



Coronavirus (COVID-19) Update.



The Government is asking everyone to be more careful to stop the spread of the **Coronavirus (COVID-19)**. This is being called **social distancing**.



People with **Learning Disabilities** are being told to take extra care. This is because they are at risk of being more unwell if they were to get the virus.



What is social distancing?

It means staying away from places where people gather.



Stay away from people who are unwell with a cough or fever.



to. Do not

Try not to use public transport unless you need

travel at busy times.

If you can, work



from home.



Try not to go to places that are busy, such as pubs, cinemas, restaurants, theatres, bars, clubs.



Try not to see groups of family and friends. Stay in touch by phone, internet, and social media.



Use telephone or online services to contact your GP or other services.



This advice is likely to be in place for some weeks.



How can I get help with food and medication if I am social distancing?

Ask
your



family and friends to help you to make a plan so food and medication can be delivered.



If you are supported by health and social care teams and have care provided for you through Hertfordshire County Council, this will continue as normal.



Your health or social care provider will be asked to take extra care to make sure you are safe.