

Face Mask Advice for People with Learning Disabilities, Autism and Health Conditions



You must wear a face covering when you are inside public places.



This includes public transport such as **buses and trains; shops and supermarkets; doctors' surgeries and hospitals.**



Remember to put on your covering before entering and keep it on while you are inside.



Remember to social distance where possible.



Not everyone can wear a face covering.

People are exempt if:



They have a physical or learning disability or autism - or a health condition - and cannot wear a face covering.



A face covering will cause them severe distress or anxiety.



They need to communicate with someone who relies on lip reading.



They have a reasonable need to eat, drink or take medicine regularly.



Look out for the Sunflower Lanyard. This is worn by people who have hidden disabilities and cannot wear a face covering.



For more information or to register for your free Sunflower Lanyard and Exemption Card, contact Barnet Mencap on 020 8349 3842 or projectsupport@barnetmencap.org.uk