



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

COVID-19 Update

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

May 29, 2020 at 11:30 a.m.

Overall Trends

- The number of new cases continues to stabilize or decrease in our community.
- ...
- As of 10:30 a.m. this morning, our dashboard reports that approximately 6.1% of people tested in Waterloo Region are testing positive for COVID-19.
- To date, the total number of COVID-associated deaths remains at 113.
 - With 93 of these being associated with long-term care and retirement home outbreaks
- A total of 797 cases or 73% of positive cases in Waterloo Region have now been classified as resolved.
- There are currently 189 active cases, of which 86% are isolating at home (or in their congregate setting home), and 13% are in hospital, at this time. Three cases are still under investigation.
- ...
- The signs remain tentatively positive, but delicate.
- And we will need to closely monitor; we are not out of the woods yet.
- ...
- Beginning this weekend, our dashboard will no longer be updated on Sundays. The dashboard will continue to be updated Monday through Saturday at 10:30 a.m. with the data from 7 p.m. the evening before.

Managing stress

- This continues to be a difficult time and, as businesses begin to open, new concerns are emerging.

- It's normal to feel anxious or stressed.
- But there are a few things we can do to help manage our stress:
 - Take care of ourselves. Stay connected with friends and family, eat well, be active and try to get enough sleep
 - Take breaks from the news and social media. Be mindful of information overload and seek information from reliable, trusted sources.
 - Focus on what we can control. Such as:
 - Washing our hands often
 - Keeping 6 feet between ourselves and others when we leave our homes
 - And wearing a non-medical mask whenever there might be a risk we cannot maintain physical distancing
- It's also important to recognize when we need additional support. Support services and resources are available on our website.
- And if we find ourselves feeling like we're in a crisis, we can call [HERE](#) 24/7 at 1-844-437-3247
- Remember: Asking for support when we need it is not a sign of weakness, it is a sign of strength.

Closing Remarks

- Your efforts and sacrifices are making a difference in our community but we must not let up now.
- Please continue to practice physical distancing at all times and wear a mask when you could be in close proximity to others.
- Continue to take care of each other. Our path forward needs to remain slow and measured, because moving slowly is ultimately the fastest way.
- Where we go from here will largely depend on the actions all of us take as a community
- We are a caring community; we are a strong community.
- Let's continue to show that we are.
- Thank-you.