There are things you can do to help slow the spread of COVID-19

Stay home and connect with friends and family by phone, text or social media.

When you leave your home keep 2 metres between yourself and others.

Do not gather with other residents in shared spaces (e.g. hallways, lobbies, or laundry facilities).

Do not have visitors in your home.

Limit the number of people in an elevator.

Travel to the grocery store, pharmacy and bank only when essential and limit the number of times you go.

If you are supporting someone else by picking up essential items, leave their items outside their door and do not enter their home.

For more information visit regionofwaterloo.ca/COVID19