



## What is Autism?

**Autism, or Autism Spectrum Disorder, is a disorder that causes people to behave and communicate differently than others.**

**Autism is a spectrum. Like a rainbow with many colors, autism can look like many things.**



### **If you have autism, you might have trouble:**

- Talking and playing with others
- Making friends
- Looking others in the eye
- Understanding what someone is trying to say unless they say it with their words
- Guessing other people's feelings
- Sitting still
- Dealing with loud noises or bright lights

### **If you have autism, you also might:**

- Do repeating movements like rocking from side to side, twirling, or flapping your arms
- Have an extreme interest with a few topics, like train parts or memorizing baseball game scores
- Need to follow a strict daily routine
- Have to do certain rituals (movements or activities) at certain times

### **Doctors and therapists can help people with autism with:**

- Life skill training sessions
- Therapy that helps with behavior
- Family counseling for the family of a person with autism
- Medicine for those who have other disorders or illnesses along with autism

If you think you or your child may have autism, schedule an appointment with your doctor.

According to the Centers for Disease Control and Prevention ([CDC.gov](https://www.cdc.gov))