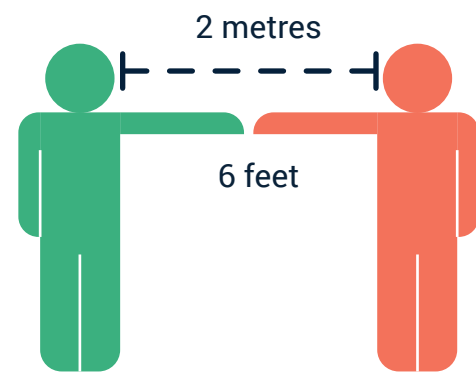


Social Distancing Best Practices



- Stay home.
- Wash your hands often.
- Keep a safe distance from others.



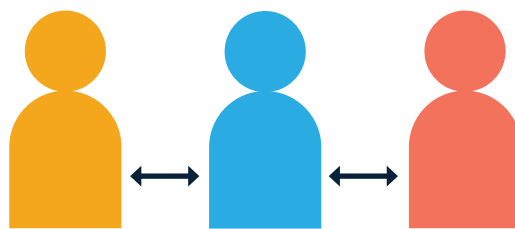
Staying Connected

- Call, text, or video chat with loved ones.
- Get up-to-date information at novascotia.ca/coronavirus.



Self-isolating, if needed

- Don't leave your property for 14 days.
- Contact family, friends, or delivery service to get what you need.



Groceries & Essential items

- Send one person in each household to get groceries & essential items, if possible.
- Shop once a week.
- Offer to pick up items for neighbours who can't get out to shop.
- Keep a safe distance from others while shopping.

Gatherings

- Don't gather with anyone you don't live with.
- If you have to gather for work, keep a safe distance from others.

Exercise

- Walk, run, bike for health. Not to socialize. Not in groups.
- Stay in your neighbourhood, keeping a safe distance from others.