

**Coronavirus: COVID-19**  
**Current Update – October 1, 2021**

As of October 1st, 2021, Canada has a total of 1,625,725 confirmed cases of COVID-19. Ontario has 586,817 cases and Toronto has 178,612 cases.

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**Ontario reports 1,315 new COVID-19 cases for yesterday and today**

Today, 688 new cases of COVID-19 were reported in Ontario. This comes after 647 cases on Thursday. Both numbers were reported today as case counts were not shared yesterday because of the National Day for Truth and Reconciliation. The seven-day average is 597, down from 655 at this time last week. The positivity rate is 1.8%.

Of these 1,315 new infections, the Ontario Ministry of Health has stated that most individuals are either unvaccinated, partially vaccinated or have an unknown vaccination status. They did not share the exact numbers today.

In the last 48 hours, most cases were found in: Toronto (204), Peel Region (150), Ottawa (110), York Region (95), Hamilton (84), Durham Region (83), Windsor-Essex (83), and Niagara Region (75).

According to the province, there are 278 COVID-19 patients in hospital, including 28 people who are fully vaccinated and 250 people who are either not fully vaccinated or have an unknown vaccination status. There are 163 patients in an Intensive Care Unit. Among ICU patients, 156 patients are not fully vaccinated or have an unknown vaccination status, and 7 are fully vaccinated.

In Ontario, 29,704 vaccine doses were given in the last 24 hours. Over 10.5 million people in Ontario are fully vaccinated, which is 81.6% of the population that is eligible for a vaccine. Meanwhile, 86.6% 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-reports-1-315-new-cases-of-covid-19-over-two-days-20-deaths-1.5607246>

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**NEW STUDY: Seven symptoms that best predict a COVID-19 infection**

Epidemiologists in the United Kingdom have determined a set of seven symptoms, when experienced together, that best predict the COVID-19 virus.

The study was published in the PLOS Medicine Journal. It analyzed positive throat and nose swab tests from 1,147,345 volunteers in England aged five and older between June 2020 and January 2021. The participants disclosed their symptoms to researchers, which determined the seven symptoms that when present can predict COVID-19.

**The symptoms are:**

1. Loss or change of smell
2. Loss or change of taste
3. Fever
4. New persistent cough
5. Chills
6. Appetite loss
7. Muscle aches

“In order to improve PCR positivity detection rates and consequently improve control of viral transmission via isolation measures, we would propose to extend the list of symptoms used for triage to all seven symptoms we identified”

In Canada, people are tested for COVID-19 based on their symptoms, underlying medical conditions, and risk of exposure to the virus.

These findings can be used to establish when people need to get tested, this is an important public health measure to reduce the spread of COVID-19. If people don't get tested, they may not self-isolate, and therefore they will infect more people.

Source:

1. <https://www.ctvnews.ca/health/coronavirus/these-7-symptoms-best-predict-a-novel-coronavirus-infection-epidemiologists-say-1.5606289>

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**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.

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**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](mailto: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](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 ([jessica.nydp@gmail.com](mailto: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](http://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](mailto:jessica.nydp@gmail.com).