



I am autistic

As of 15 June in England, people have to wear a face covering on public transport unless they have a good reason not to.

The new rules say I don't have to wear a face covering if I can't put one on, wear or remove one because of my disability or without becoming severely distressed.

The Government has given examples of when people don't have to wear a face covering, which include:

- if the person is younger than 11 years old
- if the person can't put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- if putting on, wearing or removing a face covering will cause the person severe distress
- if the person is travelling with or helping someone who relies on lip reading to communicate
- if this helps to avoid harm or injury to the person or others.

Autistic people sometimes:



- struggle with change, new situations and talking to new people
- get very anxious in social situations
- feel overwhelmed by lights, noise and too much information
- need extra time to process information, like questions or instructions
- have meltdowns or go into shut down if it is all too much.

The Government's list is not exhaustive, which means there could be other reasons why you don't have to wear a face covering. **Thank you for your understanding.**

 To find out more, go to www.autism.org.uk