

# I am autistic alert card download

## Instructions

- Print this page out on a **A4** piece of paper
- Cut along the **BLUE** dashed line
- Fold along the **PINK** dotted line

*If you like, you can stick the blank sides together with a glue stick.*



The alert card template is divided into four quadrants by a vertical pink dotted line and a horizontal pink dotted line. A blue dashed line outlines the entire card. Instructions for cutting and folding are indicated by numbered icons and text around the card.

**3 CUT** (top-left corner)

**2 CUT** (top-right corner)

**1 FOLD** (right edge)

**4 CUT** (bottom-left corner)

**2 FOLD** (bottom edge)

**1 CUT** (bottom-right corner)

**Text on the card:**

- Top-left quadrant:**
  - Text: *This could be when:*
  - Bulleted list:
    - Communicating with people next
    - Imagining what will happen next
    - Understanding social rules
    - Processing sensory information
  - Text: *I may also become overwhelmed by my surroundings which can make me feel very anxious.*
  - Small text: Autism Together charity no 1007878
- Top-right quadrant:**
  - Text: My name is:
  - Two blank dotted lines for writing.
  - Small text: www.autismtogether.co.uk
- Bottom-left quadrant:**
  - Section: **Emergency contact details**
  - Text: Name: \_\_\_\_\_
  - Text: \_\_\_\_\_
  - Text: \_\_\_\_\_
  - Text: @ \_\_\_\_\_
  - Small text: www.autismtogether.co.uk
- Bottom-right quadrant:**
  - Text: **I am autistic**
  - Text: Please see **inside** for important information...
  - Logo: autism together 