

Coronavirus: COVID-19
Current Update – November 8, 2021

As of November 8th, 2021, Canada has a total of 1,731,484 confirmed cases of COVID-19. Ontario has 603,711 cases and Toronto has 181,260 cases.

Ontario reports 480 new COVID-19 cases

Today, there are 480 new cases of COVID-19 in Ontario. This comes after 508 cases were reported on Saturday and 636 cases on Sunday. The seven-day average is 476, up from 371 at this time last week. The positivity rate is 2.2%.

Today's cases were mainly found in: Toronto (53), Waterloo (49), York Region (39), Peel Region (29), Niagara (29), and Ottawa (26).

According to the province, there are 127 patients in an Intensive Care Unit. Vaccination data for hospitalizations was not reported today.

The age breakdown of infections reported today is:

1. 155 cases in people under the age of 19
2. 151 cases reported in people between the ages of 20 and 39
3. 101 cases in people between the ages of 40 and 49
4. 73 cases in seniors over the age of 60

In Ontario, 17,057 vaccine doses were given in the last 24 hours. Over 11 million people in Ontario are fully vaccinated, which is 85% of the population that is eligible for a vaccine. Meanwhile, 88.4% of people in Ontario who are eligible for a vaccine have had at least one dose.

Sources:

1. <https://covid19tracker.ca/index.html>
2. <https://toronto.ctvnews.ca/ontario-logs-480-new-covid-19-cases-as-province-marks-new-vaccine-milestone-1.5656611>

New study looks at transmission of COVID-19 in public washrooms, suggests simple ways to minimize risk

A new research project published in the *Science of the Total Environment Journal* reviewed different studies from around the world. It analyzed evidence from restaurants, workplaces, commercial environments, post-secondary institutions, health-care settings, and labs.

The research was conducted in response to the opening of communities, businesses, and international travel, all of which contribute to the increased use of public facilities, such as washrooms.

Public washrooms have many germs, but effective handwashing, surface cleaning, and maintenance are likely to minimize the risk of transmitting infectious diseases, such as COVID-19.

“Some people have been worried about using public washrooms during the pandemic, but if you minimize your time in the bathroom, wash and dry your hands properly, and don't use your mobile phone, eat or drink, then the risks should be low, especially if the bathroom is well maintained”

So far, no instances of airborne-related transmissions of infectious disease, including COVID-19 have been reported in public washrooms.

That being said, the study found that closing toilet lids, covering garbage bins, and proper plumbing all prevent the spread of infections. The review found that flushing can spread particles up to 1.5 metres and remain in the air for more than 30 minutes. Jet-air dryers can spread droplets up to three metres. Uncovered garbage bins placed underneath dryers can increase the spread of pathogens by blowing trash around and increasing the amount of aerosols in the area. Lastly, defective plumbing can contribute to aerosols spreading throughout the building.

"There is no doubt that thorough hand washing and effective hand drying is critical in stopping the spread of diseases...As borders open up and cases increase, people can protect themselves against COVID-19 infection by continuing to practice good hygiene. This includes handwashing and sanitizing, disinfecting door handles, toilet lids and other frequently touched surfaces. These habits will not only lower the risk of COVID-19 infection but also limit the risk of bacterial infections."

Source:

1. <https://www.ctvnews.ca/health/coronavirus/study-looks-at-transmission-of-covid-19-in-public-washrooms-suggests-simple-ways-to-minimize-risk-1.5652816>

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.

In Toronto? Here's a safe transportation option to go to your vaccine appointment:

Wheel-Trans is committed to providing vaccine rides to the elderly and people with disabilities in Toronto. Wheel-Trans is offering individual rides to City-run mass vaccination sites, pharmacies, doctor's offices, and clinics that are giving out vaccines. Customers may be joined by one Support Person on their Wheel-Trans ride.

You may be eligible for Wheel-Trans service if your disability prevents you from using the TTC's conventional transit for all or part of their trip.

If you are not yet a Wheel-Trans customer, and you think you may qualify for Wheel-Trans service, you are invited to apply by calling Wheel-Trans Customer Service at 416-393-4111, Monday to Friday from 8 a.m. to 4 p.m.

Existing Wheel-Trans customers can book their rides to and from their vaccine appointments by calling Wheel-Trans Reservations at 416-393-4222, seven days a week from 7 a.m. to 11 p.m. or through the Wheel-Trans Self-Booking Website. Access the website by clicking here: <https://mywheel-trans.ttc.ca/SelfBooking2020/Login?ReturnUrl=%2fSelfBooking2020>.

Upcoming Events:

North Yorkers

The Communication Enrichment Class (ongoing)

The class is running virtually on Tuesdays and Thursdays at 1pm. 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 jessica.nydp@gmail.com.

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 (jessica.nydp@gmail.com) 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:

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 jessica.nydp@gmail.com.