

**I am
autistic**



I am exempt from wearing a mask as the rules say I do not have to wear one if I can't put one on, wear or remove one because of my disability, or if it causes me severe distress.

The Government has advised you do not need to wear a mask if you have legitimate reason not to. Reasons include:

- Young children under the age of 11
- Not being able to put on, wear or remove a face mask because of a physical or mental illness or impairment, or disability
- If putting on, wearing or removing a face mask will cause severe distress
- Travelling with, or providing assistance to a person who relies on lip reading to communicate
- To avoid harm or injury, or the risk of harm or injury to yourself and others

I am exempt from wearing a face covering. Thank you for understanding.