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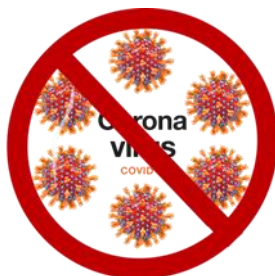
Professor Jean White CBE, **Chief Nursing Officer NHS Wales**

Date:

1 May 2020



On **24 April 2020** the law about what we should do to keep safe during coronavirus was changed.



The law was written to help stop the spread of coronavirus. It says people must not go out so much. And must not get together in groups.



This letter is about the changes to the law that affect:

- people with a learning disability,
- autism
- and their families and carers.



People were worried about the old rules because:



- Some people need to exercise more than once a day.



- Some people need more than 1 carer or family member with them for support.



- Some people need to have a car ride to help them relax. Or deal with their feelings.

The changes



The main aim of the law is still the same. You should stay at home as much as possible. And you should not go anywhere unless you really need to.



This is to keep lowering the risk of spreading coronavirus.



But now, if you have a certain health condition or disability you are allowed to go out to exercise more than once a day.

Note: From 11 May, everyone can go out to exercise more than once a day.

This new rule was announced by the Mark Drakeford First Minister, Welsh Government on 8 May.



You can go out alone, or with the people who live in your house. Like your family or your carers.



The aim of this change is to stop health conditions getting worse by being indoors too long.

Car rides



Some people are worried that not being able to go out for car rides could make some health conditions worse.



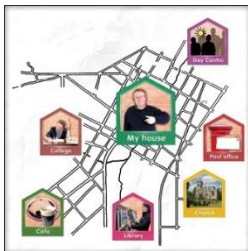
Car rides can be an important part of a routine for some people. For example, people with a learning disability, autism, dementia or other mental health conditions.



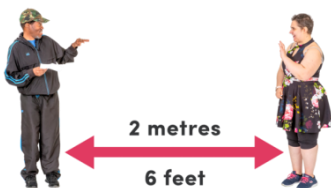
We cannot include rules about car rides in the law. Because the law is about exercise.



But we would like you to know that it is fair to leave your house to go on a car ride if it helps you stay healthy.



Please stay as close to your local area as possible.



And stay at least 2 metres away from anyone who is not from your house or a carer at all times.



You can see the changes to the law here: <https://gov.wales/health-protection-coronavirus-restrictions-wales-amendment-no-2-regulations-2020>
(This is **not** in easy read.)



You can find easy read information about the rules for keeping safe and healthy during coronavirus here:

www.ldw.org.uk/project/coronavirus

Jean White

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Chief Nursing Officer
Nurse Director NHS Wales