

Coronavirus: COVID-19

Current Update – October 27, 2023

Public Health Ontario's Weekly COVID-19 Summary

The number of reported COVID-19 cases on October 21th, 2023 was 2,966.

The total deaths caused by covid reported in the week was 24. The total number of covid-19 outbreaks in Ontario during this period was 155.

Seasonal flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses, so it is important to get both vaccines. In addition to getting vaccinated, it is important to layer protective measures to prevent illness. The layers include staying home when you are sick with any symptoms of respiratory illness and keeping children home from school or child care if they are ill; cleaning hands and disinfecting high-touch surfaces frequently; and wearing a mask in indoor public settings, especially if you are at higher risk of severe infection.

The health unit recommends that individuals be aware of the COVID-19 Community Risk Level and Weekly Respiratory Virus Update, assess their own personal circumstances that could put them at higher risk, and to take necessary precautions to protect themselves and others against transmission and severe illness.

Getting your hands on a COVID-19 rapid test is going to be a little more difficult this winter now that the tests are no longer being distributed to Ontario grocery stores and pharmacies. However, the rapid tests can be found at Dental and medical clinics, Community centers and malls, as well as select libraries. A list can be found at:

<https://www.cp24.com/news/where-to-get-free-covid-19-rapid-antigen-tests-in-toronto-1.6614684>

Sources:

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

<https://www.collingwoodtoday.ca/local-news/free-updated-covid-flu-shots-available-starting-monday-7727917>

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.