

# COVID-19 Update

During COVID-19 The City of Cambridge continues to closely monitor the situation and take proactive measures to help protect the community.

Please find general information and updates here [www.cambridge.ca/COVID19](http://www.cambridge.ca/COVID19).

Please visit [Region of Waterloo Public Health](http://Region of Waterloo Public Health) for up-to-date information.

If you need food and can't get out to a food site or afford food, please visit

<https://www.thefoodbank.ca/network/map/>

or call 519.743.5576

If you are in need of mental health or substance use support, you can visit [Wellness Together Canada](http://Wellness Together Canada)

*Wellness Together Canada* provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

We thank everyone for working together as we move through these uncharted times.

**Thank you.**