

# 17th July 2020

## Weekly News and Keeping Well Tip



Inclusion North will give you the Government's big messages here.



The government have said that from the 24<sup>th</sup> July face coverings will have to be used in all shops and supermarkets by most people.



Most people have had to wear face coverings on trains and buses since the 15<sup>th</sup> June.

Face coverings are also called face masks.

People who work in the shops do not have to wear face coverings.



If people who can wear a face covering break the rules, they can be fined £100 by the police.

### **People who do not have to wear face coverings.**

Some people do not have to wear a face covering.



- Children under 11 years of age
- People who have a disability that cannot put on a face covering or wear a face covering .
- People who would be in severe distress by wearing a face covering, this could be when someone has breathing problems, some people with a learning disability or some people with autism.
- If you are supporting someone who lip reads to communicate.





If you do not know if you should wear a face covering you could ask someone you trust like your doctor, a family member or a carer.

**photosymbols®** Photosymbols have made some cards that you can use if you cannot wear a face covering.



The cards are at the end of the news.

Here is a picture of one front and one back that you can use together.



It is important to still follow the rules about washing hands and staying at least 1 metre away from people.



When you can, stay 2 metres away from people because this makes it even safer.

### Keeping well tips

Think about what good things are happening in your life.

Call your friends and family

Try something new to eat or do





# Learning disability cards

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because I have  
a learning disability and face  
masks cause me severe distress

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because  
I have a disability which means  
I cannot wear a face mask

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because I have a  
health issue which means  
I cannot wear a face mask

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because  
the person I support  
relies on lip reading





# Autism cards

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because  
I am autistic and face masks  
cause me severe distress

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because  
I have autism and face masks  
cause me severe distress

Disability  
Travel Support



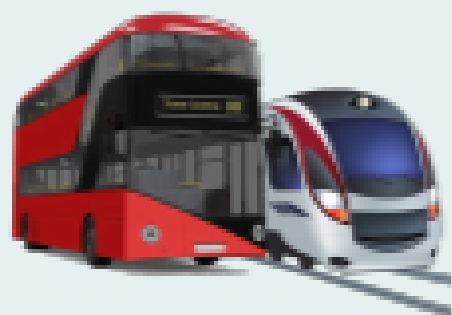
I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because  
I am living with autism and face  
masks cause me severe distress





# Parent and child cards

SEN  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

SEN  
Travel Support



I am exempt because I have  
special needs and face masks  
cause me severe distress

SEN  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

SEN  
Travel Support



My child is exempt because  
they have special needs  
and face masks cause them  
severe distress

SEN  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

SEN  
Travel Support



I am exempt because I have  
a disability which means  
I cannot wear a face mask

SEN  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

SEN  
Travel Support



My child is exempt because they  
have a disability which means  
they cannot wear a face mask

