

# COVID-19 INFORMATION GUIDE

## REMO

### Regional Emergency Management Organization Pictou County



Robert Parker  
Pictou County



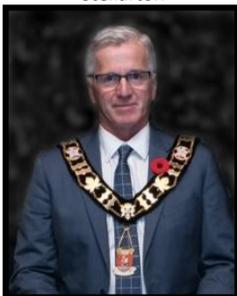
Nancy Dicks  
New Glasgow



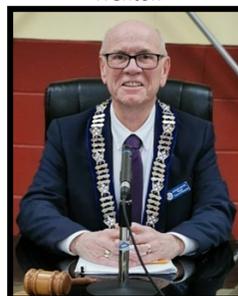
Danny MacGillivray  
Stellarton



Shannon MacInnis  
Trenton



Jim Ryan  
Pictou



Lennie White  
Westville

Dear Pictou County Residents:

The COVID-19 crisis has drastically shifted our lives in the last month. We want you to know that resources and services are available locally, provincially, and federally to help you cope.

On a provincial and federal level, governments are providing financial relief and support to residents and businesses. At a municipal level, we are ensuring support for the services you depend on to keep you safe and maintain your homes and businesses.

“REMO is made up of many members of the community, including municipal units, who play an integral role in emergency management during a crisis,” said REMO Coordinator John Davison. “With all of this cooperation, we are ensuring that essential services are being delivered and the safety needs of Pictou County residents continues to be a priority for everyone.”

All six municipal units in Pictou County are members of the Regional Emergency Management Organization, which also works collaboratively with the provincial EMO to put emergency plans into action during times of crisis. Your elected officials and municipal staff are working daily together to make sure policing, fire and public works crews are getting the protection they need to do their jobs so you can be safe.

REMO is also in touch with local volunteer and non-profit groups that are the backbone of the community. In a time of crisis, we want to step up and help others, but with physical distancing and self-isolation in place, it is much more difficult. Community groups who are having trouble figuring out what they can and can't do can contact REMO for guidance.

Pictou County's Regional Enterprise Network, which also involves the six municipal units, is a good source for local businesses to turn to who need more information on government funding programs. Their website: [www.pictoucounty.com](http://www.pictoucounty.com) provides users with contacts for local businesses.

We are here to help. Stay Safe, practice physical distancing, self-isolate if necessary, and we will get through this together!

 @REMO—Regional Emergency Management Organization Pictou County

 @REMOPictouCo

 Public Information Officer | Community Liaison  
[paige.clarke@stellarton.ca](mailto:paige.clarke@stellarton.ca) | 902-921-1515



# COVID-19 INFORMATION GUIDE

## **Provincial Information:**

On March 22, the Province of Nova Scotia declared a state of emergency to help contain the spread of COVID-19. The state of emergency is in effect for 14 days and may be renewed. The emergency order is valid until noon on April 5, 2020.

Nova Scotians should not leave the province and only leave home for essential items and services. If possible, one person per family should be designated to do these tasks. Under the state of emergency:

- Nova Scotia borders have tightened to travellers and all entry points (land, sea, air) will be closely managed. Anyone entering the province will be stopped, questioned, and told to self-isolate for 14 days. Exemptions for cross-border travel include healthy workers in trades and transportations sectors who move goods and people (e.g. truck drivers); healthy people going to work (e.g. health-care workers); and people travelling into the province for essential health services (e.g. chemotherapy treatment).
- Provincial parks, beaches, and tourist attractions are closed. Provincial trails located outside of parks will remain open for exercise—given they are within walking distance for users. Gathering limits and physical distancing guidelines must be followed.
- Police are authorized to enforce orders under the Health Protection Act. If Nova Scotians and businesses do not practice physical distancing and self-isolation, they will face fines of \$1,000 for individuals and \$7,500 for businesses. Multiple fines can be given each day an individual or business fails to comply. Police can also enforce offences under the Emergency Management Act, for example, fines for charging higher than fair market prices for goods and services.
- Landlords are not permitted to change locks or seize property of businesses who cannot pay rent, if the business closed directly due to COVID-19 public health orders.

There are several groups who are essential and exempt from gathering limits, but must still maintain physical distancing and other public health protocols. They include:

Health, food, agrifood and fisheries, transportation, including trucking, rail and transit, construction and manufacturing, IT, telecommunications and critical infrastructure, public services, such as police, fire and ambulances.

Law enforcement orders under the Emergency Management Act and Health Protection Act. If you are aware of someone not following provincial direction, have a conversation with them first – they may need help. If a call to police is needed, please call a non-emergency number for the police that serve your community. Do not call 911.

**New Glasgow Regional Police:** (902) 752-1941

**Stellarton Police Department:** (902) 752-6160

**Westville Police Department:** (902) 396-2777

**Pictou County District RCMP**

*Stellarton Detachment:* (902) 755-4141

*Pictou Detachment:* (902) 485-4333

911 is only for  
emergency or  
life-threatening  
situations



[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

NOVASCOTIA

## When to Seek Help

### Symptoms

Symptoms of novel coronavirus include fever, cough, difficulty breathing, and pneumonia. The severity can range from mild to severe, and in some cases, infection can lead to death. Current information suggests most people don't experience severe illness or need to be hospitalized.

