***INSTRUCTION PAGE i***



**Following is a generic template letter** that can be used in the situation where you have been requested to undergo an invasive and unreliable PCR test.

If you have been forwarded this letter by a friend, family member or colleague then please go to <https://voicesforfreedom.co.nz/resources> to see the other letters regarding PCR tests that may be more specific to your situation, masks and vaccination.

| Disclaimer: It is a strict condition of reading and/or using this letter in any way you irrevocably agree that you are bound by the terms and conditions of this disclaimer. If you do not agree with the terms and conditions of this disclaimer, you are prohibited for reading and/or using this letter. Notwithstanding anything in this letter, the information set out in this letter is for general information only, and should not be construed as legal advice and/or health advice. No client-solicitor relationship is created whatsoever. Before taking any action based on this letter, you should consider your personal situation and seek professional legal advice. You acknowledge and agree that you were advised to take legal advice prior to using any information in this letter. If you use this letter and/or any information in the letter you acknowledge and agree that you have relied on your own judgement and initiative and not in reliance of anything else. The reader and/or user of this letter agrees to protect, indemnify, defend, and save harmless the author absolutely from and against any and all damages, claims, losses, demands, liabilities (including vicarious liability), injuries, suits, actions, judgements, costs, and expenses of any kind whatsoever (including reasonable legal fees) arising out of or in any way connected with this letter and the information contained within. Any person and/or persons that shares this letter without this disclaimer accepts full liability for any damage whatsoever caused.If you are sharing this document with others, you acknowledge and agree that you are prohibited from removing this disclaimer. The disclaimer may only be removed once the letter is ready to be sent by the person sending it. You are also prohibited from amending the letter other than the sections identified for you to add to and you acknowledge and agree to this. If, however, you would like to use parts of this letter in a letter that you draft yourself then you are permitted to do so. . |
| --- |

***INSTRUCTION PAGE ii***



**What are your rights?**

You do not need to succumb to an invasive and unreliable PCR test if requested. The COVID-19 Public Health Response (Required Testing) Order 2020 (**Order**) (clause 9) provides acceptable alternative testing such: having your temperature taken, listening to your chest with a stethoscope; and/or discuss the presence or absence of any symptoms.[[1]](#footnote-0)

Other tests include RAT tests and saliva tests if you are entitled to have one of the latter.

To the general public there are 2 types of tests available in New Zealand for COVID-19, the PCR test conducted at a Community Testing Centre by taking a throat or nasal swab.

Or a RAT test which are becoming widely available and can be bought or obtained free from the pharmacy (in certain circumstances).

The following sets out how samples can be taken for each type of test:[[2]](#footnote-1)



Free rapid antigen tests are available at selected community pharmacies until 30 June 2022.

The tests are available for travellers from any part of New Zealand who:

• are not fully vaccinated, and

• are over the age of 12 years and 3 months, and

• do not have COVID-19 symptoms, and

• need a negative test result to travel with a transport company, for example Air New Zealand.

<https://covid19.govt.nz/testing-and-tracing/covid-19-testing/types-of-covid-19-tests/#types-of-tests-for-covid-19>.

**Exemptions from testing and medical examination**

The COVID-19 Public Health Response (Required Testing) Order 2021 (Order) (clause 8) provides exemptions from testing and medical examination where *an affected person is not required to undergo testing and medical examination under clause 7 to the extent that the person has particular physical or other needs that a suitably qualified health practitioner determines would make it inappropriate for the person to undergo that testing and medical examination (or any part of it).*

<https://www.legislation.govt.nz/regulation/public/2020/0230/latest/LMS400345.html>

**HOW TO USE THIS LETTER?**

1. Read the letter carefully so that you understand what you are sending – this letter is your letter.
2. The points you need to complete or closely consider for your situation are highlighted yellow. Keep this information factual and do not hesitate to get it checked by a friend, colleague or family member.
3. This letter is a generic letter to be used in the situation where you are responding to a request to obtain a PCR test.
4. Check to make sure that the current Order is still current. The current Orders are available at <https://covid19.govt.nz/alert-levels-and-updates/legislation-and-key-documents/>
5. If you have another situation where you are refusing a PCR test, then please refer to the other template letter go to <https://voicesforfreedom.co.nz/resources>
6. Sign off the letter.
7. Print or email the letter – make sure you keep a copy. **DO NOT** include these first three pages of instructions with your letter.

