

Easy Read Guide to Coming Out of Lockdown



The lockdown rules changed on 19th July 2021

Boris said all restriction will end.



It may take a while for Covid to go away and sometimes it is hard to know what to do.



This easy read guide will give you ideas on how to come out of lockdown and feel OK.



Getting Around and Feeling Safe

Masks



The rules have changed. You do not have to wear a mask when you are out. You may feel safer wearing a mask if you want to.



Some places you will still need to wear a mask are:

- In Supermarkets
- Transport for London
- Health services like doctors and hospitals.



If you can not wear masks because of your disability you can get an exempt card, this will show people that you do not have to wear a mask.

You can get an exempt cards from Transport for London or The Government Website.



Some big supermarket have a flower lanyard to wear around your neck.

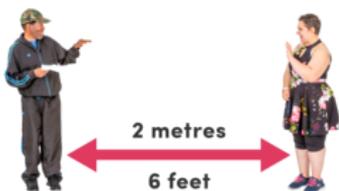
You can get them from Customer Service for free

The Flower Lanyard website. You will need to pay for them.

Getting Around and Feeling Safe

Social Distancing

You do not need to follow social distancing rules, but you may not want to get too close to people even if they are your friends and family.



- **What you can do:**
- Meet people outside.
- You do not have to say “Yes” to every invitation.
- Take things slowly
- Tell people if you feel worried meeting up or going out
- Go for a socially distance walk
- Take 1 day at a time
- Tell your family and friend not to get too close if you are uncomfortable.
- If you feel uncomfortable too close to strangers try to move away.

Getting Around and Feeling Safe



Transport

You may feel scared or worried if you have not been on transport during the lockdown.

If you are worried when you are travelling on transport talk to people that work there.



- **What you can do to feel safe:**
- Travel at a less busy time – think about the times you travel.
- Sit by the driver
- Wear a mask
- Use hand sanitiser when you get off the transport
- Wash your hands when you get home
- Do not sit too close to people
- Some people may feel better standing up
- If you do not feel comfortable with someone sitting next to you sit on the outside seat



Getting Around and Feeling Safe

Going Out



Some places you can book before you go. Make sure you know the booking rules before going out.



- You can usually book by phone or online.
- Go out in a less busy times
- Make sure you have hand sanitise with you
- Bring extra masks with you
- You may feel safer paying by bank card
- If you cough or sneeze when you are out, use a tissue then throw it away in the bin and use hand sanitiser after
- Be aware of your surrounding when you go out



- **Work, School or College**

- **Work**



- Follow your work rules. Ask your boss what they are.
- If you find it hard to follow the rules, tell your boss

- **Schools / colleges**



- Tell the SENCO, Teacher or Learning Support you feel uncomfortable with the new rules or do not understand them.
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Getting around and feeling safe

Health Services

Doctor's surgery



Your GP can see you face 2 face if you want them to.



- If you find it hard to talk over the phone, tell your doctor you want to see them face 2 face

- Make sure you take your Black Book. This has information about your health.



- The doctor will ask if you are ok to examine you or if you need someone with you for support.

• **Hospital**

- If you go into hospital, you can fill in a hospital passport to let the doctors and nurse know how you liked to be supported.



Getting Around and Feeling Safe



Hate Crime:

- If someone is calling you names or saying something to you that makes you feel bad for not knowing the rules, this could be hate crime.



- Abusing someone because they have a learning disability is Hate Crime.
- Hate crime is not right it is never your fault.



- You can tell:
- Transport for London
- Tell you manager or boss
- Tell support staff
- Police
- Tell a shop keeper
- Find a Safe places
- Tell a friend or family member



- If it is an emergency and you or someone else is in danger call **999**