



# Face covering exemption card

**#PleaseBeSupportive**



You do not need to wear a **face covering** if you have a **legitimate reason** not to. This includes not being able to wear one due to:

- disability, learning disability or if you are autistic
- lung and breathing conditions
- physical or mental illness
- severe distress
- supporting someone who uses lip reading
- escaping harm or injury
- needing to eat, drink or take medication



Print out a card or save to your phone to show people who may tell you to put a mask on.



# Face covering exemption card

Cut out a card. Fold in half and stick together.

Get a version for your phone at [keepsafe.org.uk/card](https://keepsafe.org.uk/card)



I am exempt from wearing a face covering

#PleaseBeSupportive

You do not need to wear a face covering if you have a **legitimate reason** not to. This includes not being able to wear one due to:

- disability, learning disability or autism
- lung and breathing conditions
- physical or mental illness
- severe distress
- supporting someone who uses lip reading
- escaping harm or injury
- needing to eat, drink or take medication



Fold



My child is exempt from wearing a face covering

#PleaseBeSupportive

You do not need to wear a face covering if you have a **legitimate reason** not to. This includes not being able to wear one due to:

- disability, learning disability or autism
- lung and breathing conditions
- physical or mental illness
- severe distress
- supporting someone who uses lip reading
- escaping harm or injury
- needing to eat, drink or take medication



Fold



The person I support is exempt from wearing a face covering

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- lung and breathing conditions
- physical or mental illness
- severe distress
- supporting someone who uses lip reading
- escaping harm or injury
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