



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 Mencap about the new Tier System for Coronavirus Restrictions.



In Hertfordshire, we are currently in Tier 1, also known as Medium Risk.



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

[www.hertfordshire.gov.uk/LDMyHealth](http://www.hertfordshire.gov.uk/LDMyHealth)

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