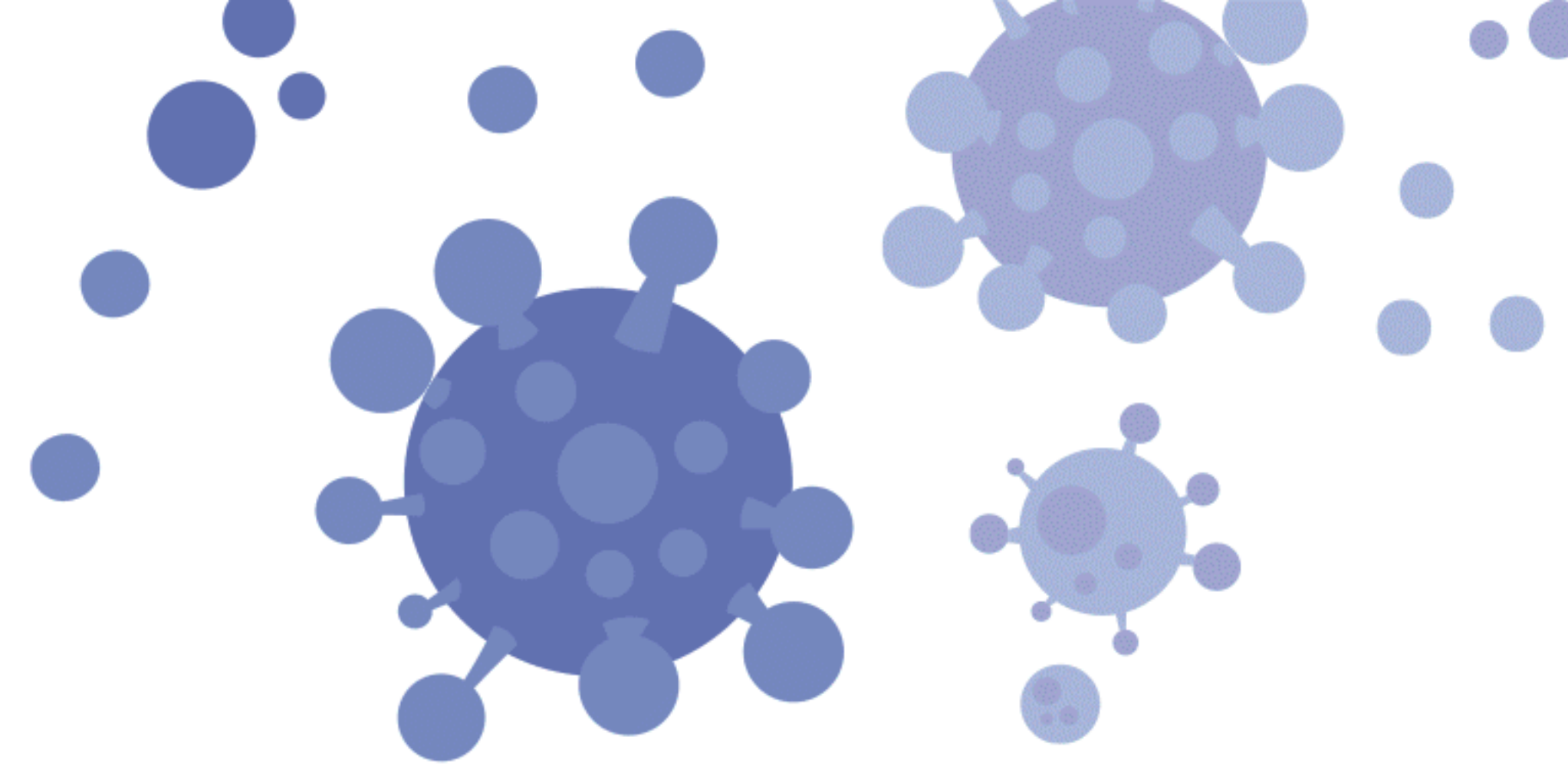


# COVID-19 CORONAVIRUS



## When I can go out of the house now that the coronavirus is out there:

I go out of the house only when it is necessary and after I have sent a text message and received permission from the police.

It is better for me to go out with a person I know or a companion.



### I can go out:

1. To go to the pharmacy or to the doctor
2. To go to buy something from the supermarket or the kiosk
3. To go to the bank
4. To go to the municipal office or to a government office
5. To visit people that need help (like my grandmother, brother, sister).
6. To walk nearby my house or take my dog for a walk
7. To go to a funeral, wedding, christening of a close relative and only if a few people are attending it
8. Only if it is an emergency and I have a very good reason



### How I get permission:

I send a text message to 8998.

I write the number that is shown next to the reason why I need to go out of the house (for example: 1 - if I need to go to the doctor, 2 - if I need to go to the supermarket)

I write the number - leave a space, then write my id number - leave another space - and write the postal code of the place I live in.

I wait a while until I get a text replying "Approved..." and then I get out. I always take my id with me, it is better to go out with a person I know or a companion, not alone. The person that comes with me should send a text message starting with the number 5.

It is not allowed to go out between 9:00 evening time until 6:00 in the morning.

Committee for the Protection of Persons with Intellectual Disabilities.

