



# Coronavirus: Top tips for autistic people

**First off – try to keep calm. We know it's scary right now but this won't be forever. There are things that can help you.**

We've put together some tips and links to online resources to help you deal with this difficult time.



[www.autism.org.uk/coronavirus](http://www.autism.org.uk/coronavirus)



## 1 Anxiety about unexpected changes or events



### Your plan and routine has changed

So make a new one. Even if you're self-isolating, structure each day and time. Build in points in the day for exercise, eating and fun activities.

#### Top tip:



Remember - your plan has changed and might change again but you can always make a new one.

[For help with anxiety, visit Anxiety UK](#)

## 2 Sensory sensitivity



### Your sensory environment has changed

That could be because work or your normal support service might not be available.

#### Top tip:



Think about what this sensory environment is like - can you recreate it at home?

[Go to sensory environments](#)

## 3 Time to process information



### Lots of information is coming very fast and it's changing every day

Give yourself time to absorb and process each piece of news and make sure you have a source to go back to and re-read when you need to.

#### Top tip:



Think about where you're getting information from - news on social media has a tendency to disappear from your feed or timeline when you go back again so try to get your information from more stable sources like the BBC ~ or directly from the Government.



[www.autism.org.uk/coronavirus](http://www.autism.org.uk/coronavirus)



## 4 Social anxiety



**If you're socially isolating this might not be a problem**

If you're stuck at home with people you usually don't spend that much time with you might need to let them know that you require distance and your own time.

### Top tip:



If you're feeling isolated, we have our online community to help you.

[Visit our online community](#)

## 5 Communication and interaction



**If you're finding communication difficult right now**

Let people know that at times of stress you might find communication, especially verbal communication, harder than usual.

### Top tip:



Agree how you will communicate with people - via text, or in writing, or at specific times of the day.

[Visit our online community](#)

## More information

Get ideas from other autistic people, and share your tips with them, in our [online community](#).

For more information on coronavirus and autism visit our website:



[www.autism.org.uk/coronavirus](http://www.autism.org.uk/coronavirus)



National  
Autistic  
Society