



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

COVID-19 Update

Dr. Hsiu-Li Wang, Acting Medical Officer of Health

April 1, 2020 at 11:30 a.m.

Update on cases

Second death:

- Sadly, we have just received confirmation of our second death from COVID-19 in Waterloo Region.
- The patient was a male in his 50s with a pre-existing condition and was in hospital at St. Mary's General Hospital.
- This is an especially difficult time for the family and loved ones and I wish to express my deepest condolences to them.

Overall update on cases:

- As of this morning we have a new dashboard on our website for the data related to cases in our region.
- With this new dashboard, we hope to better illustrate the trends in our community with respect to the COVID-19.
- Such as, we are now able to provide a picture of an "epi-curve" for our community.
- ...
- In total, we have 117 cases in Waterloo Region as of 10:30 a.m. this morning.
- Of that total, 21 cases are currently in hospital.
- 17 cases of the total 117 have ever received treatment in ICU.
 - This doesn't mean they all are currently in ICU.
 - It is too difficult to track ICU status at any one time, as people can move in and out of ICU.
 - What we can tell you is, these are the number of cases in the region who have ever been in ICU
- We are also now tracking the total number we have ever been hospitalized.
- ...
- The total number we have tested in Waterloo Region is 1,915
- Of that number, 1,329 have been confirmed negative.
- We are awaiting test results on 469 individuals.

- Public Health is monitoring 570 individuals.
- 15 cases are now resolved.
- To date, we have had two deaths in the region

Long-Term Care and Retirement Home Outbreaks:

- The Chief Medical Officer of Health has now issued a directive for long-term care homes and retirement homes across Ontario such that, once they have one case, in either a patient or staff member, they are to be declared in outbreak.
- As a result, we have 2 outbreaks, both declared last night:
 - 1 at Sunnyside Home, where 1 staff member has tested positive
 - 1 at Highview Residences KW, where 2 residents have tested positive
 - These outbreaks will also be posted on our new dashboard.

Essential reasons for leaving your home

- The Ministry of Health has provided updated guidance on what is considered an essential reason for leaving your home if you are not otherwise required to do so for work as part of an essential or critical service.
- We recommend that you stay at home and limit the number of trips you make into the community for essential reasons.
- Essential trips would include
 - Accessing health care services;
 - Shopping for groceries;
 - Picking up medication at the pharmacy;
 - Walking pets when required; and
 - Supporting vulnerable community members with meeting the above needs.
- If you must go out for any of these reasons, please keep 2 metres between yourself and others.

Concluding Remarks

- Although groups such as older adults and those with pre-existing medical conditions are at greater risk, **no one is immune to the development of infection**, nor the possibility of serious complications and death.
- We need to continue working together to further slow the spread of infection.
- As I mentioned last time, I know many have endured difficulties and have had to sacrifice because of the many restrictions and closures.
- We need to support one another and those who are making those sacrifices by each contributing to doing what we can to slow the spread of the virus.

- Every time someone complies with the recommendations and orders with respect to not gathering, staying at home unless you need to go out, and physical distancing when you are out, you can help prevent someone from getting critically ill or dying.