

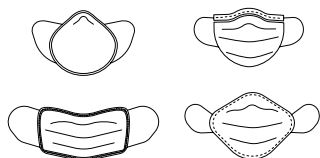


autism
spectrum
AUSTRALIA

Tips to help individuals on the autism spectrum wear face masks

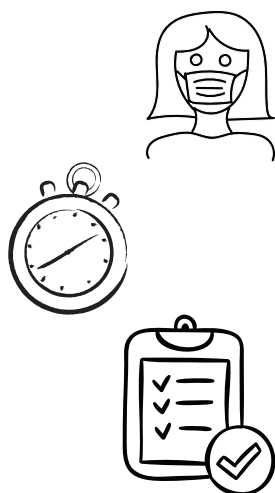
Plan, practice and praise!

PLAN



- **Use visuals and social stories** to explain why people need to wear masks
- **Give them choices.** Let individuals choose the fabric or the pattern that the mask is made of if you will be using a fabric one

PRACTICE



- **Model mask-wearing.** Demonstrate using the face mask on a preferred object or person, such as a stuffed animal, a doll, or a family member.
- **Make the masks available.** Leave the masks out in plain sight, so that they can try it any time they want.
- **Practice at home.** Start by wearing the mask at home for a short periods of time. Use a visual timer during practice.
- **Plan short initial outings.** Make the first outings with a mask low-stress, low-demand environments.
- **Don't rush things.** Take the time you need to develop a positive routine with masks.
- **Try to remove stress around the need to wear a mask.** Mask-wearing should be paired with access to fun places and things initially. It should not be a source of stress.

PRAISE



- **Be supportive.** Praise all attempts, successful or not.
- **Provide reinforcement for all efforts and progresses.** This could be access to a preferred activity, a special treat, or tickles and hugs for tolerating short durations.

