



BRIEFING NOTE

COVID-19 media briefing notes - Karen Redman Friday, May 22, 2020

Good morning,

I'm glad to hear that anyone experiencing symptoms can get tested in Waterloo Region and that, overall, the number of new cases is slowing.

This news is promising as things begin to slowly open up because it allows us to identify people experiencing symptoms, prevent further spread, and continue to move forward.

However, COVID-19 is still present in Waterloo Region. This is why we must continue to remind you to keep two metres or six feet away from others when not at home, to avoid touching your face, mouth, nose or eyes, to stay at home if you have symptoms, and to wash your hands often. These are the best ways to protect yourself from this virus that is still present in our community.

I would like to echo Dr. Wang's recommendations for wearing a mask or face covering when you are not able to physically distance.

Wearing a face mask limits the spread of your droplets and protects others. If we all wore facemasks we would be protecting each other.

"You protect me and I protect you."

As a caring, collaborative community, I know that we will do this together.

Some situations where I'd wear a face mask to protect others include:

- when I'm in an elevator;
- at a grocery store or when out shopping;
- if using transit or,
- a taxi, or a ride share service.



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As Dr. Wang noted, the federal and provincial recommendation is to wear a mask or a face covering while going out, to reduce the community spread of the coronavirus.

It is part of our new normal.

If we all continue to physical distance, maintain good hand hygiene and wear face coverings to protect each other – we will beat this!

I wish you all a wonderful weekend and for those celebrating Eid al-Fitr this weekend I wish you all Eid Mubarak.