



# Tips for Supplementing Communication While Wearing a Face Mask

Covering the majority of the face can make it difficult to convey emotion and communicate with others. It is important to be conscious of the communication that is lost while wearing a face mask. Below are some tips to supplement communication. Try different tips based on the needs of the person you are interacting with.

- **Be patient**
- **Get the other person's attention before speaking**
- **Make eye contact, if possible**
- **Use context clues within the situation**
- **Take off sunglasses and hats to allow the other person better access to your face**
- **Ensure adequate lighting**
- **Be aware of your environment** - Move away from noises and distractions, if possible
- **Speak louder** - Masks tend to muffle sound
- **Use short, simple sentences**
- **Speak face-to-face and at eye level**
- **Clarify if you are unsure what the other person is saying**
- **Use gestures or real-life objects** - Wave, point, give thumbs-ups, and so on to reinforce what you're saying
- **Use your body language to accentuate your emotions** - Such as head tilts, head nods, and your posture
- **Be aware of and use your eyes and eye brows to emphasize communication**



<http://fischerasl.weebly.com/facial-expressions.html>

- **Write it down if you need to** - Thicker, dark letters on white paper are more easily seen from 6 feet away

- **Use some sign language that is commonly known such as thank you, please, and sorry**



<https://www.babysignlanguage.com/dictionary/first-signs/>

- **Use a clear face mask!**



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DEPARTMENT OF HUMAN SERVICES

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