

In many healthcare settings, such as hospitals and GP practices, patients are being asked to wear a face covering or a face mask.

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 a disability which makes it 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 have dementia and it is difficult for me to wear a face covering.



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I support a person who is lip reading. It is difficult for me to wear a face covering.



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I have special needs and it is difficult for me to wear a face covering.



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My child has a health issue which makes it difficult for them to wear a face covering.



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My child has autism and it is difficult for them to wear a face covering.



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



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My child has special needs and it is difficult for them to wear a face covering.



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My child has a learning disability and it is difficult for them to wear a face covering.



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My child is autistic and it is difficult for them to wear a face covering.