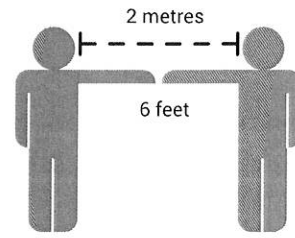
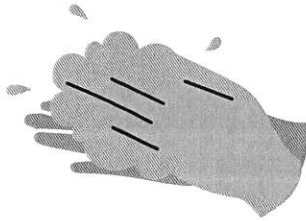


Social Distancing Best Practices



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



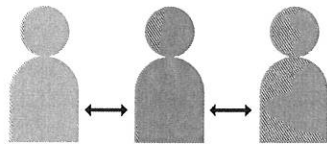
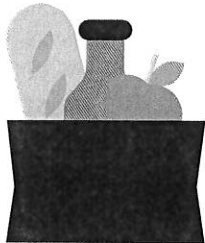
Staying Connected

- 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.

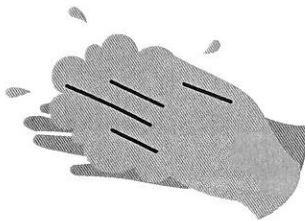
Exercise

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

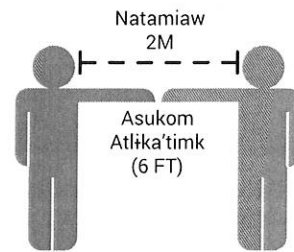
Maw-klu'lk Wijewmumkl **Tel-tepkisa'lsimk**



● **Mukk liew tami, i'en kiquaq**



● **Kaqi'sk kasiptina'si**

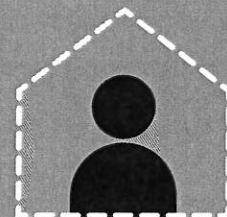


● **Mukk awsam-kikja'siw wenik**



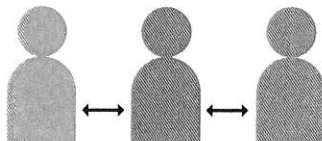
Teli-Wijitkweyatimk

- Mattaqte'kew, wi'kikew kiswa kompu'tl-iktuk tlewistu'tik kikmaq aqq kitapk.
- Kisi-msnmumk maw-kejikawey Kinu'ataqney komputl-iktuk ela'timk: novascotia.ca/coronavirus.



Elmiaq amujpa tepkisa'simk

- Amujpa eyrn kiquaq l'pa mukk liew tami newtiskekl jel newkl na'kwekl.
- Kwilute'n jukwa'tuksinew kiquaq mijipjewey kiswa koqoey nutaiog, kiswa pipanim kikmaq aqq kitapk apoqnmulninelw.



Attelmumk Mijipjewey kiswa Koqoey nuta'mk

- Kisi-pkwatumk, newte'jit pasik wen te's wenji'kuo'm nuji-atelj mijipjewey kiswa koqoey nuta'mk.
- Atelikemk pasik ne'wt te's Ekntie'wimkewey.
- Atankwe' knaqapemk ta'n mu kisi-atelikewsulti'kw.
- Mukk awsam-kikjeteskuaw pilue'k wenik ke'sk alteliken.

Mawita'mkl

- Mukk mawita'p wenik mu toq-wikultiwoqik.
- Amujpa mawitaiog wenik lukwaqn-iktuk, mukk awsam-kikjeteskuaw.

Iltaqa'lsimk

- Amalimtma', altukwi'e'n, al-paysikla'e'n wjit kwleyutim. Katu mukk alitkweywaw pilue'k wenik. Mukk mawteskatultip wenik.
- I'e'n wejuow ta'n wikin, wli-amasku pilue'k wenik.