



I am autistic

The Government has introduced new rules and guidance to help people reduce their contact with people outside their homes, during the coronavirus pandemic.

Acknowledging that it will be difficult for some autistic people to follow these rules, there are some differences in how they are applied to autistic people and their families.

Autistic people can leave their homes for the following reasons:



- Shopping for basic necessities
- Exercise, for example a run, walk, or cycle, once a day, with people from the same household. **The Government has said that autistic people or people who support an autistic person, can leave their home more than once a day to exercise if this helps maintain their health.** This includes exercise that involves travelling beyond their local area. If an autistic person needs support from a friend, family or carer who they don't live with to go outside, then that is okay.
- Any medical need
- Travelling for work purposes, where people cannot work from home
- To help someone who is ill or disabled.

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

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