



# I am autistic

December 2021

**People in Wales have to wear a face covering on public transport and in some public indoor spaces, such as shops, theatres, cinemas and concert halls, unless they have a reasonable excuse not to.**

**The rules say I don't have to wear a face covering, if I can't put one on, or if I can't wear one because of an impairment or disability.**

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

- are not able to put on, or to wear a face covering because of a physical or mental illness, or because of a disability or impairment
- you are younger than 11 years old
- you need to eat or drink
- you need to take medication
- you need to escape danger, or to avoid harm or injury.

The Welsh Government's list is not exhaustive, which means there could be other reasons why you don't have to wear a face covering.

**Thank you for your understanding.**

## 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 things are all 'too much.'

 To find out more, go to  
**[www.autism.org.uk](http://www.autism.org.uk)**, or  
**[www.ASDinfoWales.co.uk](http://www.ASDinfoWales.co.uk)**