

Quebec:

Schools

Preschoolers are not required to wear a face covering.

Outdoor activities

People who do not belong to the same bubble should wear a mask or face covering unless they are sitting more than one metre apart or they are swimming or doing water sports.

People who are exempt

People in the following situations are not required to wear a mask or face covering:
children under the age of 10, except in CHSLDs and private seniors' homes. However, wearing a mask or face covering is recommended for children between 2 and 9 years of age and is not recommended for children under 2 years of age. Children must nonetheless comply with specific rules in primary schools. See the [measures in force in your municipality or region](#) for more information;

people whose health condition prevents them from wearing a mask or face covering:

people who are unable to put it on or take it off by themselves due to a physical disability,
people with facial deformities,

people who, due to cognitive impairment, an intellectual disability, an autism spectrum disorder, an addiction problem or a severe mental health problem, are unable to understand the requirement or for whom wearing a mask or face covering causes significant disorganization or distress,

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

people who are receiving treatment, receiving a service or engaging in a physical activity or other activity that requires it to be removed. In these cases, they may remove their mask or face covering for the duration of the treatment, service or activity only;

people who remove their mask or face covering momentarily for identification purposes;

people who are seated and respect distancing provided in the following places (they must put their mask or face covering back on when moving around in these places):

in a restaurant or food court,

in another enclosed or partially enclosed place accessible to the public where people can be seated, but remain silent or speak in low voices.

Wearing a mask is no longer mandatory for [fully protected people](#) at a gathering in a private home or on private property.

It is recommended that people exempted from wearing a mask or face covering due to a health condition avoid, as much as possible, places where they are mandatory. However, their access to places where a face covering is mandatory must not be restricted by a third party. If they go to these places, it is recommended that people who are exempted strictly maintain a physical distance of 1 metre from other people, except the person with them, if any.

In addition, people with a chronic condition, including cardiovascular diseases and lung diseases, are not exempted from wearing a mask or face covering. Whenever possible, they should use a procedural mask, since it offers better protection against the virus.

In all other public places which are not subject to the obligation to wear a mask or face covering but where physical distancing of 1 metre is not possible, wearing a face covering is strongly recommended.

Updated: **August 18, 2021**

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/mask-or-face-covering/wearing-a-face-covering-in-public-settings-covid-19>