

Coronavirus: COVID-19
Current Update – May 26, 2020

As of May 26, 2020, Canada has a total of 85, 998 confirmed cases of COVID-19. Ontario itself has 26, 191 cases with Toronto having 10, 212 cases. **At this time, residents of North Yorkers continue to remain symptom free and staff members continue to self-monitor.** If this changes, we will notify all staff, residents and stakeholders as soon as possible.

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COVID-19 Community Testing

In yesterday's memo, it was announced that the Premier of Ontario would like anyone who feels that they require a test for COVID-19, to go ahead and get tested. Increased testing will allow for us to learn more about the spread of the virus in different communities across the province and help us to protect vulnerable populations and all Ontarians. Effective immediately, testing is available for the following populations:

Symptomatic testing:

1. **All people with at least one symptom** of COVID-19, even for mild symptoms. Please see the "Guidance for All Populations" section of the Testing Guidance Update for details about these symptoms.

Asymptomatic, risk-based testing:

2. **People who are concerned that they have been exposed to COVID-19.** This includes people who are contacts of or may have been exposed to a confirmed or suspected case.
3. **People who are at risk of exposure to COVID-19 through their employment,** including essential workers (e.g., health care workers, grocery store employees, food processing plants).

No Ontarian who is symptomatic or who is concerned they have been exposed to COVID-19 will be declined a test at an Assessment Centre

Source: Ministry of Health- Additional Direction on Testing Strategy

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Heat Warning in Southern Ontario

For the next few days, Toronto and most of Southern Ontario are facing a heat warning as temperatures soar between 30 and 40 degrees Celsius. In the midst of the heat warning, Toronto and a number of other municipalities have opened cooling centres that are available for anyone who needs them as a last resort.

Cooling centres can be found at the following locations in Toronto:

- Wallace Emerson Community Centre (1260 Dufferin St.)
- Regent Park Community Centre (402 Shuter St.)
- Malvern Community Centre Arena (30 Sewells Rd.)
- Scarborough Village Community Centre Arena (3600 Kingston Rd.)
- Amesbury Arena (155 Culford Dr.)
- Domenico DiLuca Community Centre (25 Stanley Rd.)

We encourage everyone to take advantage of the exceptionally warm weather, all while staying hydrated and socially distanced. Going for a walk or playing games in the yard is completely fine, but please do not let your

guard down and break social distancing guidelines as the faster we lower the number of cases of COVID-19, the faster we can return to some sort of normalcy.

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UPCOMING EVENT:

The Centre for Independent Living Toronto (CILT) invites you to:

Nothing About Us, Without Us: Disability, Advocacy, and COVID-19 Webinar

People with disabilities are often placed at society's margins. We stand to be the most impacted by COVID-19 but we are usually the last to be heard. We must come together to highlight and amplify our human rights. Join John Mossa, CILT Independent Living Skills Coordinator, over Zoom to connect and share advocacy strategies we have all been using during COVID-19.

When: Thursday May 28, 2020, 1:00 PM -2:30 PM Eastern Time (US and Canada)

Where: over Zoom! The link will be sent out to all those who register the day before the event. There will also be a phone in option that can be provided upon request.

By the end of the webinar, you will build on your knowledge of:

- (1) COVID-19, Disability Issues and Concerns
- (2) Nothing About Us Without Us: Social Justice Framework: Independent Living & Human Rights
- (3) Meaning of Advocacy and Different Types of Advocacy
- (4) Self Advocacy Process & Tools
- (5) Community Advocacy Campaigns

To register please e-mail robin.simmons@cilt.ca or call 416-599-2458 extension 293. Please note, you will not be able to join the session without registering first.

If you need support with how to access Zoom please let CILT know and they will be happy to help you figure it out. Instructions will be sent to all those who register.

This event is provided through the generous funding support of The City of Toronto, The United Way of Greater Toronto, and IL Canada.

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

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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 back 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 Outreach Communication Facilitator Jessica, at 416-222-4448 or jessica.nydp@gmail.com