

# Weekly Stakeholder Bulletin #8

## Novel Coronavirus

**Date issued:** March 25, 2020

**Purpose of bulletin:** The purpose of this bulletin is to keep local stakeholders informed of the evolving international novel coronavirus (COVID-19) situation and its implications for Waterloo Region.

### Key updates

- The risk of acquiring COVID-19 is present across the Region. Given the rise in cases in the past 48 hours it is recommended that residents should act as though COVID-19 is circulating in the community and across the Region.
- Wash your hands, stay at home if you can - especially if you're sick, if you don't need to be out, don't go out or only go out to buy essential supplies, and if you're out, practice [social distancing](#).
- Due to the increase in numbers, there will be less focus on providing individual case specifics and more on any significant updates in terms of community impact and overall numbers.
- The Region of Waterloo and all seven area municipalities, [declared States of Emergency](#).
- Phone lines continue to be very busy. Please visit our [website](#) first for the most up-to-date information including a COVID-19 self assessment tool.

### Prevent the spread of germs and viruses

- All individuals are encouraged to practice social distancing: keeping two arms' lengths (or 2 metres) distance from the next person.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.



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## Avoid misinformation

The [Ontario Government](#) continues to update their information regularly. Check trusted sites for the most recent information.

## Recommended resources

- Region of Waterloo Public Health webpage: [regionofwaterloo.ca/2019NovelCoronavirus](https://regionofwaterloo.ca/2019NovelCoronavirus)
- Ontario Ministry of Health webpage: [ontario.ca/coronavirus](https://ontario.ca/coronavirus)
- Public Health Agency of Canada webpage: [canada.ca/coronavirus](https://canada.ca/coronavirus)

## Who to contact if you have questions or need additional information

Please email [publichealth@regionofwaterloo.ca](mailto:publichealth@regionofwaterloo.ca).

This will ensure your questions are sent to an inbox that will be regularly monitored, and referred to the appropriate staff for follow-up.

**Previous editions of the weekly bulletin are available upon request.**