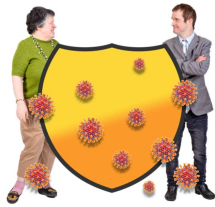


Hi,



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 a video made by the Purple All-Stars called Corona Questions: How to Stay Healthy

You can watch it here - https://youtu.be/1cNQzUto__Q

We have more *easyread* information about the coronavirus and keeping healthy on our website.

www.hertfordshire.gov.uk/LDMyHealth



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

