

**Your Name)**  
**(Your Address)**  
**Tel. ( )**  
**Email: ( )**

Dated: (Today's Date)

For the attention of Head of Department  
(Name & Address of Medical procedure centre)

Dear [Management name],

**Re: Concerns regarding Health & Safety using Infra red Forehead Testing.**

I am writing to you with regards to your coronavirus protocols whereby you have informed me that you wish to test my temperature using an Infra red Forehead Gun prior to my receiving essential medical treatment from the NHS.

I hereby register to you in writing that I **do not consent** to undergo an Infra red forehead temperature testing prior to receiving the necessary medical treatment to which I am entitled to under the NHS Constitution. I however; consent to my temperature being checked via a wrist or ear thermometer. There are very good reasons for requesting this, having consulted with medical professionals, it is clear to me that temperature testing at the forehead with an 'infrared ray' gun thermometer has never been shown to be safe, and could cause significant harm and health risks. When one aims an infrared ray at the forehead, the gun directly targets the pineal gland. In case you were not aware, the pineal gland is a small, pine-cone shaped gland belonging to the endocrine system, a structure of the diencephalon of the brain. It produces the hormone melatonin, which influences sexual development and sleep/wake cycles. The pineal gland connects the endocrine system with the nervous system, it converts nerve signals from the sympathetic system of the peripheral nervous system into hormone signals.

The pineal gland is involved in several functions of the body, including the secretion of hormones, regulation of endocrine functions, and converting nervous system signals to endocrine signals. It causes sleepiness, and in young persons influences sexual development and for all age groups affects the immune system and its development, and antioxidant activity. In light of these medical facts, aiming an 'infrared thermometer gun' at this vital brain structure, rather than opting for a safer method of taking temperatures, raises many important questions regarding its safety and short and long-term effects. As there is no current compelling evidence to show that 'infrared rays' do not damage the pineal gland, and as temperature checking is in any case more accurate at the wrist than the forehead, I only consent to being temperature checked at the wrist. I am taking responsibility for my health and welfare and forehead infra red ray thermometer testing has not been declared safe. As per my human rights UNESCO Bioethics & Human Rights 2005 Article 6.1, 6.2, 6.3 – Consent, I hereby remove my consent to infra red ray forehead thermometer testing.

In light of the information I have provided you within this letter, I would also like you to consider abandoning forehead temperature testing entirely, and instead, conducting wrist-only or ear testing on all your patients as both these methods are much safer, more effective, and less alarming for those who suffer from PTSD and other anxiety disorders as a result of having a gun aimed at their heads, the connotations of which can be highly unnerving for those who may be suffering from hidden disabilities. Please respond to this letter at your earliest possible convenience acknowledging my revoking of consent for forehead infra red ray thermometer testing prior to receiving essential medical treatment as per the NHS Constitution.

Yours sincerely,

[Name]