



I have the chronic neurological condition Myalgic Encephalomyelitis (M.E.)

This puts me in the UK Government category of increased risk of severe illness from Coronavirus. I need to be particularly stringent in following social distancing measures.

M.E. is a complex hidden disability that affects physical and mental function.

Scan the code below to find out more or visit
www.actionforme.org.uk



UK charity Action for M.E. supports adults, parents and children living with M.E., in any way we can

Contact our Crisis, Support and Advocacy Service on 0117 927 9551 or email questions@actionforme.org.uk

Registered charity: Action for M.E., 42 Temple Street, Keynsham BS31 1EH. Tel: 0117 927 9551.

Registered charity in England and Wales: 1036419.

Registered in Scotland: SC040452.

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