

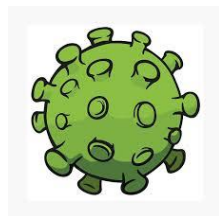
Seeing my family wear a face covering



It is now a rule that people must wear face coverings/masks when they are in shops and on public transport.



The government has decided that we should wear face coverings to help protect us from the Coronavirus.



I might find wearing a face covering hard to do.



It might feel tight around my face or it might smell funny. It might also make it a little bit harder for me to breathe.



I can try different types of coverings or visors to see what feels best.



If I have tried different face coverings and they all feel uncomfortable or make me anxious don't worry.

I can use my Autism Awareness Card to make others aware that I cannot wear a face covering/mask. I can still follow other rules, like keeping my distance from others when I am out.



My family who do not have autism might still need to wear a face covering/mask.



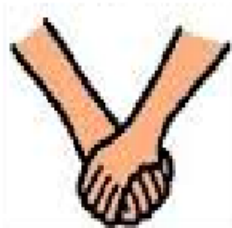
This is ok. My family will need to wear a face covering when they go to the shops or on public transport.





They can take it off when they are out of the shop or not on public transport if they want.

I might think they look strange in the face covering/mask. It might take time to get used to seeing people with these on. People can still talk to me when they are wearing a face covering/mask.



It is still ok for me to hold hands and hug my family when they are wearing a face covering/mask.

My family can use a countdown to show or tell me how long they are wearing the mask for.



My family need to wear a face mask to help keep everyone safe.



I can remember that I do not need to wear a face covering/mask if it worries me or I find it too uncomfortable. I can show my Autism Awareness Card, so other people know I don't have to wear a face covering.



I can still follow the rules by keeping my distance from others and remembering to wash my hands or use hand sanitiser

Seeing people wearing face masks in shops and on transport will be different, but it is ok.

