

Directions: Print this page out, cut along the dotted line, and fold where indicated.
Suggested use: Keep handy in a wallet.

FOLD

I have Autism Spectrum Disorder

Please be patient with me

To best help me:

- Use clear language; speak slowly and with a steady tone
- Give me time (10-15 seconds) to respond to questions
- Consider: noise, light, and touch may overwhelm me
- Do not touch me without warning
- Do not attempt to stop behavior such as hand-flapping or rocking
- Consider eye contact maybe difficult for me

If I need assistance, please contact the person listed on the back of this card.


My name

My address

Emergency contact(s)

Phone number

Please call police if my contact(s) cannot be reached.

**Autism Society**
of North Carolina

FOLD

Directions: Print this page out, cut along the dotted line, and fold where indicated.
Suggested use: Laminate and hole punch to be used on shoelaces, communication rings, or lanyards. Put in ID holders on backpacks, suitcases, and jackets.

FOLD

I have Autism Spectrum Disorder

Please be patient with me

- I may have trouble communicating.
- I may appear deaf or not respond to verbal cues.
- Eye contact may be difficult for me.
- I may be sensitive to touch, sound, or bright lights.
- I may exhibit behaviors such as hand-flapping or rocking.

If I am lost or in trouble, please contact the person listed on the back of this card.


My name _____

My address _____

Emergency contact(s) _____

Phone number _____

Please call police if my contact(s) cannot be reached.

 Autism Society of North Carolina

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