


 <p>Corona virus COVID 19</p>	<h2>Coronavirus (Covid-19)</h2> <h3>Going Out and Being stopped by the Police</h3>
 <p>My House</p> 	<p>You should only leave your home if you really need to for one of these reasons:</p>
	<p>Shopping for things you must have, like food or medicine</p>
	<p>For health appointments that cannot be done over the phone</p>
	<p>To do exercise once a day, like going for a walk alone or with someone you live with or your carer</p>
	<p>You can go out in the car or for a walk with your carers for your exercise or a break</p>
 <p>2 metres 6 feet</p>	<p>If you leave your home, you must stay at least 3 steps (2 metres) away from other people</p>

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

Adapted by: Learning Disability Health Facilitator 01-04-2020 jane.viner@brighton-hove.gov.uk

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