



BRIEFING NOTE

COVID-19 media briefing notes - Karen Redman April 8, 2020

Physical distancing

I'd like to take a minute to recognize that some Regional residents will be celebrating various Easter and Passover traditions this week and weekend.

- It's going to be difficult to celebrate in the way we're used to but it's important for everyone's safety that you try different methods of staying connected to loved ones, or your spiritual community this year.
- I have a big family. Four grown children and five grandchildren. And we're planning to celebrate Easter by having a zoom meeting at the dinner table.

I'm sure many of you will also be tempted to visit parks and trails this weekend if the weather is nice. But the safest thing to do is stay home.

- Crowded trails, forests and parks reduce your ability to maintain proper physical distancing. As does busy parking lots.
- Parks, trails and open spaces are only open to walk through as part of an essential trip and are NOT travel destinations at this time. Don't drive to a park outside your neighbourhood.
- If you have to be outside, always maintain a distance of two metres from other people. It's important to stopping the spread of COVID19.

So remember this weekend to:

- avoid gatherings;
- stay at home as much as possible;
- practice physical distancing;
- continue to self-isolate **if you're a returning traveler or if you've been asked to do so by Public Health;**
- and wash your hands frequently.



BRIEFING NOTE

Help us make history project

- Our community is going through challenging times, and our lives are impacted by the COVID-19 pandemic.
- It's in challenging times like this that we need the support of our community, but need to keep apart to flatten the curve.
- Sharing our stories is a powerful way for us to reconnect and to make sense of the world around us.
- The Region of Waterloo Museums, Libraries and Archives are working on a pandemic project called "help us make history". They want our community to share their experiences of everyday life during the COVID-19 pandemic as a record of this pivotal moment in our history.
- In the past, many of those every-day objects and stories got lost after the fact. For example, our museums have no artefacts from the Spanish flu back in 1917, which makes it difficult to learn from and understand those stories now.
- Stories are powerful. We share stories to make sense of the world around us, learn from our experiences, and form plans for the future.
- Visit our "Help us Make History" pages on our museums website for more information.