

Keep this guide somewhere easy to find. In an emergency, go to the section that matches your situation and follow the steps in order.

My emergency contact: _____

My address: _____

FIRE OR BUILDING EVACUATION

- 1 Stop what you are doing immediately.
- 2 Do not collect belongings.
- 3 Walk — do not run — to the nearest exit sign.
- 4 If there is smoke, stay low and cover your mouth.
- 5 Go to the assembly point. Do not re-enter the building.
- 6 Tell a warden or firefighter if someone is still inside.

MEDICAL EMERGENCY (YOURSELF)

- 1 Call emergency services or ask someone nearby to call.
- 2 Say: 'I need medical help. I am autistic.'
- 3 Stay as calm as you can. Sit or lie down if possible.
- 4 Do not eat or drink anything until help arrives.
- 5 Show this guide to the responder if speaking is difficult.
- 6 You can say 'I do not understand' at any time.

NATURAL DISASTER OR SEVERE WEATHER

- 1 Move away from windows and glass.
- 2 Go to the lowest floor or an interior room.
- 3 Bring water, medication, and your phone if safe to do so.
- 4 Follow official instructions from radio, TV, or alerts.
- 5 Do not go outside until authorities say it is safe.
- 6 Contact your emergency person when you are able.

PERSONAL SAFETY CONCERN

- 1 Move to a public, well-lit area if you feel unsafe.
- 2 Call emergency services or a trusted contact.
- 3 You do not have to explain yourself to a stranger.
- 4 It is acceptable to say 'I do not want to talk to you.'
- 5 If followed, enter a shop or public building and ask for help.
- 6 Trust your instincts — your safety comes first.

REMEMBER: You are allowed to ask for help. You are allowed to say you do not understand. You are allowed to take your time.