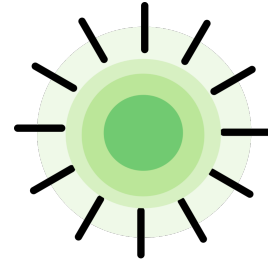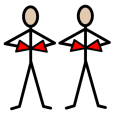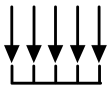# LET'S BE CLEAR

Let's   Be   Clear
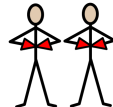
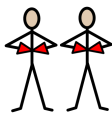We   all   want to   express   ourselves   clearly   and   to connect with
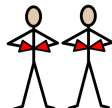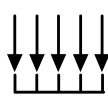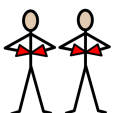
people   around   us.
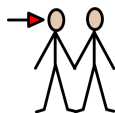
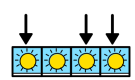Face masks   help   keep   us   all   safe.   But   for   many   of

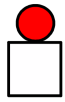us   they   make   communicating   difficult.
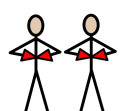
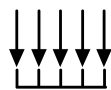People who are deaf or hard of hearing, people with a learning disability, autism, dementia or English as a second language often rely on lip reading and seeing the face to understand.
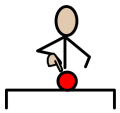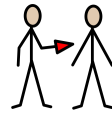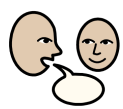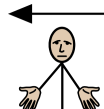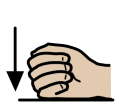
Simple ways we can all help:

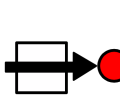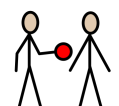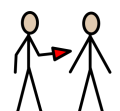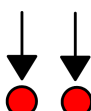• **Clear face mask** – Wear a clear face mask if you can, to make smiling and communicating easier

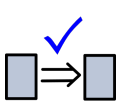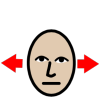• **Be patient** – Allow time and repeat what you're
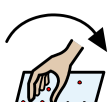
saying if needed

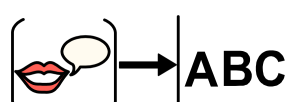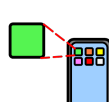- **Use hand gestures** – Get someone's attention and help get across your meaning
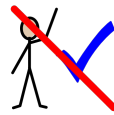
- **Somewhere quiet** – A quiet place with good lighting may help you both

- **Know the exceptions*** – A sunflower lanyard means someone has a specific reason not to wear a mask

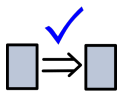- **Write it down** – Or try a live speech-to-text app

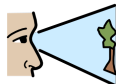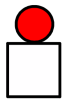*** Exemptions include:** If someone is unable to wear a mask due to a disability or mental health challenge, if wearing one causes severe distress, or if someone is with a person who relies on lip reading and seeing the face to communicate.

LetsBeClearCampaign.org