

A message from Regional Chair Karen Redman

Media briefing remarks

March 30, 2020

Good morning. I would like to begin by reinforcing Dr. Wang's message about physical distancing.

Many of us in Waterloo Region are growing tired of being separated from others, and that's to be expected. We are all social creatures and it is really hard to be separated from our friends, family members and loved ones.

This is especially true as the weather gets warmer and we get closer to Easter, Mother's Day, family birthdays and other important dates.

On a personal note, I too am finding it challenging to be apart from my children and grandchildren.

This past Friday night, we scheduled an entire family gathering on Zoom. It ended up being very chaotic – kind of like a real life – with grandchildren popping in and out of the picture. It certainly wasn't the same as being together under one roof, but it was a fun way to stay connected.

We all need to remember that it's more important than ever to maintain physical distance rules until further notice from Public Health.

This means:

- Working from home if you can.
- Only going out for essentials, like groceries or medication.
- Keeping two metres away from people outside your household.
- Rescheduling gatherings like birthday parties, Easter meals and BBQs with friends – or making them virtual gatherings.

Remember, it's perfectly fine to go for a hike, walk your dog, or get some sun on your porch – just make sure to keep an appropriate physical distance from others while you're out.

I do want to clarify that the rules for people in self-isolation are a little different. If you are under a 14-day self-isolation (because you have returned from travel or have COVID-19 symptoms), you should not be going outdoors, walking your dog, or putting yourself in any situation where you could be in contact with others.

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Once again, I want to thank everyone for being patient and doing their part. We know keeping people apart as much as possible is our single best tool to flatten the curve of COVID-19 in Waterloo Region. Please continue to stay home, stay informed and stay safe. We are in this together, Waterloo Region.