

## Autism Alert Card

During the lockdown we introduced a 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.

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.

:yq ew dley can noY



## Emergency Contact Details

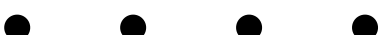
Name:

Preferred Number:

E-mail

For further information, you can contact Scottish  
Autism's Advice Line on 01259 222022, Monday  
10am – 4pm, Tuesday 10am – 7pm & Wednesday -  
Friday 10am – 4pm

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## Autism Alert Card

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