



Communicating When Wearing a Face Mask



Wearing a Face Mask can make communication more difficult because it is harder to:

- Recognise your communication partner
- To see facial expressions
- To hear what the person is saying
- To speak clearly
- To read the person's lips.

Some people will find this especially hard e.g.

- People who have hearing difficulties
- People who rely on non-verbal communication, like facial expression.
- People who find change difficult.

How to Adapt your Communication

- If you are new to the person, introduce yourself with a picture and your name
- Using slow, clear speech
- Use additional communication supports – eye contact, gesture, objects, Lámh, visuals.
- Be aware of the person's communication guidelines.
- Ask the person if they have understood you.
- Ask them what would help to make communication more successful.
- Name your emotions – as the person cannot see your face clearly i.e. 'I feel.....'.

Voice Care

Try not to strain your voice when using a face mask

Minimise Background noise	Use short sentences
Take deep breaths	Drink water when you can
Don't clear your throat!	Check your posture
Rest your voice when you can	Face the person when speaking

