

What to do if you are exempt and cannot wear a face covering?

Information about exemption cards



September 2020



This is Easy Read information about what to do if you are **exempt** because you cannot wear a face covering.



Exempt means:

- a person does not have to do something that others have to do
- that a person has reasons why they cannot wear a face covering.

Who is exempt from wearing a face coverings?



1. **Children under the age of 12 years old** are exempt from wearing a face covering.



2. People who **find it hard** to wear a face covering are exempt from wearing a face covering.



This could be:

- disabled people
- people with physical health conditions like asthma.

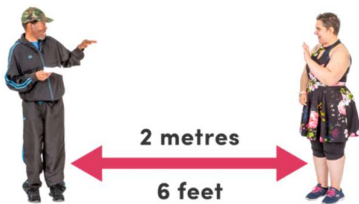


3. Deaf or hearing impaired people can ask people to lower their masks while talking.

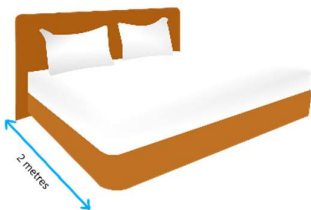


This is so Deaf and hearing impaired people can:

- lip read what is being said
- see how faces move as part of understanding what is being said.



If people do not know each other they must stay **2 metres** apart from each other.



2 metres is about as long as a bed.

I am exempt from wearing a face covering: cards and mobile screen savers



If you cannot wear a face covering you may:

- be worried about people asking you why you are not wearing a face covering
- not be able to tell people why you cannot wear a face covering.



An **exemption card** has been made for you to show people if you are asked why you are not wearing a face covering.



An **exemption card** lets people know that you are unable to wear a face covering.



The exemption card can be:

- printed to carry in your wallet or bag



- downloaded and used as a screen saver



- printed as a large size poster to carry in your bag.



It is your choice whether you want to use the exemption card.



You can print or download the exemption card from the Ministry of Health website:

<https://www.health.govt.nz/system/files/documents/pages/face-coverings-exemption-cards-sept2020.pdf>



If you are not sure how to print or download the exemption card you can ask someone to support you to print or download the exemption card.



You could ask your:

- family
- friend
- support worker.





If you need help to understand any of the information in this fact sheet you can call the **People First New Zealand helpline**.



The People First New Zealand **helpline** is **0800 20 60 70**



You will be asked to leave a message with your:

- first and last name
- phone number.



The People First New Zealand helpline is free to call.



This means it will not cost you any money to call the helpline.



You can also email People First New Zealand on **ask@peoplefirst.org.nz**



A People First worker will call or email you back.



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