

 	<p>The Government have changed the rules about WEARING FACE COVERINGS.</p> <p>The new rules start on June 15th.</p>
	<p>What is a face covering?</p> <p>Here is a picture of someone wearing a face covering.</p> <p>It is a kind of mask that covers your mouth and your nose.</p>
	<p>Why do I have to wear a face covering?</p> <p>Face coverings can help stop Coronavirus spreading from one person to another person.</p>
	<p>About the new rules:</p> <p>The rules are for people who live in England.</p> <p>The rules tell you when you MUST wear a face covering.</p>
	<p>The new rules say you MUST wear a face covering if you are going:</p> <ul style="list-style-type: none"> - on public transport, for example a bus or a train; - into a hospital to visit someone; - to hospital for an appointment to see a doctor, nurse, or other health worker.

 	<p>Where can I get a face covering from?</p> <p>You can buy face coverings from some shops, such as a pharmacy.</p> <p>Some people are making their own face coverings.</p>
 	<p>You could do that, or you could ask someone to help you to make one.</p> <p>Or you can use something you already have, like a scarf.</p> <p>If you need help to get a face covering ask someone.</p>
	<p>You could ask:</p> <ul style="list-style-type: none"> - A member of your family - Your PA - A friend - Or someone else you trust.
 	<p>It is important to keep your face covering clean so remember to wash it after you have used it.</p>
  	<p>What if I have problems with my breathing?</p> <p>The Government has said that if you have a medical problem that affects your breathing you may not have to wear a face covering.</p>



If you think this might be you, it is important that you check to be sure you are not breaking the rules.



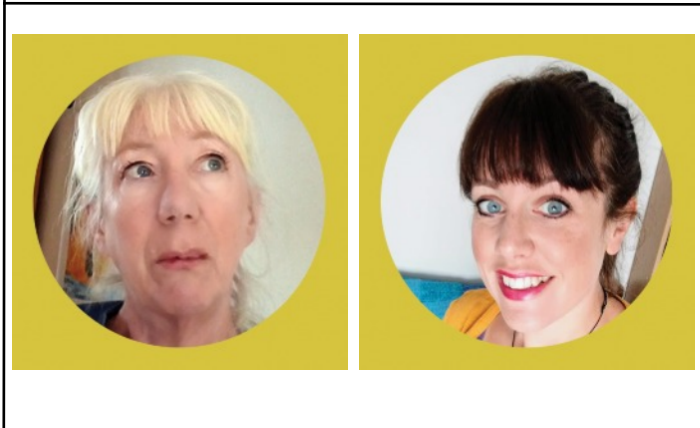
If you are not sure ask:

- Your doctor
- A member of your family
- Your PA
- Or someone else you trust.



Remember the new rules tell you when you **MUST** wear a face covering.

If you don't understand or have any questions ask someone to explain it to you again.



Stay safe and see you soon,
Team CPF

(This guide has been designed using resources from Photosymbols.)