



Personalisable stories on wearing face coverings

These stories are examples that have been produced by our Autism Support Team and it is suggested that they are personalised to the person you support. You may want to include the person's actual sensitivities; their understanding; their words for things; and consider how much information they can process at a time.

It is also important to take your time with the person you support – it may take a while for them to get used to wearing a face covering. You may want to encourage the person you are supporting to try it on for short periods of time at home, outside in a safe place and then gradually build this up.

See our [other resources](#) on face coverings for further advice and ideas. Our autism advisors are also available to offer you support, via our [advice line](#).

Remember, if wearing a face covering causes the person you are supporting distress, it might be better not to push this at this time. If you are concerned about the person you are supporting being challenged on public transport, or whilst at the shops, it may help to carry Scottish Autism's [Autism Alert card – Covid-19](#) to help explain why.

Sample stories

Why people need to wear face coverings

Covid-19 germs can make people ill.

Some people don't get ill but may have the germs.

I may not be ill even if I have Covid-19 germs inside me.

But other people might get Covid-19 germs from me when I talk or cough or sneeze.

There are things we can do to keep safe from Covid-19:

Face coverings help to stop Covid-19 germs.

When other people wear face coverings, it helps me keep safe.

If I wear my face covering this helps other people keep safe.

But I must remember to try not to touch my face covering until I take it off.

Covid-19 will go away quicker if people wear face coverings.

..... (name) and (name) have got face coverings to wear. (photos)

When and wear their face coverings, they help to keep other people in busy places safe.

For now, I can try to wear my face covering if I am in a busy place like a bus or shop.

In the future, when there is less Covid-19 about, we probably won't need to wear face coverings anymore.

For now, I can try and keep on wearing my face covering when says that I need to.

Why doesn't everyone wear face coverings?

Babies and tiny children can't wear face coverings because they are too young.

Face coverings are for bigger children and grown-ups.

But some older people might not be able to wear face coverings either.

This is OK.

This might be because they can't breathe easily with one on.

Or it might be because it's very uncomfortable for them to wear one.

The rules say that if it is very difficult for someone to wear a face covering then they don't have to.

If I see someone not wearing a face covering then that is OK.

I can try to keep my face away from this person and not be close to them.

I can look down at my feet to help me keep my face away from this person.

..... (*name*) will try to help me to do these things to keep safe.

What will my face covering be like to wear?

I can try out my face covering at home before I need to wear it out of the house.

First, I should wash my hands to keep my face covering clean.

Then (*name*) will give me my face covering and let me touch it and smell it.

I can do this for as long as I want.

I can put it on (favourite character/doll) to try too.

The cloth may have a special feel (*you could paste a fabric sample here*)

I can try putting my face covering onto my face and see how that feels.

If that feels OK, will help me put on my face covering.

When I put it on, I may feel it over my nose and face and where it fastens.

When I breathe it may feel and sound different. My breath might blow my face covering in and out against my face.

Talking might feel and sound a bit different.

It might get warm and stuffy inside.

I might also smell what the face covering is made of.

I may also smell my breath! If I don't like it I could brush my teeth!

I can practice trying on my face covering at home to get used to it.

I can see how it looks in the mirror or in a photo.

If I don't like the smell or the feel of it, I can tell

There are things can do to help me wear my face covering:

Maybe we can use different feeling cloth for it.

Maybe we can use different feeling fastenings for it.

If I would like it to look different, I can decorate it or use different cloth.

It's important that I try to use my face cover if I am in busy places.

We can try to make my face cover feel OK to wear.

Then I will be helping other people to be safe.

How to put on my face covering

Covid-19 germs may be on my hands.

This is OK, because I can clean my hands often:

I wash my hands or use hand sanitiser to take away the germs.

I should clean my hands like this before I put on my face covering.

I can then pick up my face covering by the straps (*or e.g. side/ends*)

I might need help to put it on and fasten it properly. This is OK.

I will feel that it is comfy.

If it isn't, then (*name*) can help me make it more comfy.

We will both be careful not to touch the front of my face covering where it goes over my nose and mouth.

Instead we will touch it on the back or the straps.

This will keep the germs away.

When I am feeling comfy with my face covering we can go (*e.g. on the bus/shop*)

..... will also wear their face covering.

We must keep remembering to try not to touch the front of our face coverings when we are out.

Then we are making the world safer from Covid-19!

How to take off my face covering

There are more things I can do to keep the Covid-19 germs away.

Before I take off my face covering, I can wash my hands or clean them with hand sanitiser.

I can try not to touch the front of my face covering when I take it off.

I should only touch the sides or the back or the straps.

When I take it off, I can put it safely into a plastic bag.

Then I can wash my hands or clean them with handsanitiser again to make sure the germs go away.

That's it! Job done!

Other considerations: Wearing my face covering with my glasses

When I put on my face covering, I can try to make it fit comfortably.

It might fit best under my glasses. My glasses may help to keep it in place.

Or it might fit best not touching my glasses.

I can experiment.

(*Name*) can help me experiment.

Sometimes, my face covering might make my glasses steam up.

I may not be able to see properly.

If this happens, I can take it off by holding the back or sides so I can see.

Then I can try to make it tighter over my nose.

.....will help me.

I must make sure I can still breathe easily though!

If my glasses still steam up, I can leave my face covering off so that I can see properly.

I can try my face covering again next time I'm out.

It may not steam up then.