

COVID-19

GENERAL CONTACTS

811 - If you have COVID-19 symptoms, including a cough, fever or difficulty breathing

1-833-533-9333

If you have general questions related to health, services for Islanders, and business supports

1-800-958-6400

If you have questions about Renew PEI or if you have concerns about self-isolation

View Government of PEI contact information for COVID-19

PrinceEdwardIsland.ca/RenewPEIcontacts

902-368-5025

If you have questions about pre-approval for any non-essential travel to PEI

BUSINESS AND WORKERS

1-866-222-1751

PrinceEdwardIsland.ca/COVIDforbusiness

SENIORS

1-866-770-0588

seniors@gov.pe.ca

EMERGENCY SHELTERS

Emergency Shelter line

1-833-220-4722

FAMILIES

902-368-5155

PrinceEdwardIsland.ca/COVIDforfamilies

SPECIAL SITUATIONS FUND

1-833-533-9333

Child Protection Concerns

1-877-341-3101

(Monday - Friday, 8:30 a.m. - 5:00 p.m.)

1-800-341-6868

(after hours) PrinceEdwardIsland.ca/COVID19help

MENTAL HEALTH

The Island Helpline

1-800-218-2885

(toll-free)

Kids Help Phone

1-800-668-6868

(toll-free)

PrinceEdwardIsland.ca/mentalhealthsupport

EDUCATION SUPPORT FOR STUDENTS, INCLUDING MEALS

902-368-5155

supportsforfamilies@edu.pe.ca

FAMILY VIOLENCE PREVENTION

Anderson House & Outreach services:

902-892-0960 /

1-800-240-9894

Chief Mary Bernard

Memorial Women's Shelter

1-902-831-2332

1-855-297-2332 (toll-free)

Victim Services:

902-368-4582

PEI Rape and Sexual Assault Centre:

902-368-8055 /

1-888-368-8055

PrinceEdwardIsland.ca/familyviolenceprevention

COVID-19 PEI INFORMATION LINE

1-833-533-9333

PrinceEdwardIsland.ca/COVID19

PrinceEdwardIsland.ca/RenewPEI

Renew PEI together



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Everybody's Talking!

Bear scare: Two women in the northern Canadian city of Whitehorse, Yukon, had to take evasive action to get away from a mama bear, which had two cubs in tow. Michelle Beaulieu and Anya Zimmerman were biking along a narrow trail near the Yukon River when the protective mother confronted them. The women ended up abandoning their bikes and swimming across the river to the other side. Luckily, a boat came along. The driver picked them up, retrieved their bikes, and got them safely out of the area.

Looking for dinner: Diners in a restaurant in the town of Canmore, Alberta (Canada), got quite a surprise when a bear wandered in through the open doors to check things out. The cooking aroma coming from the Gaucho Brazilian Barbecue must have been too much to resist. The young bear scared the restaurant's customers, but didn't stay long. After only a few seconds, it turned around and walked out, taking another look through the window before running away. Peter Holub, the restaurant's owner, plans to keep the front door closed from now on.

Sticky stuff: A certain type of glue made by an industrial adhesives company in Germany really sticks. DELO went to great lengths to show the strength of its brand of strong glue. Company representatives arranged to suspend a truck, which weighed over 17.20 metric tonnes (37,919 lbs.), one metre above the ground by attaching it to a crane using a small amount of their glue. The stunt worked. The glue held the truck off the ground for an hour. Because this adhesive is used in the automotive industry and is not commercially available, it's not possible to get it at a local hardware store!

Waterlogged: Television reporters will do lots of things to get their stories to viewers, but Azadar Hussain of Pakistan did something unique to bring the plight of his country into the lime-light. Kot Chatta, in Pakistan's Punjab region had experienced damaging flooding, so Hussain decided to stand in floodwaters, with only his head, hand, and microphone above water. From there, he proceeded to do his report of the repercussions of the flooding. Although what he did could be perceived as dangerous, the reporter was able to attract worldwide attention from his on-location newscast.

Quoteable Quotes

"Power tends to corrupt and absolute power corrupts absolutely." —Lord Acton

"...we find at the end of a perfect day When Silence speaks for Love she has much to say." —Richard Garnett

What's Happening

Following recommendations from the Public Health Department, and with your best interests in mind, Coffee News will temporarily cease paper delivery for an indefinite period to contribute to the collective efforts in limiting the spread of COVID-19. Everyone needs to do their part with COVID-19 virus, even if not infected directly. It is important for us at Coffee News to keep delivering smiles each week but we have voluntarily chosen to remove delivery at vulnerable locations until further notice to keep our drivers, staff, and clients safe. However, we certainly do not want to add to the panic by removing Coffee News entirely! Here are some ways you can keep reading your favourite paper:

Visit our website at <http://www.pausecafecanada.com/pei/> to stay up to date with our issues or visit our Facebook page at <https://www.facebook.com/peicoffeenews.ca/>. Please don't forget to support the local businesses who are hit hard by this crisis. Together we can get through this. Stay safe!

Trivia

1. What is wasabi?
2. Is our "funny bone" a bone or a nerve?
3. Identical twins have identical fingerprints—T/F?
4. In which sea would you find the Great Barrier Reef?
5. Who said, "Everything is funny as long as it is happening to somebody else"?

(Flip bottom of page for answers)

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(Over)

COVID19

TAKE CARE OF YOUR MENTAL HEALTH



Eat healthy



Be active



Keep well



Stay connected

PrinceEdwardIsland.ca/COVIDMENTALHEALTH

PrinceEdwardIsland.ca/COVID19
COVID19 PEI Information Line 1-833-533-9333



This ad is paid for by the government of Prince Edward Island

COVID19

Staying at home during these challenging times is necessary for our health and safety.

