

We're All In,
**Together let's stop
the spread of**



Wear your mask when appropriate



Wash your hands frequently



Avoid crowds & practise physical distancing (at least 1m apart)



Be supportive & help the vulnerable: domestic violence survivors; the poor; the sick and elderly



If you or someone you know is experiencing violence at home, call the Domestic Violence Hotline at 800-SAVE



If you are experiencing flu-like symptoms, contact the Ministry of Health hotline at 877-WELL

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