



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

Weekly Stakeholder Bulletin #4

Novel Coronavirus

Date issued: February 26, 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.

What's New

- Yesterday, the Government of Canada issued [travel health notices](#) for countries outside of China where COVID-19 is active including Hong Kong, Iran, Italy, Japan, Singapore and South Korea.
- Attached are two information sheets regarding how to self-isolate:
 - How to self-isolate
 - Self-Isolation: Guide for caregivers, household members and close contacts

Current COVID-19 situation:

- The COVID-19 situation continues to evolve internationally.
- Canada and other countries continue to focus on containment strategies to decrease the spread of COVID-19, including early identification of symptoms, testing, and in select situations, isolating people at higher risk of having or developing coronavirus infection.
- Given the spread of the virus to other countries outside of China, we expect we will continue to see more cases in Canada and we are preparing for the arrival of the virus in Waterloo Region.
- Region of Waterloo Public Health continues to work closely with local hospitals, health care and community partners, the Ministry of Health, Public Health Ontario and national partners to monitor and respond accordingly to the COVID-19 situation.
- We are engaging with our health care partners to prepare for seeing cases here in Waterloo Region and with our community partners to ensure business continuity plans are in place should we see a number of cases in our community.



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Returning Travellers:

- Returning travellers from Hubei province, China (including Wuhan) are asked to self-isolate for a total of 14 days from the date they left Hubei. In Waterloo Region, returning travellers from Hubei province are advised to call Region of Waterloo Public Health at **519-575-4400 within 24 hours of their return to Canada.**
- Travellers to mainland China (other than Hubei province), Hong Kong, Iran, Italy, Japan, Singapore, and South Korea are asked to watch for signs and symptoms which may develop up to 14 days after departure. They are asked to avoid large crowds and places where it would be difficult to self-isolate if symptoms occur.
 - If they experience symptoms within 14 days, they are asked to follow-up with a health care provider and Region of Waterloo Public Health at 519-575-4400.
 - If possible, they should call ahead before going to a medical office or an emergency department to allow health care staff to manage their case appropriately.
 - They should avoid contact with others (e.g. stay home from school, work or child care; avoid group activities, public places or taking public transit; and refrain from having visitors).

Prevent the spread of germs and viruses:

- 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.

Avoid misinformation:

- Region of Waterloo Public Health continues to provide up-to-date and evidence-based information on our website so that you and your audiences have the information you need to make informed decisions about your health.



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Recommended resources:

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

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

Please email 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.