

Coronavirus: COVID-19

Current Update – November 10, 2023

Public Health Ontario’s Weekly COVID-19 Summary

The number of reported COVID-19 cases on November 4th, 2023 was 3,415.

The total deaths caused by covid reported in the week was 32. The total number of covid-19 outbreaks in Ontario during this period was 154. Total number of hospital admissions was 147.

Just in time for respiratory virus season, health officials are tracking a new coronavirus variant that has unseated its predecessors and is now the dominant strain.

HV.1 is a descendant of the omicron variant. Health officials aren’t sounding the alarm on the latest variant. That’s because it appears to be very similar to EG.5, also known as “eris.” So similar, in fact, that the World Health Organization doesn’t separate the two in its estimates. They share similarities with the original strain of omicron but have a few differences, or mutations, that set them apart, and most of those mutations are rendering the virus, including HV.1, to be able to spread more efficiently from person to person.

Eris is the most prominent strain globally, accounting for about 46% of global cases as of late October, according to WHO. That estimate also includes cases from HV.1 and another similar strain, HK.5.

Despite this advantage, health experts expect our vaccines and treatments to remain effective against severe infections caused by the newly dominant variant. The reason: HV.1 is similar enough to another omicron spin-off, XBB.1.5, which is what the new vaccines target.

Sources:

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

<https://www.aarp.org/health/conditions-treatments/info-2023/new-covid-variant-hv-1.html><https://www.usnews.com/news/health-news/articles/2023-11-09/what-to-know-about-the-latest-covid-19-variant-hv-1>

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.