Coronavirus (COVID-19): staying at home and away from others (social distancing)

[Scottish Government guidance](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.scot%2Fpublications%2Fcoronavirus-covid-19-staying-at-home-and-away-from-others-social-distancing%2Fpages%2Fstaying-at-home%2F&data=02%7C01%7CAngela.Currie%40rcpsych.ac.uk%7Ca20400dca5e74091848608d7e828b6d9%7C75aac48a29ab4230adac69d3e7ed3e77%7C1%7C0%7C637233133880204220&sdata=Xwz0nIILLdPhp23B9UaO9Fx4jsm9EMkyU7W7%2B4Ng7%2B0%3D&reserved=0) states:

You can leave your home for medical need. If you (or a person in your care) have a specific health condition that requires you to leave the home to maintain your health - including if that involves travel beyond your local area - then you can do so. This could, for example, include where individuals with learning disabilities or autism require specific exercise in an open space two or three times each day - ideally in line with a care plan agreed with a medical professional.