

“My
GP said that
ME/CFS was controversial
and refused to give me a sick
note. He said work would be
better for me. This was 2 weeks
after I lost my job to Covid-19.
What a way to kick a person
when they’re down!”

- Jonathan

“Advise people with ME/
CFS that: there may be
times when they are unable
to continue with work or
education, some people
find that going back to
work, school or college
worsens their symptoms,
they may be able to access
reasonable adjustments or
adaptations (in line with
the Equality Act 2010)
to help them continue
or return to work or
education”

*NICE Draft Guideline
ME/CFS 2020/21*



ME Awareness Week 2021

Health and
Social Care

meassociation.org.uk

Hope for a Better Future?

#NHS4MECFS