



I am autistic

February 2022

In Scotland, it is still a legal requirement for people to wear a face covering on public transport, in shops, and in most indoor places, unless they have a good reason not to.

This means 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 Scottish Government has given examples of when you don't have to wear a face covering. This could be if:

- you have a health condition where a face covering would be inappropriate because it would cause difficulty, pain or severe distress or anxiety or because you cannot apply a covering and wear it in the proper manner safely and consistently
- you have a reasonable need to eat or drink
- you need to take medication
- you need to communicate with someone else who relies on lip reading
- a relevant person, such as a police officer, asks you to remove your face covering.

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 Scottish Government's list is not exhaustive, which means that there may 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