### What to do if you think you might have come in contact with COVID-19

#### If you've travelled

The Province of Nova Scotia, under the authority of the Health Protection Act, is requiring anyone who has travelled outside Nova Scotia to self-isolate for 14 days from the day they get back to the province, even if they do not have symptoms.

If you've travelled recently and you develop a fever and/or new cough, you should call 811 for assessment.

#### When to call 811

Not everyone who has concerns about COVID-19 needs to call 811. To find out if you need to call, use the [COVID-19 online self-assessment](#).

### Testing

Nova Scotia Health Authority has established [COVID-19 assessment centres](#). If you need in-person assessment, 811 will refer you to a centre. Don't go to a COVID-19 assessment centre unless 811 referred you.

#### If you self isolate

If you are returning from travel outside Nova Scotia, you are directed to self-isolate for 14 days from the day you get back to the province, even if you do not have symptoms.

Nova Scotians are required to practice social distancing to help reduce the spread of COVID-19. Social distancing means limiting your contact with other people – stay about 2 metres (6 feet) apart.

<b>Social Distancing Advice</b>			
 <b>AVOID</b>	 <b>USE CAUTION</b>	 <b>SAFE</b>	
<ul style="list-style-type: none"><li>• Athletic Events</li><li>• Group Gatherings (e.g. birthday parties, weddings, funerals)</li><li>• Visitors in your Home</li><li>• Sleepovers</li><li>• Playdates</li><li>• Crowded Stores</li><li>• Public Spaces (e.g. malls, gyms, social events, theatres)</li></ul>	<ul style="list-style-type: none"><li>• Parks</li><li>• Church/Faith Gatherings</li><li>• Grocery Store</li><li>• Get Take Out</li><li>• Travel</li></ul>	<ul style="list-style-type: none"><li>• Family Game Night</li><li>• Streaming TV</li><li>• Video Chat</li><li>• Spring Cleaning</li><li>• Read a Book</li><li>• Listen to Music</li><li>• Sit on your Deck</li><li>• Take a Walk/Ride your Bike</li><li>• Yard Work</li><li>• Play outside</li><li>• Cook</li><li>• Check on a Friend</li></ul>	



**When you don't know  
where to turn.™**

211 is a free, confidential information and referral service for thousands of community and social services available across the province. It is available throughout the province – 24 hours a day, 365 days a year – by dialing “2-1-1” to speak to a helpful staff member or by searching the easy-to-use online database at [www.ns.211.ca](http://www.ns.211.ca). You can also email [help@ns.211](mailto:help@ns.211) and between the hours of 12 pm - 4 pm Monday to Friday, chat online or text 21167 for help finding resources.

### **Municipal Info**

#### *Municipality of Pictou County*

Phone Number: 902-485-4311

After Hours: Public Works Only - 902-301-1825

Website: [county.pictou.ns.ca](http://county.pictou.ns.ca)

Facebook: Municipality of Pictou County

Twitter: Municipality of Pictou County

General Inquiries: [carolyn.macintosh@munpict.ca](mailto:carolyn.macintosh@munpict.ca)

#### *Town of Stellarton*

Phone Number: 902-752-2114

After Hours: 902-752-6160 (24 hour monitoring)

Website: <https://stellarton.ca>

Facebook: @TownOfStellarton

Twitter: @StellartonTown

Instagram: @TownOfStellarton

#### *Town of New Glasgow*

Phone Number: 902-755-7788

Website: [www.newglasgow.ca](http://www.newglasgow.ca)

Facebook: [www.facebook/  
NewGlasgowNovaScotia](http://www.facebook.com/NewGlasgowNovaScotia)

Twitter: @NewGlasgowNS

#### *Town of Pictou*

Phone Number: 902-485-4372

After Hours: 902-485-4372

Website: [www.townofpictou.ca](http://www.townofpictou.ca)

Facebook: @TownofPictou

#### *Town of Westville*

Phone Number: 902-396-1500

After Hours: 902-752-6160

Website: [www.westville.ca](http://www.westville.ca)

Facebook: Town of Westville

#### *Town of Trenton*

Phone Number: 902-752-5311

After Hours: 902-752-1941

Website: [www.town.trenton.ns.ca](http://www.town.trenton.ns.ca)

Facebook: Town of Trenton



## COMMUNITY RESOURCES

### **Important Contact Information:**

Government of Canada 1-833-784-4397

Information Services NS 211

Mental Health Crisis Line 1-888-492-8167

United Way Pictou County 902-755-1754

Department of Environment 902-396-4194

Pictou County Regional Enterprise Network 902-755-2244

Health Information NS 811 OR 1-866-770-7763

Kids Help Phone 1-800-668-6868

Pictou County Food Bank East 902-755-2906

Pictou West Food Bank 902-485-8996

Pictou County Women's Resource Centre 902-755-4647

Support Pictou County: [www.pictoucounty.com](http://www.pictoucounty.com) | Facebook: @PictouCountyRENCOVID19

Province of Nova Scotia: Coronavirus Information: <https://novascotia.ca/coronavirus/>

Public Health Offices: <https://www.nshealth.ca/public-health-offices>

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/canadas-response.html>

Canadian Anti-Fraud Centre:

<https://www.antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm>