

Coronavirus: COVID-19

Current Update – February 2, 2024

Public Health Ontario's Weekly COVID-19 Summary

The number of reported COVID-19 cases on January 27, 2023 was 1,975. The total number of deaths caused by COVID-19 reported in the week was 20. The total number of covid-19 outbreaks in Ontario during this period were 77. Total number of hospital admissions was 103.

Although it is sometimes impossible to avoid illness, some infectious disease specialists say there are certain things they do -- and don't do -- to keep healthy. Infectious diseases like COVID-19 , group A streptococcus and measles are making the rounds in Canadian communities.

Health-care experts are watching as cases increase in clinics and hospitals through the cold and flu season. Although it is sometimes impossible to avoid illness, some infectious disease specialists say there are certain things they do -- and don't do -- to keep healthy. Many infectious diseases are spread through aerosol droplets, like COVID-19. Clean air is a must to stay healthy during cold and flu season.

Our big tool for changing immunity without getting sick is vaccines. They not only protect vaccinated people but unvaccinated people. When people don't get vaccinated, there can be a [resurgence of infections like measles](#). Vaccines are a tool for herd immunity, but they also provide other benefits like reducing the risk of illness and lowering the chances of infecting someone else. Some shots are "underutilized" in Canada like the pneumococcal vaccines, which can protect against lung and sinus infections, says Fisman. They can also protect against streptococcus pneumonia, a possible outcome of strep A.

Sources:

<https://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/Respiratory-Virus-Tool>

<https://www.ctvnews.ca/health/what-infectious-disease-specialists-say-they-would-never-do-1.67516>

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Health Connect Ontario - 811

Connect with a Registered Nurse day or night for free, secure and confidential health advice. Check your symptoms, get health advice with referrals to local & specialized services as needed and access to a medical library. Access safe, high-quality care and avoid unnecessary visits to the emergency room. This service is an easy way to get connected to care you or your loved ones need, but it does not replace your other touch point with your healthcare provider. In a medical emergency, call 911 immediately.

OHIP not needed. Anonymous calls accepted.

Refugee Health Hotline calls are now redirected automatically to 811.

Online (including live chat): <https://health811.ontario.ca/static/guest/chat-online>

Call: 811 or toll free TTY line 1-866-797-0007

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.

Upcoming Events:

North Yorkers - The Communication Enrichment Class (ongoing)

The class runs virtually on Tuesdays and Thursdays at 1 p.m. 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 jdunn@nydp.ca

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 (jdunn@nydp.ca) 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:

Health Connect Ontario: 811

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 jdunn@nydp.ca .