerely,

*Suzanne Strong*

Suzanne Strong