But for some Islanders, there may be new or heightened risk of family violence.

You're not alone. Reach out. Supports are still available.

PrinceEdwardIsland.ca/familyviolenceprevention

PrinceEdwardIsland.ca/COVID19
COVID19 PEI Information Line 1-833-533-9333



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COVID19

ALCOHOL and CANNABIS USE

There are increased risks associated with alcohol and cannabis use during the COVID-19 pandemic.

The conditions around COVID-19 may lead people to increase alcohol and cannabis use due to:



Feeling stress and anxiety from the pandemic and economic downturn



Feelings of social isolation and loneliness due to physical distancing



Blurring of daily and weekly routines because of the closing of non-essential workplaces



More alcohol and cannabis in the home from stockpiling

www.PrinceEdwardIsland.ca/MHA

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Your Weekly Horoscopes

ARIES

(March 21 - April 20)



You may be decisive and translate your ideas into action. You might be eager to confront conceptual problems and could likely produce very workable plans. Lucky Numbers: 6, 21, 25, 36, 39, 42.

TAURUS

(April 21 - May 21)



You might want to take time for quiet study and inward reflection. Your intuition and your sensitivity to deep aspects of your situation may be very strong. Lucky Numbers: 4, 5, 18, 29, 34, 39.

GEMINI

(May 22 - June 21)



This may be a good time to share your goals with someone in a position to help you. Thinking of concrete ways to turn your dreams into realities might be very fruitful. Lucky Numbers: 1, 2, 9, 11, 16, 22.

CANCER

(June 22 - July 22)



You may need to lift yourself out of your usual, everyday concerns to get a better perspective. Try to focus on new horizons through travel or study about other cultures. Lucky Numbers: 10, 12, 20, 24, 30, 36.

LEO

(July 23 - Aug. 23)



Now may be the time to communicate your passion and share your dreams for the future. You might see connections and possibilities that you previously may have overlooked. Lucky Numbers: 7, 9, 13, 14, 34, 44.

VIRGO

(Aug. 24 - Sept. 23)



Your enthusiasm and zest for living may be very high. You could feel more alive and interested in the world about you. Your relationships might be exciting and harmonious. Lucky Numbers: 3, 12, 22, 42, 43, 47.

LIBRA

(Sept. 24 - Oct. 23)



Doing your best work and taking pride in it may be a focus for you. This might be a good time to analyze your time and energy, with an eye to improving your productivity. Lucky Numbers: 5, 14, 22, 31, 37, 43.

SCORPIO

(Oct. 24 - Nov. 22)



You might be less inclined to speak your mind or take a definite stand on important matters. Your wait-and-see attitude may be the best option for you to take. Lucky Numbers: 4, 12, 17, 23, 34, 42.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may feel clear and objective about personal matters and your relationships. This might be a favourable time to iron out differences or come to a decision. Lucky Numbers: 6, 13, 18, 25, 33, 48.

CAPRICORN

(Dec. 22 - Jan. 20)



Your energy level may be high, so this might be a good time for physical work or team sports. Partnerships or joining others for mutual benefit could go well. Lucky Numbers: 8, 14, 26, 29, 35, 44.

AQUARIUS

(Jan. 21 - Feb. 19)



You may feel an urgency to take positive steps to achieve your goals. You might be in tune with the people in your environment who are most able to benefit you. Lucky Numbers: 10, 12, 19, 24, 32, 46.

PISCES

(Feb. 20 - March 20)



You may be a sympathetic listener, drawing out the personal experiences of others. You might feel inclined to share your deepest feelings, building trust in your relationships. Lucky Numbers: 8, 16, 19, 38, 46, 49.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 8.

Did You Know...

Eye acronyms: On prescriptions for eyeglasses, the acronym "OS" means oculus sinister, which is Latin for left eye. "OD" is for oculus dextrus, which is Latin for right eye.

Unreal: A work of art is called "abstract" when artists portray interpretations of their subjects, rather than revealing the actual details. Colour, shapes, or patterns may dominate.

Seedy goodness: Banana passionfruit grows in several South American countries. Smelling a bit like an orange and looking like a small banana, this fruit's orange pulp has black seeds. Its tangy flavour is good in smoothies and desserts.

Cat problem: If you get scratched by a cat and a few days later notice a sore or blister, you may have cat scratch disease (CSD). This is an infection caused by bacteria in the cat's saliva. It usually goes away on its own but can be treated if necessary.

Colourful bird: The mulga parrot is a colourful bird found in semi-arid areas of Australia. Its call isn't loud, but its brilliant emerald feathers and spots of orange, yellow, and violet are easy to see.

On the Lighter Side

What travels around the world but stays in one corner?
A stamp.

Teacher: "What part of the body is affected by glandular fever?"
Student: "The glandular."

You find me in December, but not in any other month.
What am I?
The letter D!

How do you prevent a summer cold? Catch it in the winter!

Which is closer, Florida or the moon? The moon. You can't see Florida from here.

Answers

Trivia answers: 1. Japanese horseradish 2. Nerve 3. False 4. Coral Sea 5. Will Rogers

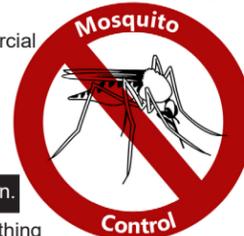
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