



COVID-19 Update

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

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Overall Trends

- As testing has increased over the past month, we have not seen positive cases increase at the same rate
- Approximately 7% of people tested in Waterloo Region are testing positive for COVID-19.
- A total of 697 cases or 65% of positive cases in Waterloo Region have now been classified as resolved.
- There are currently 257 active cases, of which 221 cases or 86% are isolating at home (or in their congregate setting home), and 32 cases or 12% are in hospital, at this time. Four cases are still under investigation.
- However, we are still in a precarious state. COVID-19 is still in our community and the risk to acquiring it is present throughout all of Waterloo Region

Testing and PH's role

- We've had questions about testing and the role of Public Health
- Hospitals have oversight over assessment and testing centres, where testing is done, and they are run in partnership with clinical leadership.
- Public Health's role is to recommend testing in outbreak situations, such as in long-term care or retirement homes
 - The testing would then be done by the homes, at the assessment centres for staff, or through mobile testing teams of the assessment centres
- Public Health also becomes engaged when a test is positive
 - We receive the positive test result and we follow up with individuals to conduct case and contact management
 - In the case of an outbreak, we also work with the facility to support outbreak management

- The testing centres and Public Health would like to encourage all residents who have symptoms of COVID-19 to be tested.

Face masks

- Both the Provincial and Federal governments are now recommending that everyone should wear non-medical masks or face coverings when they are in situations where they are unable to maintain physical distancing, even if they have no symptoms.
- Non-medical masks can be an additional tool to help prevent the spread of the virus, because wearing a mask can help you contain your own droplets.
- When many people wear masks, they are helping to protect each other.
- When choosing a mask, look for one that:
 - Is made of cloth or fabric; do not use plastic or non-breathable materials
 - Is secured by elastics or ties
 - Fits snugly, with no gaps
 - And does not impair your vision
- Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.
- Non-medical masks should not be worn by:
 - Children under the age of two
 - Anyone unable to remove the mask without help.
 - Anyone who has trouble breathing or is unconscious.
- And remember wearing a mask is **not a replacement for other measures**. It is not a substitute for physical distancing, hand washing and staying at home if you start to develop symptoms, even mildly so.
- While wearing a mask
 - Make sure the mask is securely fastened and avoid touching your face
 - Continue to wash your hands often with warm water and soap or use an alcohol-based hand sanitizer
 - Including before putting mask on and after taking the mask off
 - And continue to practice physical distancing whenever possible

Closing Remarks

- While our trends in Waterloo Region have improved, COVID-19 remains a serious threat.
- The signs of stabilization we're currently seeing reflects the efforts of each and every person who has stayed home, who has practiced physical distancing, and who has made personal sacrifices over the past months.
- If we don't stay the course, we will see cases rise again in Waterloo Region.

- You can enjoy nice weather, while maintaining 2 metres between yourself and others.
- Consider being active during less busy times of the day and leave if an area begins to feel crowded.
- And for now, continue to only spend time with your household contacts.
- Only by all of us staying the course, and continuing to follow the public health measures, will we prevent a resurgence of COVID-19 cases.
- Let's continue to work together.
- Thank you.