



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

Weekly Stakeholder Bulletin #6

Novel Coronavirus

Date issued: March 11, 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

- With the exception of travellers returning from Hubei Province, China or Iran (see further below), travellers returning from any other destination outside of Canada who experience symptoms of COVID-19 (e.g., fever, cough or difficulty breathing) within 14 days of their departure from another country should self-isolate and call Region of Waterloo Public Health at **519-575-4400**.
 - If seeking assessment from a health care provider, they should call ahead and tell them about their symptoms and travel. This will help the healthcare provider's office take steps to keep other people from getting infected.
 - Visit [Public Health Ontario's](#) website for fact sheets for returning travelers on how to self-monitor for symptoms after they arrive home, and how to self-isolate if they develop symptoms (see Returning Travelers section below for more details)
- The Public Health Agency of Canada is now recommending that Canadians [avoid all cruise ship travel](#) due to the ongoing COVID-19 outbreak.
- A printable [Help stop the spread of germs!](#) poster on handwashing and cough etiquette is now available for posting in your workplace.
- Employers can help reinforce infection prevention messages with employees (see Prevent the spread of germs and viruses section below)
- Employers are advised to consider how best to lower the potential impact of COVID-19 in their workplace through "business continuity planning." That is, they are advised to develop a plan or review their plans for how their business will run if a proportion of their employees are sick. More information on [preparing your workplace for COVID-19](#) is available from the WHO.



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Current COVID-19 situation

- There has been one case of COVID-19 in the Region. The case is a woman in her 50s who had recently returned from Italy. She experienced mild symptoms, and is now self-isolated at home.
- The risk associated with COVID-19 remains low for the region, but this could change and we will keep you informed.
- 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.

Returning Travellers

Travel to Hubei province, China or Iran

Avoid non-essential travel as per the Government of Canada's travel advisories to these areas. If you or your family have returned from Hubei province in China or Iran in the last 14 days:

- Stay at home and avoid close contact with others, including those in your home, for 14 days after leaving the impacted area
- Contact Region of Waterloo Public Health at 519-575-4400 for further instructions and important information with 24 hours of arriving in Waterloo Region
- If you develop fever, cough, or difficulty breathing, self-isolate and contact Public Health at 519-575-4400.

Travel to other areas of the world with COVID-19 cases.

Upon return, all travellers are advised to:

- Monitor their health for symptoms for 14 days after departure, including fever, cough, or difficulty breathing
- If symptoms develop within 14 days after departure, self-isolate and contact Public Health at 519-575-4400.

You do not need to contact Public Health if you are well.



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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.

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.