

**Coronavirus: COVID-19**  
**Current Update – October 4, 2021**

As of October 4th, 2021, Canada has a total of 1,632,931 confirmed cases of COVID-19. Ontario has 588,612 cases and Toronto has 178,762 cases.

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**Ontario reports 511 new COVID-19 cases, 7-day average continues to drop**

Today, there are 511 new cases of COVID-19 in Ontario. This comes after 704 cases on Saturday and 580 cases on Sunday. The seven-day average is 586, down from 621 at this time last week. The positivity rate is 2%.

Vaccination data for those with COVID-19 is not available today.

Today's cases were found in: Peel Region (88), Toronto (85), Ottawa (46), York Region (30), Windsor-Essex (29), Hamilton (26), Durham (25), Niagara (23), Middlesex-London (20), Eastern Ontario (19), Halton (15), Waterloo (11), Southwestern Ontario (11), and Huron (10). All other health units reported fewer than 10 cases in Ontario.

There are 159 COVID-19 patients in an Intensive Care Unit, and 104 of them are breathing with the help of a ventilator. However, not all hospitals reported COVID-19 data over the weekend.

Over 10.5 million people in Ontario are fully vaccinated, which is 81.9% of the population that is eligible for a vaccine. Meanwhile, 87.1% 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-511-new-covid-19-cases-7-day-average-continues-to-drop-1.5609973>

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**Effective immediately: Ontario recommends Pfizer COVID-19 vaccine over Moderna for people aged 18-24**

The Ontario government is now recommending that people between the ages of 18-24 receive the Pfizer vaccine instead of Moderna. This is because of an observed increase of myocarditis cases, particularly among males.

Myocarditis is an inflammation of the heart muscle. Common symptoms include chest pain, rapid or abnormal heartbeat, shortness of breath (at rest or during activity), fatigue, and swollen

legs, ankles, and feet. Other symptoms of a viral infection, such as a headache, body aches, joint pain, fever, sore throat, or diarrhea may also be present.

If you are experiencing symptoms of myocarditis, contact your doctor immediately. Get emergency medical help if you have unexplained chest pain and shortness of breath.

This recommendation by the government is a cautionary decision. The risk of myocarditis following the second dose of Moderna in men aged 18-24 was 1 in 5,000. Compared to 1 in 28,000 with the Pfizer vaccine.

The majority of myocarditis cases have been minor, with 10 people receiving care in the ICU. No deaths have taken place.

People aged 18-24 who received Moderna as a first dose can take Pfizer for their second dose. Or they can still receive Moderna if informed consent is provided.

Sources:

1. <https://toronto.ctvnews.ca/ontario-recommends-pfizer-covid-19-vaccine-over-moderna-for-people-18-to-24-effective-immediately-1.5605370>
2. <https://www.mayoclinic.org/diseases-conditions/myocarditis/symptoms-causes/syc-20352539>

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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).