



People around you can help by

- Staying calm and showing you how comfortable their own face covering feels.
- Making sure you always have the face covering you have chosen.
- Talking to you about where and when you need to wear a face covering.

More information



Mencap has more information on wearing face masks.

www.mencap.org.uk

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www.cwp.nhs.uk

Face Coverings



Wearing a face covering can be difficult if you have sensory needs.

This leaflet tells you how you can make it easier to wear a face covering.

There are different face coverings you can choose from.



A surgical face mask

This has straps that go behind your ears.
It has a wire that can bend over your nose.
This mask fits closely to your face.
This mask can make your face feel warm.



A cotton face mask

This mask is soft.
This mask might have seams.
This mask is looser than a surgical mask.
This mask can make your face feel warm.



A light scarf

This covering is looser.
This covering is soft.
This covering might catch on a wheelchair.
This covering might fall down.
This covering might feel warm.



A bandana

This covering is soft.
This covering does not touch your ears as much.
This covering does not have a seam touching your face.
This might be harder for you to tie and untie.

Things that make wearing a face covering easier.



People need to give you time to get used to wearing a face covering.

You might find it helps to try a face covering at home to help you get used to it.

People can help you make lots of choices.

You can choose

- Your fabric
- The colour
- The type of ties you have
- The type of face covering you use



Using your muscles can help

This can help you to feel calm.
You can work your muscles by pushing, pulling, carrying or squeezing.

You could try

- Squeezing a stress ball
- Carrying the shopping
- Wearing a heavy backpack
- Pushing a wheelbarrow or shopping trolley

