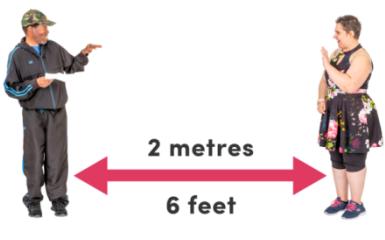


	<h2>Coronavirus (Covid-19)</h2> <h3>Going Out and Being stopped by the Police</h3>
 	<p>You should only leave your home <b>if you really need to</b> for one of these reasons:</p>
	<p><b>Shopping</b> for things you must have, like food or medicine</p>
	<p>For <b>health appointments</b> that cannot be done over the phone</p>
	<p>To do <b>exercise once a day</b>, like going for a walk alone or with someone you live with or your carer</p>
	<p>You can go <b>out in the car</b> or <b>for a walk with your carers</b> for your exercise or a break</p>
	<p>If you leave your home, you <b>must stay at least 3 steps (2 metres) away from other people</b></p>

	<p><b>The Police may ask you what you are doing or where you are going</b></p>
	<p><b>You may be worried about being stopped by the Police</b></p>
	<p><b>Do not worry the Police are only trying to help you</b></p>
	<p><b>If you are on your own show the Police this letter.</b></p>
	<p><b>Your carers will tell the Police you need some time away from your house. This is how you get your exercise</b></p>
	<p><b>The Police will be happy you are safe</b></p>

**Adapted by:** Learning Disability Health Facilitator 01-04-2020 [jane.viner@brighton-hove.gov.uk](mailto:jane.viner@brighton-hove.gov.uk)

**From:** Cornwall Partnership NHS Foundation Trust - Learning Disabilities Professional Senate – 27-03-2020