

# PLEASE DO NOT SHOUT AT ME!

Please be kind and respectful to me:

I have a Severe Learning Disability.

**This means that 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 about Government rules and guidelines you can visit:  
[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

To find out more about our clients and the Tower Project you can visit  
[www.towerproject.org.uk](http://www.towerproject.org.uk)

