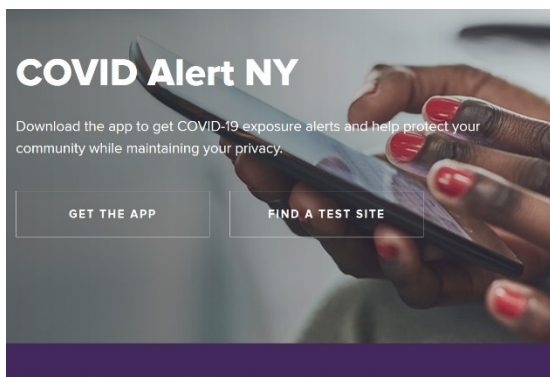


Is It Time For You To Go Out In Public?



Many people have been staying at home for months. We are doing this to stop the spread of COVID-19. Now, many cities and states are opening up.

Across the country the rules about being in public during COVID-19 are different in each state. Check the rules for your state and city. Keep track of what rules are in place as things reopen where you live.



- Look at the website of the [Health Department for your state.](#)
- If you get disability services, ask your agency.
- Ask a friend or family member for help to learn the rules.



Some people with disabilities have been working throughout the COVID-19 outbreak. They have been working in grocery stores, nursing homes, restaurants, farms etc.

Other workers have been staying home. Many businesses were closed due to COVID-19. Now they are opening up. Their workers are back on the job.



The decision-making charts on pages 16 - 20 in this booklet will help you make a decision about going out.

The charts help you to:

- Understand the possible risks
- Know what to do to protect yourself
- Be prepared and be safe



Talk to people that you trust. If you get services, your agency must meet with you and make a plan. They must support **YOU** to make this decision.

The COVID-19 rules for staying home for people with disabilities are the same as for anyone else in your town.



The people in your life cannot restrict you from going out in public if it is okay for others to do so. There is NO guidance saying people with disabilities cannot go out as long as they are wearing a mask and are social distancing.

As always, speaking up is what will make the difference.



Every situation may be different so call the Disability Rights organization in your state. They will listen to you. They will help you understand your rights. They will help you speak up for your rights.



A lawyer or advocate will look at the rules for your town. They will review your situation to see if you are being singled out. They will see if you are being treated differently. This may mean it is discrimination.

If you think your rights are being violated, **Protection and Advocacy** may be able to help you. You can find one near you at:

<https://www.ndrn.org/about/ndrn-member-agencies/>