

Easy Read information about Face Coverings



The Scottish Government have given new advice on wearing a face covering.



They have said everyone who uses public transport should now wear a face covering.





They have now said everyone must wear a face covering in shops.



We must wear face coverings in shops from 10th July.



There are reasons why a person does **not** have to wear a face covering called exemptions.



If wearing it would cause a person very bad **distress** or **anxiety** they do **not** need to wear a face covering.



A **family member** or **carer** wearing a face covering might cause someone else very bad distress or anxiety. They do not need to wear a face covering if this would happen.



You can cover your nose and mouth with something like a scarf.



You can buy a face covering on the internet.



You should still wear a face covering if you can to protect other people.



You should wear it in places like the supermarket where it is difficult to stay away from other people

What has changed?

Nothing else has changed.

It is still important to stay at home.



You can still go out to buy food and medicine.



You can still go out once a day to exercise.



You can still walk your dog.



If you cannot work from home you can travel to work.





If you need to get medical or other help to keep you safe you can go out of the house.

Do I still need to stay 2 metres away from people?



You should still stay 2 metres away from people if you are outside of your house.



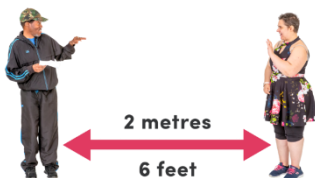
If someone has the virus but does not know it might help to stop them spreading it.



The most important thing is still to stay at home as much as you can.



You must still wash your hands when you get home.



You must still try to stay 2 metres away from people.

