



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

COVID-19 Update

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Public Health and Emergency Services

October 30, 2020

Overall trends

- Overall, in Waterloo Region our cases continue to remain stable at this time.
 - Our rate of new cases has been approximately 16 per 100,000 per week.
 - The average rate of new cases for Ontario has been approximately 41 per 100,000 per week.
- In Waterloo Region, the 7-day moving average of per cent positivity of tests is currently 1.6%, with fluctuations between 1.1 to 1.6%.
 - We will continue to monitor this.
- Yesterday, we reported a total of 9 individuals currently hospitalized, including 3 in ICU.
- Our outbreaks are currently relatively few in number and well controlled.
- So locally, the situation is relatively stable to date.
- That said, provincially overall and in some other medium size regions, the rates of new cases, hospitalizations, ICU use and outbreaks continue to trend upwards, and we know that the situation can accelerate quickly, anywhere.
- As the weather becomes colder, people will more spend more time indoors. This will increase the risks of spread of COVID, overall.
- Which is why it is essential we do not let up in Waterloo Region practicing the public health precautions, as part of our 'new normal', each and every day.
 - Limit close (unprotected) contact to only your immediate household members
 - Practice physical distancing and wear a mask or face covering with everyone else.
 - When gathering with others, getting together virtually is safest.
 - If gathering in person (at a distance and with face coverings),
 - Gather outdoors or in well ventilated indoor spaces.
 - Stick to small groups. Smaller is safer.

Halloween Reminders

- However you choose to celebrate, Halloween will look a little different this year.
- To celebrate safely this year, the Province has issued the following recommendations:
 - Avoid gatherings with people outside of your household
 - This is especially important for adults
 - Do not attend parties; do not attend gatherings with anyone outside your immediate household.
 - Stay home if you are feeling ill, even if you have mild symptoms
 - Turn off your porch light and don't hand out treats if you are sick, even with mild symptoms, or self-isolating
- Consider low-risk activities for your household including:
 - Decorate pumpkins
 - Attend a virtual costume party
 - Have a Halloween movie night
 - Share spooky stories
 - Plan a trick-or-treat scavenger hunt in your home or backyard
- If your family chooses to trick-or-treat, or hand out candy, I encourage you to wear a face covering, only go out with your household members, keep a distance from anyone outside of your household, and wash or clean your hands often.

Concluding remarks

- I appreciate all of the efforts across Waterloo Region to slow the spread of COVID-19 in our community.
- Your efforts are helping to lower the risk in our long-term care homes and other vulnerable settings, keep our schools and businesses open, and allow our medical procedures and surgeries to continue.
- Your efforts demonstrate our collective strength when we work together.
- Let's keep going.
- Thank you.