autism
wellbeing

Supporting an autistic child or young person who has Covid-19 at home.

Supporting our children when they are unwell can feel very distressing. We may feel powerless, frustrated, scared, and confused. Self-care and time to regulate our own senses and emotions is especially important when we have additional pressures from our children's support needs increasing.

Autistic children and young people may experience illness differently to their non-autistic peers. This could be because they have difficulties noticing their bodily responses to pain or a fever. Some children may find injuries and illnesses that others typically brush off as insignificant, highly distressing. Some autistic children may struggle to name or communicate what it is they are feeling and not show visible symptoms of ill-health or not tell us. Other children will show us they are unwell because their behaviour changes dramatically.

Some autistic children may have difficulties following instructions about wearing a face covering or mask, or for using tissues for coughs, or effective handwashing. This may mean that the rest of the family need to take extra precautions to reduce the risk of infection. Of course, the current guidelines for what to do if a member of your household has Covid-19 symptoms must be followed. We have produced some information about PPE, face coverings and distress in this pack.

Ensure you seek medical advice when you need to. NHS 111and your GP are available for advice on how to treat your child's health symptoms.