



MINISTRY OF HEALTH  
& MEDICAL SERVICES

# EXEMPTIONS FROM WEARING A MASK

## UPDATED GUIDELINES

**Wearing a mask that covers your nose and mouth is mandatory in all public places, for everyone aged 8 and over, including in public service vehicles, unless an exemption applies.**

**We strongly encourage wearing of masks in situations where physical distancing cannot be maintained.**

**A person in the following groups or situations is exempt from wearing a mask:**

- Children under 8 years of age.
- Students in primary school in year 2 and below.
- Persons who have a medical condition or disability, which makes wearing a face covering unsuitable, including persons with obstructed breathing (e.g. in chronic respiratory medical conditions), relevant skin conditions (allergies), an intellectual disability, or mentally disordered condition.
- Persons communicating with those who are deaf or hard of hearing and visibility of the mouth is essential for communication.
- Persons engaged in work or education that means that wearing a face mask creates a risk to health and safety.
- Persons engaged in work or education that means that clear enunciation or visibility of their mouth is essential. This includes teaching, lecturing, broadcasting, public speaking.
- The person is working by themselves in an enclosed indoor space such as in an empty classroom or office unless or until another person enters that space.
- The person is outdoors and there is no other person within 2 metres.
- The person is one of two persons being married, during their wedding ceremony or while being photographed at the wedding.
- The person is a professional sports person engaged in training or competing.
- While engaged in any strenuous outdoor physical activity and exercise.
- When consuming medicine, food or drink.
- The person is undergoing dental or medical care or treatment to the extent that such care or treatment requires no face mask be worn.
- The person is escaping harm or the risk of harm, including harm relating to family violence or violence of another person.
- When asked to remove the face mask to ascertain identity. For instance, when asked by police to remove a face mask to ascertain identity.
- In emergency situations.

If you are stopped by an enforcement officer (POLICE, MHMS, MCTTT, FCCC, LTA and MSAF\*) in a setting where face masks are mandatory, they will ask you to confirm the lawful reason you are not wearing a face mask.

If you have a medical condition that makes wearing a mask unsuitable, a letter from a doctor confirming the medical condition will be required.

- \*MHMS – Ministry of Health & Medical Services
- MCTTT – Ministry of Commerce, Trade, Tourism and Transport
- FCCC – Fijian Competition and Consumer Commission
- LTA – Land Transport Authority
- MSAF – Maritime Safety Authority of Fiji

### Important Numbers

Lifeline Fiji – 1543 or 132454  
24 Hour Child Helpline – 1325  
Domestic Violence Helpline – 1560  
Empower Pacific – 5626  
COVID-19 Helpline – 158

### For more information:

Please visit the Ministry of Health & Medical Services website  
@ [www.health.gov.fj](http://www.health.gov.fj)  
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Dinem House, Amy St.  
Suva, Fiji Islands

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