



What if I want to wear a face covering but find it difficult?

You may wish to wear a face covering because you want to follow the rules, or you want to protect others and yourself from Covid-19.

Here are some things to consider:

- **Do you have an item of clothing at home already that you could use as a face covering?**

You may have items of clothing at home which you could use as a face covering, such as a scarf or winter neck warmer. You should not be able to see through the fabric that you choose. An item that you are familiar with may provide you with more comfort.

- **Consider personalisation of a face covering**

Face coverings can be purchased or made at home. You can choose one that you like. This may be for sensory/comfort reasons; size and shape and/or visual appeal (e.g. made with favourite decorated fabric, designing your own).

- **Practice wearing one in a comfortable environment**

Practice at home, or in a safe outdoor space. This can help you identify whether you will feel comfortable enough to wear one in public, or if there is a part of the covering that is bothering you. You may either need to refine the fabric or try a different type of face covering.

- **What to do if it becomes too stressful?**

If wearing a face cover causes you distress, you may need to consider not wearing one. This is permitted by the government. If you are concerned at not being allowed on public transport without one, there are cards which you can use to help you communicate that you are autistic. See below:

[Autism Alert card – Covid-19](#) - for busy places and public transport

[First Bus “Please Be Supportive” card](#) - for public transport only

Wearing and disposing of a face covering safely

It is important to ensure that if you are wearing a face covering, that steps are taken to ensure that it is being worn and handled safely.

You can follow this routine:

1. Wash or sanitise your hands prior to putting on the covering and removing it.
2. Wash or sanitise your hands if touching it.
3. Do not remove it by touching the area that covers the face (mouth, nose, cheeks). Use the straps at the side, or if it does not have straps, use the side of the fabric that covers the ears or neck.
4. If it is a disposable covering, put it in a bin (or a plastic bag until you get to a bin) then wash or sanitise your hands.
5. If using a reusable face covering, wash this at 60 degrees after use.
6. Once dry, place it into a plastic bag without touching the area that covers the face.
7. Store face covering away until you need to use it next time.