



Hi,



The coronavirus means we all are having to change our routines to keep ourselves and everyone else **safe** from becoming ill.




This can be very confusing, so we will send you emails with links to easyread information that the government and the NHS are giving to us.

Today I am sharing an easy read from Down's Syndrome Association about the Clinically Extremely Vulnerable list and how to stay safe.

You can also watch [this video](#) from Sam at Down's Syndrome Association on how to stay safe.

We have more easyread information about the coronavirus on our website.

www.hertfordshire.gov.uk/LDMyHealth

 You can also find daily top tips on keeping healthy over on our [Facebook page](#)

