

TIPS

This card is not ratified or validated, but can, during COVID-19, be used to signify any problems with wearing a mask when required on public transport, in medical establishments, or where you cannot safely social distance yourself from others.

Who is it for?

Anyone, but children should have an adult/carers guidance & permission
Some adults might need specialist advice from their carer or medical practitioner, if applicable.

How can it help?

It can help raise awareness of the reasons why individuals may refrain from wearing a mask.
It can also help reduce anxiety that may arise from not being able to wear a mask, or having to explain the reasons why in a situation where they are normally required.

How to use it

Cards can be downloaded using Adobe Acrobat from our website (www.sussexeds.com) as many times as you need them

1. Head to the Website
2. Navigate to the Medical Alert Page.
3. Download the Cards using Adobe Acrobat
4. Complete the cards using 'fill & sign' as necessary, or ask someone to help you.
5. Print out & keep the cards with you in your wallet

(if you do not have access to Adobe or an alternative PDF editor the cards can be printed out and hand completed)



A picture can also be taken and saved on your mobile phone with other Medical ID information.

*Think about your personal safety as this card will contain your personal data.