



## Housing Cambridge

### COVID-19 Notice 12

The Government of Ontario has recently announced that The Region of Waterloo can enter stage 2 in the gradual re-opening of the province. The government has stated that regardless of where you live in Ontario, social gathering limits will be expanded to up to 10 people. People must still practice physical distancing, by keeping at least two metres away from others outside of their direct household.

The following practices continue to be critical in the effort to rid us of the virus locally:

- Wash your hands or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home if at all possible and definitely when you are sick
- Cover your cough/sneeze
- Clean and disinfect frequently touched objects and surface
- Keep at least a 2-metre distance from anyone not in your direct household
- wear a mask when in public where it is difficult to maintain a 2-meter distance
- maintain that 2-meter distance when getting on the elevator (if it is not possible to do so, please wait for the next elevator)

The Government of Ontario has also allowed for the establishment of **social circles** as a way to safely expand the number of people with whom you can come in close contact. The following guidelines for social circles are taken directly from the Government of Ontario website:

#### Create a safe social circle

##### **Step 1: Start with your current circle: anyone you live with or who regularly comes into your household**

Be sure to include anyone that would come into regular close contact with you and the people you live with.

This may be:

- family members, including children
- your roommates
- another parent to your child(ren) that lives outside the home
- a babysitter or caregiver

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## **Considerations**

If you add people outside of your household to your social circle, be sure to include anyone in their households as well. You may not see them often, but they would still be considered part of your current circle.

Remember that everyone in a household must be part of the same social circle.

### **Step 2: If under 10 people, you can add members to your social circle, including another household, family members or friends**

As you add additional members, ask yourself:

- **Do they live with or come into regular close contact with anyone else?** You may never see them, but they would still be considered part of your social circle.
- **What makes most sense for you or your household?** That could include another household with similarly-aged children or family members that you want to spend more time with.

## **Considerations**

If you live alone, you may want to start with family members or other close friends. People may, or may not, choose to participate in a social circle depending on their unique circumstance, and risk of developing complications from COVID-19, for example people:

- over 70
- with compromised immune systems
- with underlying medical conditions

Remember that your social circle can include fewer than 10 people. It's always best to start slow and safely add more members later.

### **Step 3: Get agreement from everyone that they will join the social circle**

That means they agree to join only one circle, and physically distance with anyone outside the circle.

Essential workers can be part of a social circle, so long as the other members are aware of the risks and agree to them.

### **Step 4: Keep your social circle safe**

To keep the people in your social circle safe:

- continue to follow public health advice, including frequent hand washing and sneezing and coughing into a sleeve
- continue to physically distance with anyone outside your circle by keeping two metres or six feet apart from them

### **If someone in your circle feels sick**

They should immediately inform other members of the circle, self-isolate at home and not come into close contact with anyone, including other members of the circle.

They should also get tested.

Everyone else in the circle should closely monitor themselves for symptoms of COVID-19. If you believe you have been exposed to COVID-19 you should also be tested.

### **Step 5: Be true to your social circle**

No one should be part of more than one circle.

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