

Coronavirus: COVID-19
Current Update – January 21, 2022

As of January 21st, 2022, Canada has a total of 2,880,551 confirmed cases of COVID-19. Ontario has 984,359 cases and Toronto has 267,274 cases.

Please note: As of December 31, 2021, Ontario is only providing PCR tests to symptomatic, high-risk individuals. This has likely resulted in a lower amount of daily cases being reported.

Covid-19 cases this week:

Monday January 17: **8,521**
Tuesday January 18: **7,086**
Wednesday January 19: **5,744**
Thursday January 20: **7,757**
Friday January 21: **7,165**

Ontario reports 4,114 people in hospital with COVID-19 and 590 patients in ICU

Today, there are 7,165 new cases of COVID-19 in Ontario, this is likely an underestimate as PCR tests are not widely available. The positivity rate is 17.7%.

Ontario is reporting that 4,114 people are in hospital with COVID-19. Approximately 54% of these patients were admitted because of their COVID-19 diagnosis, the remaining 46% were admitted for other reasons but have now tested positive for COVID-19.

There are 590 COVID-19 patients in an intensive care unit. If these patients, 263 of them are fully vaccinated, 208 are unvaccinated, and 103 have an unknown vaccination status.

According to the Ontario Science Table, when population size is considered, people who are fully vaccinated are 80.5% less likely to end up in hospital and 90.6% less likely to end up in ICU compared to people who are unvaccinated.

Today's cases were found in: Toronto (1,269), Peel Region (957), York Region (516), Halton Region (377), Durham Region (364), Ottawa (406), Waterloo (353), and Hamilton (337). All other health units reported fewer than 300 COVID-19 cases in Ontario.

In Ontario, 102,664 vaccine doses were given in the last 24 hours. Over 12.4 million people in Ontario are fully vaccinated, which is 82% of the population that is eligible for a vaccine. Meanwhile, 87.9% of people in Ontario who are eligible for a vaccine have had at least one dose.

Sources:

1. <https://covid19tracker.ca/index.html>
2. <https://toronto.ctvnews.ca/ontario-reports-total-of-4-114-people-in-hospital-with-covid-19-including-590-in-icu-1.5749259>

Ontario announces three-step plan to gradually lift COVID-19 restrictions

This week, Ontario Premier Doug Ford announced a three-step plan over three months to gradually lift COVID-19 restrictions. The following list outlines what restrictions will be lifted or altered at each stage:

January 31, 2022

- Social gatherings will be increased to 10 people indoors and 25 people outdoors.
- Sporting events, concert venues and theatres can operate at 50% seated capacity or 500 people, whichever is less.
- Restaurants, bars and other food or drink establishments without dance facilities will be able to operate with 50% capacity indoors.
- Retailers, including grocery stores and pharmacies, as well as shopping malls, can operate with 50% capacity indoors.
- Non-spectator areas of sports and recreational fitness facilities, including gyms, can operate with 50% capacity indoors.
- Movie theatres, meeting and event spaces can operate with 50% capacity indoors.
- Recreational amenities and amusement parks can operate with 50% capacity indoors.
- Museums, galleries, aquariums, zoos, casinos, bingo halls, and other gaming establishments can open at 50% capacity indoors.
- Indoor religious services, rites, or ceremonies can take place at 50% capacity.
- Enhanced proof of vaccination and other requirements continue to apply in existing settings.

February 21, 2022

- Social gathering limits will increase to 25 people indoors and 100 people outdoors.
- Capacity limits will be lifted in indoor public settings where proof of vaccination is required.
- Spectator capacity at sporting events, concert venues, and theatres will increase to 50% capacity.
- Capacity for remaining indoor settings that do not require proof of vaccination is limited to the number of people that can maintain two metres of physical distance.
- Indoor religious services, rites or ceremonies are limited to the number of people that can maintain two metres of physical distance, with no limit if proof of vaccination is required.

- Indoor capacity limits will be increased to 25% in the remaining higher-risk settings where proof of vaccination is required, including nightclubs, wedding receptions, meeting or event spaces where there is dancing, as well as bathhouses and sex clubs.
- Enhanced proof of vaccination, and other requirements would continue to apply in existing settings.

March 14, 2022

- Social gathering limits will be increased to 50 people indoors with no limits for outdoor gatherings.
- Capacity limits will be lifted in all indoor public settings. Proof of vaccination will be maintained in existing settings in addition to other regular measures.
- Remaining capacity limits on religious services, rites, or ceremonies will be lifted.

Source:

1. <https://toronto.ctvnews.ca/full-list-of-what-s-reopening-in-ontario-and-when-as-covid-19-restrictions-gradually-lift-1.5747814>

Ontario's COVID-19 Vaccine booking portal:

Those eligible for a vaccine can book here: <https://covid-19.ontario.ca/book-vaccine/>.

Or by phone at: 1-833-943-3900.

For general information about vaccines, call: 1-888-999-6488.

In Toronto? Here's a safe transportation option to go to your vaccine appointment:

Wheel-Trans is committed to providing vaccine rides to the elderly and people with disabilities in Toronto. Wheel-Trans is offering individual rides to City-run mass vaccination sites, pharmacies, doctor's offices, and clinics that are giving out vaccines. Customers may be joined by one Support Person on their Wheel-Trans ride.

You may be eligible for Wheel-Trans service if your disability prevents you from using the TTC's conventional transit for all or part of their trip.

If you are not yet a Wheel-Trans customer, and you think you may qualify for Wheel-Trans service, you are invited to apply by calling Wheel-Trans Customer Service at 416-393-4111, Monday to Friday from 8 a.m. to 4 p.m.

Existing Wheel-Trans customers can book their rides to and from their vaccine appointments by calling Wheel-Trans Reservations at 416-393-4222, seven days a week from 7 a.m. to 11 p.m. or through the Wheel-Trans Self-Booking Website. Access the website by clicking here: <https://mywheel-trans.ttc.ca/SelfBooking2020/Login?ReturnUrl=%2fSelfBooking2020>.

Upcoming Events:

North Yorkers

The Communication Enrichment Class (ongoing)

The class is running virtually on Tuesdays and Thursdays at 1pm. You can find the online blog at <https://nydpcec.wordpress.com/> where class activities will be posted before each class. If you or someone you know has a communication disability and may be interested in participating in the class, please contact Jessica, our Manager of Client Services via email at jessica.nydp@gmail.com.

March of Dimes

One to One Peer Support Program

The One to One Peer Support program is still running. No one understands quite like somebody who has lived the same experience. Our Peer Support program pairs caregivers with peers who are also experienced in caregiving and can offer practical advice and support by phone or a video chat. Contact Angie Clark by email at aclark@marchofdimes.ca or call 1-905-301-8114 for more information or to get connected.

If you or someone you know uses Augmentative and Alternative Communication (AAC), and requires resources related to COVID-19, please contact Jessica (jessica.nydp@gmail.com) and she can assist you in accessing and/or creating various communication tools.

If you think you may be experiencing symptoms of COVID-19, take the self-assessment at www.ontario.ca/coronavirus. Follow all directions from your medical provider or your local health unit at the following phone numbers:

Telehealth Ontario: 1-866-797-0000
Toronto Public Health: 416-338-7600
Peel Public Health: 905-799-7700
Durham Region Health Department: 905-668-7711
York Region Public Health: 1-877-464-9675

Please refer to previous updates as lots of important information has been provided that may still be relevant. If you have any questions or require more information on how you can protect yourself and those around you from the COVID-19 virus, please contact our Senior Manager of Client Services/Lead AAC Facilitator Jessica at 416-222-4448 or jessica.nydp@gmail.com.