

The outbreak and spread of COVID-19 presents an immense challenge for communities around the world, and the Antigonish region is no exception. While health and safety protocols for self-isolation and social distancing may keep us physically separated from one another, we must not – and will not – be separated emotionally or in terms of care for our neighbour. In these uncertain times, it is more important than ever for our local communities to join together in solidarity and respect.

Here's what you can do:

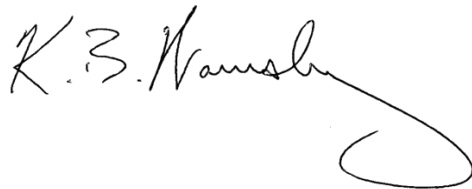
- 1. Maintain social and community connections – from a distance.** Call your neighbours who live alone and may find this period of social distancing particularly isolating. Let them know you are thinking of them and, if you are in a position to do so, offer to pick up supplies or goods they cannot access themselves.
- 2. Stay informed.** The situation surrounding COVID-19 continues to change rapidly, with all levels of government announcing new measures almost daily to help slow the spread of the virus. The Nova Scotia Department of Health and Wellness has also updated their online self-assessment portal for people who think they have symptoms of the illness. Familiarize yourself with these resources, and check back often for updates:
 - **Government of Canada COVID-19 Portal:** www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html
 - **Province of Nova Scotia COVID-19 Portal:** www.novascotia.ca/coronavirus/
 - **Nova Scotia self-screening tool for COVID-19:** <https://when-to-call-about-covid19.novascotia.ca/en>
- 3. Follow Public Health Directives.** Staying at home, washing your hands frequently, avoiding touching your face, practicing social distancing, limiting your shopping to only essential goods (purchased once a week) and self-isolating if you feel sick, are all basic and critical actions to slow the spread of COVID-19.
- 4. Be kind.** Know that these are stressful and anxious times for everyone. Let's work to ensure that everyone in the Antigonish area feels cared for and respected. Take a moment to thank those front-line workers who continue to keep our community running. Think about the international students within our community who are not able to return home to their families. Reach out to people whose employment has been impacted by the virus. It's these people, like yourself, who are the fabric of our communities. By keeping each other strong, we keep ourselves strong.

The spread of COVID-19 rests upon our individual and collective actions. You have a responsibility to yourselves, your neighbours, and those healthcare workers who are on the front lines of battling COVID-19 to do your part. Please take these directives seriously and follow them fully. We are in this together.

Sincerely,

A handwritten signature in black ink, appearing to read 'L. Boucher', with a long horizontal stroke extending to the right.

Laurie Boucher,
Mayor, Town of Antigonish

A handwritten signature in black ink, reading 'K. B. Wamsley', with a large, sweeping flourish at the end.

Kevin B. Wamsley, PhD
President and Vice-Chancellor
StFX University

A handwritten signature in blue ink, reading 'Paul Prosper', with a large, stylized flourish.

Paul Prosper
Chief, Paqtnkek Mi'kmaw Nation

A handwritten signature in blue ink, reading 'Owen McCarron', with a large, sweeping flourish.

Owen McCarron,
Warden, Municipality of the County of Antigonish