

## **Coronavirus: COVID-19**

Current Update – September 29, 2023

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

The number of reported COVID-19 cases on September 16, 2023 was 2,291.

The total deaths caused by covid reported up to the 16th is 48. The total number of covid-19 outbreaks in Ontario during this period was 81.

According to data from Public Health Ontario, case numbers have been climbing since hitting a low point in early July. For the first full week of September, Ontario saw roughly 12 cases per 100,000 people. That's up from the roughly three cases per 100,000 people at the low point in July, but still a far cry from the roughly 47 cases per 100,000 people the province saw at the same time last year. These numbers, however, significantly underestimate the true number of infections as they are based on the results of PCR or rapid molecular testing, which only a portion of the public qualifies for.

Positivity has also been trending upward recently, sitting at around 14.1 per cent the first week of September, up sharply from the 4.8 percent low near the end of June, according to data from the Provincial COVID-19 Diagnostic Network. Outbreaks are also increasing at long-term care homes, hospitals, and retirement homes. While Ontario is better positioned to deal with the virus now, officials are saying that the public still has a role to play in stopping the spread of COVID-19 and other respiratory illnesses, which can have serious consequences for some people as well as the health-care system.

Those who do get a COVID infection this season should stay home until they are feeling better and wear a tight-fitting mask in public settings for 10 days from the onset of symptoms. Those at high risk of severe outcomes from COVID-19 are able to access free PCR testing at pharmacies. Anyone with severe symptoms, such as shortness of breath or chest pain, should seek medical treatment, informing your provider ahead of time that you have COVID-19. According to Toronto Public Health, people can return to work, school, and everyday activities when you have no fever and your symptoms have been improving for at least 24 hours.

#### **Sources:**

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

<https://www.cp24.com/news/covid-19-in-ontario-what-you-need-to-know-as-we-head-into-fall-and-winter-1.6573021>

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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](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).