

# **VERY SEVERE MYALGIC ENCEPHALOMYELITIS RULES TO POST ON DOOR**

***Hypersensitivities:  
Light / Sound / Touch / Motion Vibration / Smells!***

**Please READ Before Entering!!!**

- **Disinfect hands before entering!**
- **Please whisper! You will HARM if you don't!**
- **Door stays closed at all times!**
- **One person talks at a time!**
- **Keep speech simple & slow!**
- **No loud noises! eg. paper / phones!**
- **No banging / bumping of bed / floor!**
- **Don't put anything on the bed! Including yourself!**
- **No fast / sudden movements!**
- **No bright lights! eg. phones!**
- **No harsh smells! eg. perfume!**
- **Keep a respectful distance from me!**
- **Do not hover / stand over me!**
- **Do not pressure me to do anything I say I cannot do!**
- **NO means NO! Don't ask me again!**
- **Family member has permission to talk on my behalf!**
- **Do NOT ramble / talk too much!**
- **Do NOT talk until I signal it is okay!**
- **No dog allowed!**

Please be sensitive to my needs / wants!

If you do not follow my rules...

You will be asked to LEAVE!

Thank you! 😊

*Original list by Soph Clark (shared with permission)*