



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES

## COVID-19 Update

Dr. Hsiu-Li Wang, Commissioner and Medical Officer of Health  
Public Health and Emergency Services  
April 30, 2021

### Highlights

- We are seeing some stabilization, but our situation is still precarious and will change quickly if we don't keep up with public health measures.
- Under the stay-at-home order, there are things we can all do to protect each other, even during our essential trips, to reduce our mobility and close contacts.
- I appreciate that these measures are difficult and I am grateful for all your efforts.

### Overall trends

- We are seeing some stabilization, but our situation is still precarious and will change quickly if we don't keep up with public health measures.
- As of April 29, our weekly incidence rate is now at approximately 95 cases per 100,000 per week.
  - The weekly incidence rate for Ontario is now around 160 cases per 100,000 per week.
- We are currently managing 586 active cases and 29 active outbreaks.
- Taking into account interim data, our 7-day average for per cent positivity is now at 6.7 per cent. Ontario's is at 8.7 per cent.
- Cases of variants of concern continue to be the predominant strains in Waterloo Region.

### What residents can do

- Limiting mobility and reducing close contacts are critical steps that help slow the spread of COVID-19.
- Limiting mobility includes:
  - Staying at home as much as possible
  - Avoiding non-essential travel to other regions/areas of Ontario
- Reducing close contacts includes:
  - Avoiding social gatherings
  - Keeping at least 2 metres between yourself and people you don't live with

- Wearing a mask or face covering
- Outdoors is safer than indoors. Minimize time indoors with others as much as you can.
  - Employers, please have your workers work from home whenever possible.
- Under the stay-at-home order, there are things we can all do to protect each other, even during our essential trips.
- Limit your mobility and reduce your contacts by:
  - Having only one household member pick up groceries, food, or prescriptions.
  - Trying to plan for what you need ahead of time to limit the number of trips you make per week
  - Planning trips or physical activity for less busy times of the day
  - Maintaining physical distance between yourself and others at all times, even when you have a mask on.
  - Wearing a face covering or mask outdoors when maintaining distance isn't guaranteed
- Stay connected with loved ones, virtually, while we are apart.

## **Closing remarks**

- Residents are illustrating their care and support for each other by following the stay-at-home order and practicing the public health precautions.
- Your efforts are starting to have an impact. I am grateful for them. But we must to keep going, and we need your help to do so.
- Stay home. Stay safe. Save lives.
- Thank-you.