

## **Autism Alert Card - COVID-19**

During the lockdown we introduced a Covid-19 Autism Alert Card. This was initially introduced because there was different guidance around exercise in place for autistic people, allowing autistic people to exercise more frequently if this was important for their wellbeing. We heard from the autism community however, that on occasion people were being challenged on this, causing anxiety and distress. The idea behind the alert card is for autistic people to have something they can show Police Scotland or others they may come in to contact with, to confirm they are autistic. This can also be personalised and you can add information that may help someone support you if needed whilst you are out.

Whilst there are no longer restrictions on how many times you can leave the house, new guidance from the Scottish Government was recently introduced stating that face coverings are now mandatory on public transport and will be made mandatory in shops from 9th July. However there are exemptions for children under 5 and for autistic people for whom wearing a face covering causes severe anxiety or distress. Our Covid-19 Autism Alert Card contains messaging to indicate that for the individual with the card, they are eligible for exemption from wearing a face covering. For those who feel comfortable to wear a face covering or would like to understand why we are being asked to wear one, you may want to view [our resources here](#). If you, or someone you support, cannot wear a face covering then having the Covid-19 Autism Alert Card may be helpful if you need support or if you are questioned in shops or on public transport.

Please remember that the guidance around social distancing remains in place and you should stay 2m apart from anyone not in your household or extended household when you are out. If you need support to understand current Government guidance for you or someone you support then please contact [advice@scottishautism.org](mailto:advice@scottishautism.org) and one of our advisors will help you.

Please follow the below guidelines to create your own Alert Card.

- Print (single sided, if possible)
- Cut around bold lines
- Fold dotted lines
- Glue the blank sides to create into a small folded card
- Fill out the card with your details

We have left space to add information that might help someone support you if needed whilst you are out. You can add as much or as little information as you are comfortable with.

You can also ask a carer or family member to complete this for you.

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## Emergency Contact Details

Name:

Preferred Number:

E-mail:

If you require any further information, you can

contact Scottish Autism's Advice Line

on 01259 222022, open 9am-8pm

Mon-Fri.

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**Alert Card COVID-19**

Name:

**I am Autistic**

Under Scottish Government exemption criteria I am eligible for exemption from wearing face coverings.

Please see inside for important information you need to know