

Easy
Read

accüro

supporting people with a disability
in West Essex

Coronavirus Update



Government advice is that you must now stay at home.



We all need to help stop the disease from spreading. You can only leave home for:

- Shopping for essentials
- Exercise once a day
- Medical Care Needs



You should only travel to work if you really have to



You must keep washing your hands and stay at home



There are some things you should not be doing:

- No Meeting friends
- No visiting family in other places
- No groups of more than 2 people in public