**YOUR header name/ contact details**

**[Contact details of person who has asked you to undergo a PCR**

**Address**

**Address]**

[Date]

FOR: [The Manager | Executive Board]

**RT-PCR TESTING REQUEST**

1. I refer to your request dated [date] requesting I undergo a polymerase chain reaction (**PCR**) test for COVID-19.
2. I decline your request and confirm that I am free of any symptoms of Covid-19. However, I am prepared to undergo a medical examination and obtain a certificate from a medical practitioner to confirm I do not exhibit symptoms of COVID-19.
3. I am not willing to provide a nose or mouth swab of my DNA for any purpose, especially including the carrying out of a PCR test. The PCR test is known to be extremely unreliable in terms of accurately identifying the presence of a “live” or infectious COVID-19 virus in humans.[[3]](#footnote-2) Saliva testing is still experimental, involves the collection and storage of my DNA and has no evidence of efficacy.
4. The PCR test does not distinguish between replicative virus and inactive viral fragments. The test is, therefore, indeterminate for the presence of transmissible SARS-CoV-2 viruses in a tested individual.[[4]](#footnote-3) Current estimates indicate that 50-75% of the time an individual shows a positive PCR result, the subject is post-infectious, whether with COVID-19 or another virus.[[5]](#footnote-4) This means that current estimates are likely to produce high levels of false positives when the test is used in people who are at low risk of infection.[[6]](#footnote-5)
5. The test does not have a known value, Ct (cycle threshold), at which an individual poses a public health risk. A recent study of subjects with tests positive with Ct values between 35 and 40 have a low risk of positive viral culture (5/60; 8%), a laboratory surrogate for infectious virus.[[7]](#footnote-6)
6. In material just released from the in about October 2021, the Federal Drug Administration of the United States admitted that the PCR test was developed not with actual samples of the coronavirus but with ordinary seasonal flu.[[8]](#footnote-7)
7. Finally, after December 31, 2021, the CDC withdrew the request to the FDA for Emergency Use Authorization of the PCR test for a test that tests for coronavirus and flu viruses at the same time.[[9]](#footnote-8)
8. In addition, the swabs used in obtaining genetic material for the purpose of the PCR test have been found to contain substances including hydrogel, agarose gel electrophoresis and ethylene oxide, all of which are dangerous and have been shown to be carcinogenic. Swabbing with these chemicals deep into the nasal cavity causes potential harm, including the possibility of damage to and leaking from the blood brain barrier.
9. **Other alternative means of medical testing**

The COVID-19 Public Health Response (Required Testing) Order 2021 (Order) (clause 9) - provides acceptable alternative testing such as: taking temperatures, carrying out chest auscultation and seeking and obtaining information about symptoms and may involve any or a combination of taking nose swabs, taking mouth swabs, taking saliva. Taking saliva is defined as methods or methods by which saliva may be taken and analysed, including any conditions, that the Director- General has approved in a notice published on internet site by the Government and in the Gazette.

1. I do not consent to any form of testing for COVID-19 that involves the collection of my DNA. It is my right to refuse consent to DNA testing under the Privacy Act 2020, the Bill of Rights Act 1990 and Article 6, Section 1 of the UNESCO Universal Declaration on Bioethics and Human Rights which provides:

*Any preventive, diagnostic and therapeutic medical intervention is only to be carried out with the prior, free and informed consent of the person concerned, based on adequate information. The consent should, where appropriate, be express and may be withdrawn by the person concerned at any time and for any reason without disadvantage or prejudice.*

1. As stated above, I am prepared to have a medical examination to verify that I do not exhibit any symptoms of Covid-19. I am also prepared to have my temperature taken, undergo chest auscultation (listening with a stethoscope) and provide information about the absence or presence of symptoms[[10]](#footnote-9).
2. Thank you for your understanding.

