

# Helping you and your family to wear a face mask or face covering.

As well as in many healthcare settings, such as hospitals and GP practices, the public are being asked to wear a face covering or a face mask in shops, supermarkets and on public transport.

Some people find wearing a face covering difficult because of disability or extreme distress. These cards can help you explain why it is difficult to wear a face covering. You can print the card out or store it as a photo on your phone.

**I have a health issue which makes it difficult for me to wear a face covering.**

**I am autistic and it is difficult for me to wear a face covering.**

**I have autism and it is difficult for me to wear a face covering.**

**I have a learning disability and it is difficult for me to wear a face covering.**

**I support a person who is lip reading and so it is difficult for me to wear a face covering.**

**My child has a disability which makes it difficult for them to wear a face covering.**

**I have a disability  
which makes it  
difficult to wear a  
face covering.**

**I have dementia  
and it is difficult for  
me to wear a face  
covering.**

**My child is autistic  
which makes it  
difficult for them to  
wear a face  
covering.**

**My child has a  
learning disability  
which makes it  
difficult for them to  
wear a face covering.**

**My child has  
autism which  
makes it difficult  
for them to wear a  
face covering.**