

## **Coronavirus: COVID-19**

Current Update – March 15, 2024

### **Public Health Ontario’s Weekly COVID-19 Summary**

The number of reported COVID-19 cases on March 9, 2024 was 719. The total number of deaths caused by COVID-19 reported in the week was 12. The total number of covid-19 outbreaks in Ontario during this period were 26. The average daily hospital bed occupancy reported during the week was 368.1.

An Ontario long COVID-19 researcher says she is all too familiar with the lasting effects of the condition, which she experienced for 18 months after she got infected. Manali Mukherjee is an assistant professor at McMaster University’s respirology division and said she caught COVID-19 in January of 2021.

Typically, Mukherjee said, she recovers from an illness in a week or so, but this was different. After the first 14 days of being “very symptomatic,” blood pressure issues, fatigue, brain fog and headaches remained. Also known as Post COVID-19 Condition (PCC) – following a COVID-19 infection, which Statistics Canada defines as symptoms three or more months after an infection that can’t be explained by anything else.

What’s more, roughly 7 in 10 people with long COVID said they experienced symptoms every day or almost every day, the federal agency said. The symptoms related to long COVID include more than 200 variations, but the most common are shortness of breath, fatigue and brain fog. Of all the PCC patients across Canada, Statistics Canada said 66.4 per cent reported not receiving “adequate” treatment, service, or support for any of their symptoms.

According to a study led by Mukherjee, most people (75 per cent) who develop long COVID recover within one year. However, a portion of those infected (25 per cent) will continue to experience at least one of the three most common symptoms beyond 12 months.

### **Sources:**

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

<https://atlantic.ctvnews.ca/more/the-covid-19-pandemic-four-years-later-1.6803219>

## **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](mailto: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](mailto:aclark@marchofdimes.ca) or call 1-905-301-8114 for more information or to get connected.

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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 ([jdunn@nydp.ca](mailto: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](http://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](mailto:jdunn@nydp.ca).