

**Coronavirus: COVID-19**  
**Current Update – September 20, 2021**

As of September 20th, 2021, Canada has a total of 1,573,286 confirmed cases of COVID-19. Ontario has 579,584 cases and Toronto has 177,033 cases.

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**Ontario reports 610 new COVID-19 cases**

Today, there are 610 new cases of COVID-19 in Ontario, this comes after 821 cases on Saturday and 715 cases on Sunday. The seven-day average is 710, down from 717 at this time last week. The positivity rate is 2.7%.

Of these 610 new infections, 458 people are not unvaccinated, partially vaccinated or have an unknown vaccination status. The remaining 152 people are fully vaccinated.

Today's cases were mainly found in: Toronto (126), Peel Region (100), York Region (71), Ottawa (54), Waterloo (31), Windsor-Essex (29), Hamilton (23), and Niagara Region (22).

According to the province, there are 233 COVID-19 patients in hospital and 177 patients in an Intensive Care Unit. The province does not report the vaccination status of those with COVID-19 in hospital on Mondays.

In Ontario, 29,975 vaccine doses were given in the last 24 hours. Over 10.2 million people in Ontario are fully vaccinated, which is 79.6% of the population that is eligible for a vaccine. Meanwhile, 85.7% 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-another-610-cases-of-covid-19-two-additional-deaths-1.5592301>

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**How the term “waning immunity” leads to a false understanding of COVID-19 vaccines**

The term “waning immunity” has been used recently in discussions around COVID-19 booster shots and breakthrough cases.

Jennifer Gommerman, an immunologist, describes why this term can be misleading. She says, “Waning has this connotation that something's wrong and there isn't...It's very normal for the immune system to mount a response where a ton of antibodies are made and lots of immune cells expand.” These antibodies are created after vaccination or infection, then they decrease, but the

body remembers how to respond to these pathogens (pathogens are the viruses, bacterium, and microorganisms that cause disease).

Even though antibodies “level off over time” that’s supposed to happen and does not mean that we are not protected against COVID-19.

Studies have shown that the immune response to COVID-19 is still strong several months after vaccination. This is what prevents serious illness and death if you are exposed to the virus.

“This idea of waning immunity is being exploited and it's really concerning to see... There's this idea that antibodies mean immunity, and that's true ... but the background level of immunity, the durable T-cell stuff, hasn't been stressed enough.”

The National Advisory Committee on Immunization is recommending boosters for people who are immunocompromised, and some experts argue that other vulnerable populations should receive a third vaccine.

Gommerman reminds us that while the duration of the immune response to COVID-19 vaccination is unknown, that immune cells typically live within our bone marrow and make small amounts of antibodies for decades.

Source:

1. <https://www.ctvnews.ca/health/coronavirus/waning-immunity-experts-say-term-leads-to-false-understanding-of-covid-19-vaccines-1.5591471>

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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).