## Apart. Together.

Together, we are facing a serious public health crisis. We need to listen and act on the direction of public health authorities.

All of us are now familiar with the advisory messages being shared daily. These must be taken very seriously.

Simply put, by doing your part, you will help save lives.

- Wash your hands often and for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Keep yourself at least 2 metres away from others.
- If you have travelled outside of Nova Scotia, you must self-isolate for 14 days when you return.

Now is our time to make a difference.

Let's be role models for our family, friends and neighbours.

Let's do our part to keep health care professionals, bus drivers, fire and police officials, and so many other essential workers safe – so they are able to do the work we all depend upon.

Treat those around you with kindness. Show you care by keeping your distance. Remember that you, and others you see, may be a carrier of the virus, regardless of appearance or the lack of any symptoms. If you feel unwell, contact 811.

These are difficult and uncertain times in Halifax. But the tireless efforts of our municipal employees, and ongoing dedication of our regional councillors, will ensure you continue to receive the services necessary to keep our city running.

The impacts are far reaching, and we are all feeling personally challenged in different ways.

And while it is important that we remain physically apart from one another, we've never been stronger together than we are now, at this moment.

Together, we can show compassion and protect those who are most vulnerable.

Together, we will meet our collective responsibility to support and care for one another.

Together, we have the power to limit the spread of COVID-19.

If we all do our part, we will get through this – together.

halifax.ca/coronavirus novascotia.ca/coronavirus canada.ca/coronavirus

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