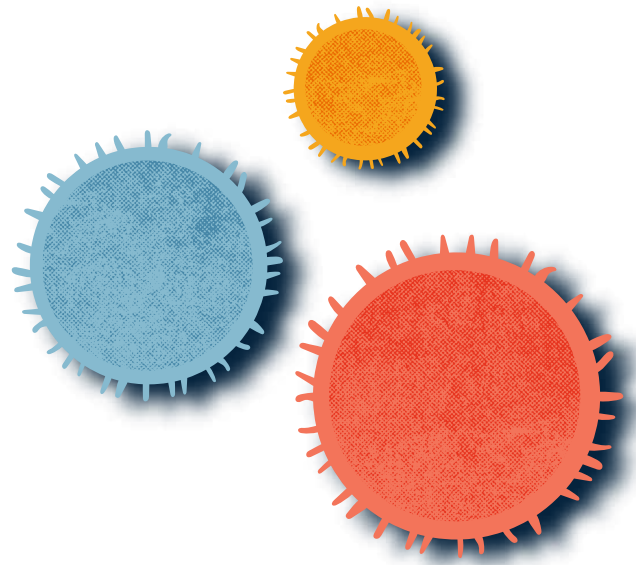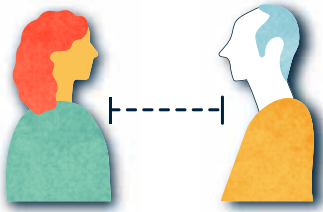# EVERYONE CAN HELP PREVENT THE SPREAD OF
COVID-19

Stay home and self-isolate if you've travelled outside of Canada or have symptoms

Follow latest social distancing & self-isolation advice

811 Call if you have symptoms

Wash your hands often

Be kind to others and look out for your neighbours

NOVA SCOTIA

novascotia.ca/coronavirus