I have autism and there is an emergency...
What if...? there is a fire

and I need help...
There may be a loud alarm
What if...? there is lots of smoke

cough!
cough!

what should I do?
I should get on the floor and crawl towards the exit

I will be OK
It is likely that lots of people will be leaving the building.
I need to leave the building too, this is very important
If I am scared I will say “please help me, I have autism and I am scared”

this is important...
Someone will help me to stay calm and safe

HOLD ON JOE, HERE I COME!
Some people may be shouting instructions

DON'T PANIC, I'M HERE TO HELP!

it is ok, they are trying to help
When I am outside I might see the fire engines.

You are safe now Joe.

everything will be ok and I will be safe.
If there is a fire

WHAT I WILL DO:-

• I will breathe deeply and slowly to help me stay calm
• I will ask for help
• I will leave the building
• I will stay close to someone I can trust
• I will follow instructions

WHAT I WILL NOT DO:-

• I won’t run away
• I won’t stay in the building or hide anywhere
• I won’t wait to collect anything else
• I won’t touch the fire extinguishers
• I won’t try to put out the fire
What if...? there is a flood

and I need help...
There is a flood

d a flood might look like this
If I am scared I will say “please help me I have autism and I am scared”

DON’T PANIC, I’M HERE TO HELP!

this is important
I will pack a grab bag
In my grab bag I will put...

• Any medicines I need
• A few of my favourite things
• A torch
• Spare clothes
• My key
• A mobile phone
• Some money
I will listen to instructions from other people.

This is important as it will help me to stay safe.
I will stay out of the water

this is important
Everything will be ok and I will be safe
If there is a flood

WHAT I WILL DO:-

• I will breathe deeply and slowly to help me stay calm
• I will ask for help
• I will stay close to someone I can trust
• I will follow instructions
• I will pack a grab bag

WHAT I WILL NOT DO:-

• I won’t run away
• I won’t hide
• I won’t wait to collect anything else
• I won’t go in the water
This publication was based upon work supported by the Economic and Social Research Council [grant number ES/K000233/1]

Rosanna Briggs – Rosanna.Briggs@essex.gov.uk
Casey Edmonds – c.o.edmonds@uel.ac.uk