

What if
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!



EXIT



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



a flood might look like this

**If I am scared I will say
“please help me I have autism
and I am scared”**



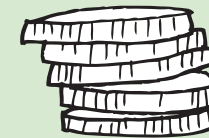
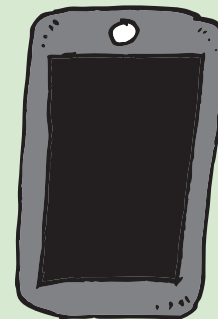
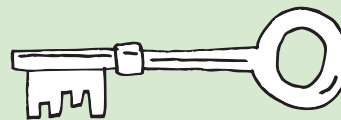
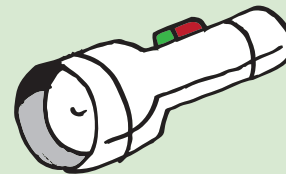
this is important

I will pack a grab bag

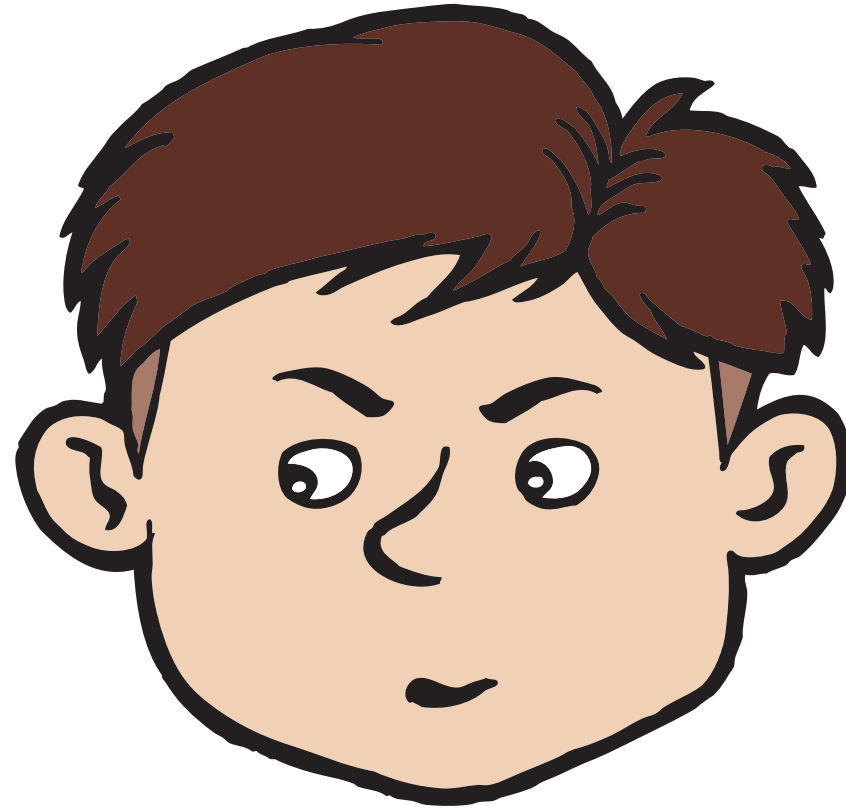


In my grab bag I will put...

- Any medicines I need
- A few of my favourite things
- A torch
- Spare clothes
- My key
- A mobile phone
- Some money

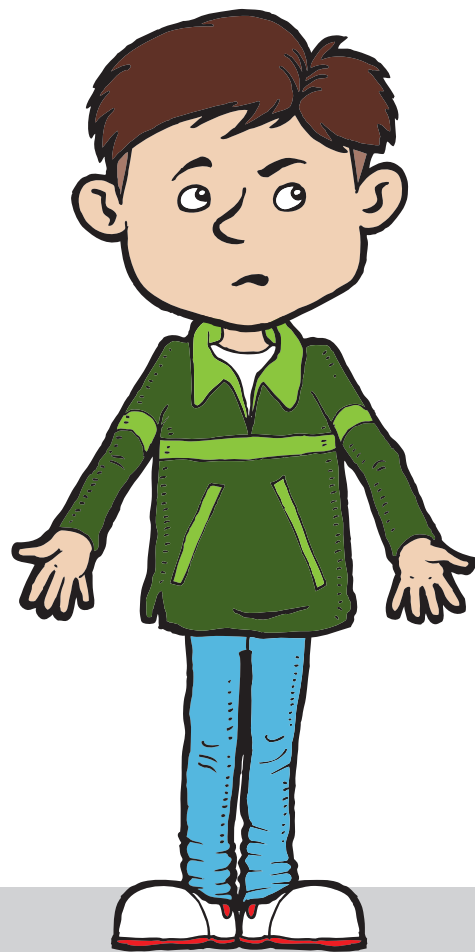


**I will listen to instructions
from other people**



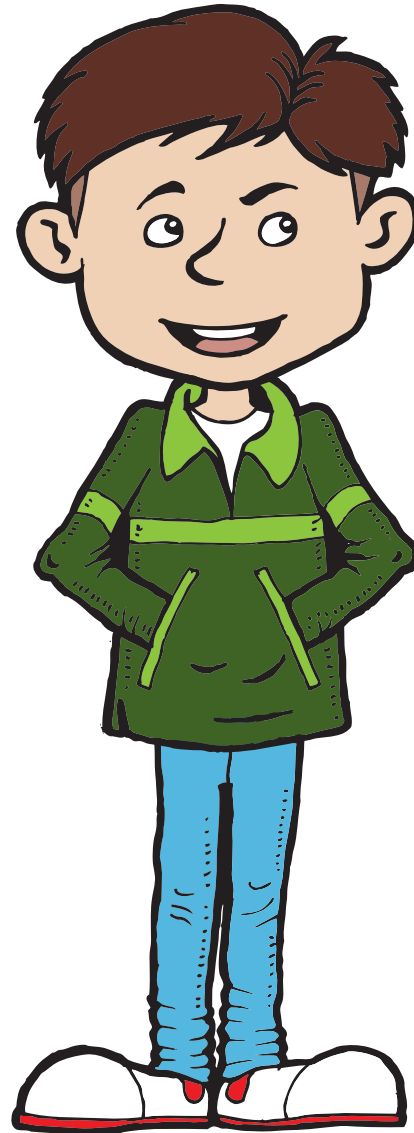
**this is important as it will help
me to stay safe**

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



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