Yours faithfully

**Your Name**

**Your contact details**

1. [↑](#footnote-ref-0)
2. <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/assessment-and-testing-covid-19/how-covid-19-testing-works#types> [↑](#footnote-ref-1)
3. <https://www.researchgate.net/publicagtion/346483715_External_peer_review_of_the_RTPCR_test_to_detect_SARS-CoV->
2\_ [(PDF) External peer review of the RTPCR test to detect SARS-CoV-2 reveals 10 major scientific flaws at the molecular and methodological level: consequences for false positive results (researchgate.net)](https://www.researchgate.net/publication/346483715_External_peer_review_of_the_RTPCR_test_to_detect_SARS-CoV-2_reveals_10_major_scientific_flaws_at_the_molecular_and_methodological_level_consequences_for_false_positive_results) [↑](#footnote-ref-2)
4. Bossuyt, PM, 2020. Testing COVID-19 tests faces methodological challenges. Journal of Clinical Epidemiology 126, 172-176. Dos:10.106/j.jclinepi.2020.06.037 [↑](#footnote-ref-3)
5. <https://pubmed.ncbi.nlm.nih.gov/33609444/> Mina, MJ, Peto, TE, Garcia-Finana, M, Semple, MG, Buchan, IE, 2021. Clarifying the evidence on SARS-CoV-2 antigen rapid tests in public health responses to COVID-19. The Lancet doe:10.1016/s0140-6736(21) 00425-6 [↑](#footnote-ref-4)
6. Surkova, E, Miokolayevskyy, V, Drobniewski, F, 2020. Flase positive COVID-19 results: hidden problems and costs. The Lancet Respiratory Medicine 8, 1167-1168.n dos: 10.106/s2213-2600(20)30453-7 [↑](#footnote-ref-5)
7. Singanayagam, A, Patel, M, Charlo

tte, A, Lopez Bernal, J, Saliva, V, Ellis, J, Ladhani, S, Zambon, M, Gopal, 2020. Duration of infectiousness and correlation with RT-PCR cycle threshold values in cases of COVID-19, England, January to May 2020. Eurosurveillance 25. Doi:10.2807/1560-7917.es.2020.25.32.2001483 [↑](#footnote-ref-6)
8. [Quidel Recalls Lyra SARS-CoV-2 Assay (M120) Due to Risk of False Negative Results | FDA](https://www.fda.gov/medical-devices/medical-device-recalls/quidel-recalls-lyra-sars-cov-2-assay-m120-due-risk-false-negative-results?fbclid=IwAR3BsvKMOka2acci1RC1Jx4UTx21D6FYgeNqTyBSwF--pfzZiYSXugyb7To); [Revocation of EUAA200179 (fda.gov)](https://www.fda.gov/media/139109/download?fbclid=IwAR3HRuZTYxTDLCPa2xAJeEPAkuv6Di7htGsllKQ-GQijeFE9KRn3i9bSIlM); [CDC 2019 Novel Coronavirus (nCoV) Real-Time RT-PCR Diagnostic Panel - Instructions for Use (fda.gov)](https://www.fda.gov/media/134922/download) [↑](#footnote-ref-7)
9. <https://www.cdc.gov/csels/dls/locs/2021/07-21-2021-lab-alert-Changes_CDC_RT-PCR_SARS-CoV-2_Testing_1.html> [↑](#footnote-ref-8)
10. Being acceptable testing methods identified in clause 9(1)(b) of the COVID-19 Public Health Response (Required Testing) Order 2020. [↑](#footnote-ref-9)