



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  
August 13, 2021

### Highlights

- Case rates in Waterloo Region remain relatively stable at this time.
- There is an outbreak at the Nazarene Christian Congregation in Kitchener that has 25 cases at this time. We are advising anyone who attended on August 1, 2021 that they are considered a high-risk contact.
- The most important thing we can all do to protect those who are not yet eligible for the vaccine is to keep community spread and overall case rates under control. The best way we can do this is to get vaccinated and keep practicing public health precautions.

### Overall trends

- Case rates in Waterloo Region remain relatively stable at this time.
  - As of yesterday, our current weekly case rate sits at approximately 21 cases per 100,000 per week
- Getting the vaccine is your best defense against COVID-19 and greatly reduces your risk for serious outcomes.
- The greatest risk for COVID-19, serious illness, and death remains in those who are not yet vaccinated.
- Across Ontario, the risk of getting COVID-19 is 8 times higher for individuals who are not vaccinated compared to those who are fully vaccinated.

### Outbreak disclosure

- A facility outbreak at Nazarene Christian Congregation in Kitchener, listed previously as Place of Worship 5 and declared on August 8, has met our outbreak disclosure criteria with 25 cases reported at this time.
- All cases remain under monitoring at this time.
- The church has closed voluntarily and we will be working with the facility on the infection prevention and control measures required for re-opening.
- Anyone who attended the Nazarene Christian Congregation in Kitchener on August 1, 2021 is advised they are considered a high-risk contact.

- They are advised to self-isolate, seek testing, and follow public health instructions given to them.
- We expect there may be more cases detected in the coming days.

## **Public health measures are important**

- Vaccination offers the best protection against COVID-19 but continuing to practice public health measures remains important in our fight against the Delta variant.
- We can think of public health measures and vaccines like traffic laws and seatbelts and airbags.
  - Traffic laws work to reduce the risk of collision. Seatbelts and airbags work to reduce the risk of injury in the event of a collision.
  - They work together to reduce your overall risk.
- That's what we're doing with public health measures and vaccines.
- They work together to reduce the risk of transmission of COVID-19 and reduce the risk of severe outcomes if you do become infected.
- When combined or layered together, public health measures and high vaccination rates help limit and control the spread of the virus.
- Public health measures are still important and include:
  - Wearing face coverings or masks in indoor settings or in crowded outdoor settings
  - Continue to practice physical distance between yourself and others
  - Washing your hands often
  - Avoiding enclosed spaces and crowded places
  - And if you develop any symptoms, stay home, isolate away from household members and seek testing at a local testing and assessment centre
- The most important thing we can all do to protect those who are not yet eligible for the vaccine is to keep community spread and overall case rates under control.

## **Closing remarks**

- Today is the final day for the Centre for Family Medicine clinics located in Wellesley and at the Health Sciences Campus in Kitchener.
- We cannot thank enough everyone who played a part in making both clinics a tremendous success.
- If you have not yet received your first dose, or if you're looking for a second dose, there are many options in our community.
  - All regional vaccination clinics are open for walk-ins.
  - Many local pharmacies are providing the vaccine as well as participating primary care providers.
  - The mobile vaccination bus continues to visit target priority neighbourhoods and other key locations in our community.
- Let's keep working to protect ourselves, our loved ones, and our community.
- Thank you.