

LET'S BE CLEAR

We all want to express ourselves clearly and to connect with people around us

Face masks help keep us all safe. But for many of us they make communicating difficult.

People who are deaf or hard of hearing, people with a learning disability, autism, dementia or English as a 2nd language often rely on lip reading and facial expressions to understand.

Simple ways we can all make a difference:



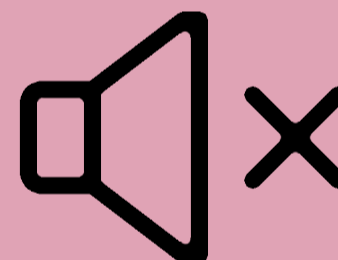
Be patient

Allow time and repeat what you're saying if needed



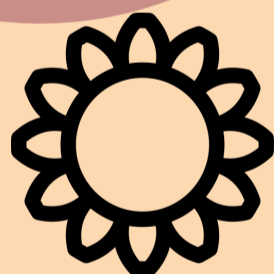
Use hand gestures

Get someone's attention and help get across your meaning



Somewhere quiet

A quiet place with good lighting may help you both



Know the exceptions

A hidden disability lanyard means someone has a specific reason not to wear a mask*



Write it down

Or try a live speech-to-text app on your phone



Clear face mask

Wear a clear face mask if you can, to make smiling and communicating easier

*Exemptions include: If someone is unable to wear a mask due to a disability or mental health challenge, if wearing one causes severe distress, or if someone is with a person who relies on lip reading and facial expressions to communicate.

LetsBeClearCampaign.org

