

Newfoundland and Labrador:

Masks are not required for the following people or situations:

Children under the age of 5

Unless required by an Order (see above)

However, wearing a mask is encouraged for children between 2 and 4 years of age.

Wearing a mask is not recommended for those under age 2.

People with physical or mental health exemptions

People whose particular physical condition or mental health prevents them from wearing a mask.

You are encouraged to wear a face shield instead, if possible.

These conditions include, but are not limited to:

- people who are unable to put on or take off a mask by themselves due to a physical disability.

- people with facial deformities.

- people who, due to cognitive impairment, an intellectual disability, an autism spectrum disorder, or a severe mental health condition, are unable to understand the requirement, or for whom wearing a mask causes significant distress.

- people who have a severe skin condition on the face or ears that is significantly aggravated by wearing a mask.

- people with a severe respiratory condition or disease for whom a mask would further impair their breathing (please note that there is no evidence that indicates masks impair oxygenation of those with respiratory disease).

- anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Showing identification

You may remove your mask momentarily for identification purposes.

Workplaces

Requirements under the **Occupational Health and Safety Act** and **Regulations**, as well as any workplace specific health and safety plans, will continue to apply to workers.

Where required, workers must wear their mask when they are in common areas including a lobby, elevators, reception areas, conference rooms, hallways, stairways, washrooms and breakrooms.

During treatments, services or physical activity

People who are receiving treatment, receiving a service or engaging in a physical activity or other activity that requires it to be removed.

You may remove your mask for the duration of the treatment, service or activity only.

Updated: **September 18, 2021**

<https://www.gov.nl.ca/covid-19/public-health-guidance/guidance/masks/>