

PLEASE DO NOT SHOUT AT ME!
Please be kind & respectful

I have a Severe Learning Disability

This means I can't understand lockdown.

- I can go out with more than 1 person as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my household.

Government guidance says that, because I have a specific health condition that requires me to leave home to maintain my health, I can:

- go out for exercise 2 or 3 times a day if I need to
- travel beyond my local area to a quiet, open space to exercise

I have a care plan that confirms this

For more information search 'Government guidance coronavirus FAQs what you can and can't do'

To find out more about people who have severe learning disabilities, visit:
www.challengingbehaviour.org.uk

