

**I can't wear a face covering.**



**How do I get an exemption card?**



## What are face coverings for?



A face covering can be anything that covers your mouth and nose, like a scarf, bandanna or a material facemask.



Facemasks help protect people from coronavirus.

The Scottish Government has made a rule that we should wear face coverings in some places.



You can find out more information on the [Scottish Government website](#).

## What does exempt mean?



Exempt means you do not have to do something.

Some people cannot wear a facecovering.

This could be because of their:

- disability
- autism
- mental health
- health problem which makes it hard to breathe



## Am I exempt?



See if you are exempt from wearing a face covering by looking at the [face coverings exemption page](#).



You do not need to give anyone proof that you are exempt.

You do not need a letter from your doctor.



If it would make you feel more safe and confident in public you can ask for an exemption card.

## What is an exemption card?



It is a small card to carry with you when you go out.

You can have a digital card on your phone.



An exemption card shows that you do not have to wear a face covering.



The card reads “I am exempt from wearing a face covering” and has the Healthier Scotland and NHS Scotland logo.

## How do I get an exemption card?



You can:

- call 0800 121 6240
- or fill out the [online form](#).



If you are a British Sign Language user you can contact us using [contactSCOTLAND-BSL](#), the online British Sign Language interpreting service.



You can get:

- a digital card that will be sent to your mobile phone.  
You will need to tell us your mobile phone number.



It could take a day to arrive by email.  
Check your email junk or spam folder.



- or a card which we will send to you in the post.  
You will need to tell us your address.



You can carry the card when you go out or wear it on a lanyard round your neck.



It could take up to 2 weeks for your card to arrive.



If you have phoned us or filled out the online form we will get your card to you as soon as we can.



We will keep your personal information safe.

You can read the [Privacy Policy here](#).



We know that other face covering exemption cards, badges and lanyards have been produced and these can still be used.

## What if someone tells me off for not wearing a facemask?



If you have received abuse for not wearing a face covering, you can visit the [Disability Safety Hub](#) for information on how to recognise and report disability hate crime.

Always call 999 if you are in danger.