

Seeing my family wear a face mask



The rules for face masks are changing. People are no longer required to wear them in shops, restaurants, and schools, etc.



The government and scientists have decided it is safe as less people are getting sick.

Some people might decide to continue wearing face masks and this is ok. It is now a choice each person will make.





I do not need to wear a mask if it makes me anxious. If I find it challenging to wear a face mask, this is ok.



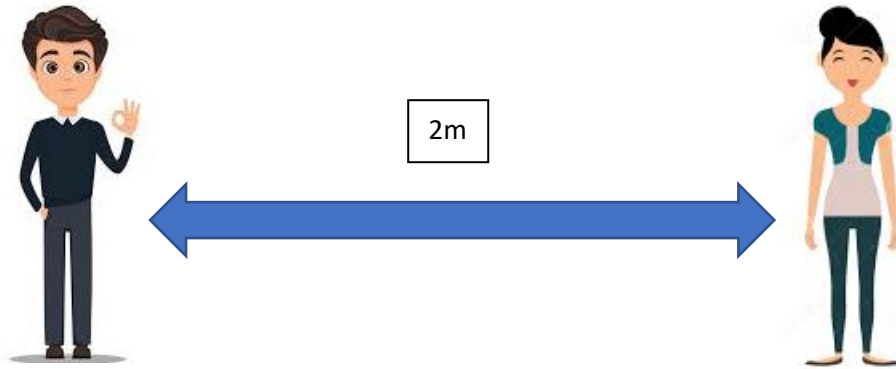
I can continue to use my Autism Awareness Card to show people I have Autism and that I cannot wear a face mask



However, my family and I can still wear a mask if we choose to.



When out and about, I can keep a 2m distance from others.



When I come home from my outing, I must remember to wash my hands.

Seeing people continue to wear a face mask in shops and on transport is different,

but it is ok.

