

Our province is under a State of Emergency

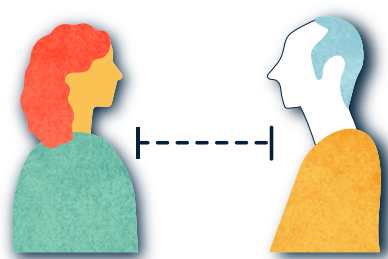
We are trying to stop the spread of a new germ. This germ makes people sick with COVID-19.

We all must follow new rules.

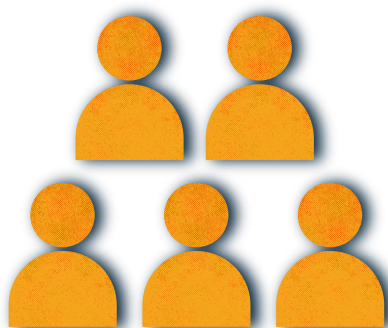


WASH YOUR HANDS OFTEN.

Use soap. Make it bubble on your hands to wash away germs.



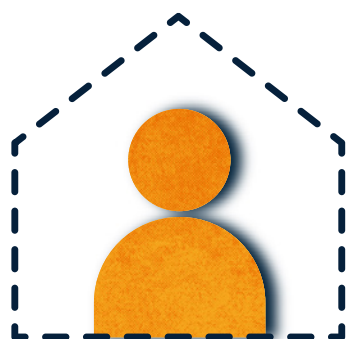
Keep a safe distance from other people — **2 METRES OR 6 FEET**. Imagine that everyone spreads their arms. Nobody would touch.



DON'T BE IN A GROUP of people who you don't live with.



If you have to go to work, keep a safe distance from other people — **2 METRES OR 6 FEET**.



If you return to Nova Scotia from a trip, you **MUST STAY HOME FOR 14 DAYS**. No shopping. No visitors. You stay on your own property.

We all must do our part. Be kind. Use common sense. Together we can help prevent the spread of COVID-19.