

# Autism Emergency Card – English Version

For travel abroad · Print, cut out and laminate · autismus-ratgeber.de

**AUTISM · EMERGENCY CARD** autismus-ratgeber.de

I am autistic and need your help.  
■ Do not touch · Speak calmly · Avoid crowds

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Address: \_\_\_\_\_

■ EMERGENCY CONTACTS

Name: \_\_\_\_\_ Tel.: \_\_\_\_\_

■ DOCTOR Tel.: _____ Name: _____	■ MEDICATION Name: _____ Dose: _____
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**GUIDANCE FOR HELPERS** autismus-ratgeber.de

Child / Young Person

- Do not touch without warning
- Speak in short, simple sentences
- Do not force eye contact
- Avoid loud noises & crowds
- Allow time – do not rush or pressure
- Provide a quiet place to retreat

Triggers / Special notes: \_\_\_\_\_

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Print - Cut along marks - Laminate for best results

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