

During this time of uncertainty, challenges of "what if" and "when will this be over" and many other questions and unknowns, I urge everyone to remain calm in this growing and quickly changing crisis. I recognize that it is not easy and I too have many concerns and unanswered questions not only as the Mayor of Trinity, but as a small business owner, an employee of a not-for-profit and a family man with both children and elders to care for during this time. We are all in this together.

As we all know, COVID-19 is in our province and no doubt may soon be in the region, if it's not already. The time is here now to exercise caution, social distancing and isolation, however, in doing so, please also try to remain kind and be positive in your actions and comments.

As a saying goes, *"In a world where you can be anything, be kind."*

I have been following the various news releases as well as listening and participating in numerous conference calls and meetings over the past number of days. I have been in communication with government departments, health officials, the Fire Chief, the Royal Bank of Canada and Canada Post Office staff locally. Together we explore the new normal and what supports will be in place for the short and long term as well as ensure the public health and safety of everyone.

Be certain that discussions have been held and are continuous with government representatives regarding the effect on our tourism industry, small businesses, Town and so on. I encourage those of you in such sectors and other industries to also get your emails listed with the various representative organizations for your sector like Bonavista Chamber of Commerce, Legendary Coasts, Hospitality NL, Canada Revenue Agency and others for the latest information and supports that are either already available or that are anticipated to come to assist employers and employees during these challenging times.

This virus is unlike anything that we have been through. It has, and will, continue to have an impact on our lives, touching us all in some way, be it directly the infection itself, or indirectly through the financial, mental and social strain resulting from our new reality. ***The most important thing to remember is follow the health advice that is provided. It has been repeated enough that it's time now to listen and heed it.***

Be kind and calm, remember to self isolate for those of you who may be travelling into the province and region. If you suspect someone is not obeying the 14 days self isolation policy, there is now a reporting system in place by the provincial government. ***It is within the jurisdiction of the RCMP to deal with these instances and reports of non-compliance with requirements to self isolate.***

You may also consider ways you can help someone self isolate, like offering to pick up their groceries if you are going to the store anyways, or simply calling them to see if they need to speak with someone. Not everyone has a support system nearby and we need to be considerate of those who live in self-isolation every day before we even knew Covid-19 existed. In this regards I think mostly of our seniors in our Town and region. We also suggest that all members of our community where possible practice self-isolating and only go out for work if required to do so, essential services, to help someone in need or to take a walk at a safe social distance. This will further protect members of our community who must continue to work and provide essential services such

as home care or operating our grocery stores, pharmacies and other services that have been deemed essential by government.

We have always pulled together as a region (and province) and have gotten through many challenges in the past - Igor, ice storms etc. We have also as not-for-profits, municipalities, business owners and volunteers, gotten through all of these past natural occurrences while achieving great success on many positive regional projects together. I think of Hike Discovery; Cultural Craft Festival, Bonavista Biennale; Roots, Rant and Roars as well as many, many other events and success stories. Even now, we all hold our breath for the eventual decision of hopefully our region becoming the first designated UNESCO Geopark for our province.

I suggest we all Google those positive local stories during our time at home and share those through your social mediums. It is important to remind ourselves of what we have achieved together and think of the possibilities that are yet to come. We will get through this crisis again as a region and province, keeping in mind that we are all in this together and carefully following the rules that have been laid before us.

Your cooperation during this time though is essential.....

Please follow all safety guidelines and for the most up-to-date information related to Covid-19, resources for self isolation, mental health assistance and other resources please visit www.gov.nl.ca/covid-19

In addition should you have any symptoms of Covid-19 please visit the self assessment tool at this website - <https://www.811healthline.ca/covid-19-self-assessment/> **DO NOT visit a hospital or medical clinic.**

I would also like to suggest an idea I was given this morning, which may also be a good practice to begin implementing for your household. Keep a journal of your family's and your own daily interactions when not self-isolating, including the time, place and people present (going to the grocery store, going to work at an essential service...). With our regular routines suspended, keeping track of dates can be difficult. Having these details recorded may help you feel more in control of your situation and provide better protection for you and your loved ones. If you learn that someone who tested positive for Covid-19 was at a certain place on a certain day, you will have an accurate account of your activities to reference and determine if you need to contact 811 or self-isolate. It can also be an essential tool to help health authorities accurately track and contact individuals you may have encountered, should the need ever arise.

Together we will get through this.....Stay Safe, Be Positive and Be Kind.

Yours Truly

Jim
Jim Miller
Mayor
Town of Trinity