

**Coronavirus: COVID-19**  
**Current Update – September 13, 2021**

As of September 13th, 2021, Canada has a total of 1,543,429 confirmed cases of COVID-19. Ontario has 575,219 cases and Toronto has 175,977 cases.

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**Ontario logs 600 new COVID-19 cases as province reaches new vaccine milestone**

Today, there are 600 new cases of COVID-19 in Ontario, which comes after 857 cases on Saturday and 784 cases on Sunday. The seven-day average is now 717. The positivity rate is 3.1%.

Of these 600 new infections, 475 people are not fully vaccinated or have an unknown vaccination status. The remaining 125 people are fully vaccinated.

Today's cases were found in: Toronto (114), Peel Region (84), York Region (67), Ottawa (59), Windsor-Essex (47), Hamilton (32), Waterloo (30), Halton Region (28), Niagara (28), and Durham Region (20). All other health units reported fewer than 20 cases in Ontario.

According to the province, there are 189 COVID-19 patients in an Intensive Care Unit. Health officials said today that data on hospitalizations due to COVID-19 is not available because of a technical issue.

In Ontario, 15,842 vaccine doses were given in the last 24 hours. Over 10.1 million people in Ontario are fully vaccinated, which is 78.7% of the eligible population. Meanwhile, 85% of people in Ontario who are eligible for a vaccine have had at least one dose.

The province reached a vaccine milestone with 11 million people now having received their first dose. This is great news as data continues to show that people who are vaccinated are more likely to stay out of hospital and to survive the virus if they are infected.

Sources:

1. <https://covid19tracker.ca/index.html>
2. <https://toronto.ctvnews.ca/ontario-logs-600-new-covid-19-cases-as-province-reaches-new-vaccine-milestone-1.5583152>

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**Experts recommend using more rapid tests, so why aren't they widely used in Canada?**

Rapid tests, also known as lateral flow tests, are being used throughout the world in response to the COVID-19 pandemic. However, in Canada, these tests are scarce, leading experts to state that we are underutilizing them.

The tests allow people to receive a positive or negative COVID-19 result within 15 minutes and can be done on your own. These tests are used to catch infections early and are especially helpful when cases are asymptomatic.

One expert recommends using rapid tests for reassurance to make sure you do not have COVID-19. The tests can be used when visiting relatives, going to work or school, travelling, and if you have mild symptoms that may or may not be from the virus.

In the United Kingdom and Germany, rapid tests are widely available and cost only a few dollars. Whereas in Canada, rapid tests are “not being rolled out in a large scale and are very difficult to get, or they're very expensive... as a result, they're not being used and not being used to their potential.”

So why are rapid tests not as available in Canada? Firstly, not many rapid tests are approved in Canada. In comparison, Germany has approved around 60 tests. Secondly, our medical community is skeptical of rapid tests and is hesitant to use them. This hesitancy is mostly because rapid tests are less accurate than the PCR nasal swab tests that we are more used to.

With this in mind, rapid tests are best used with PCR tests to identify outbreaks early.

Source:

1. <https://www.ctvnews.ca/health/coronavirus/experts-recommend-using-more-rapid-tests-so-why-is-canada-so-far-behind-other-regions-1.5578229>

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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**

Date: Returning September 14, 2021

The class will continue to run virtually on Tuesdays and Thursdays at 1pm, and you can find the online blog at <https://nydpcec.wordpress.com/> where the 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**

### **3-Part Series with Caroline Tapp-McDougall**

Session 3: Slow Caregiving

Date: RESCHEDULED for Monday, September 20th at 2:00pm.

Register:

[https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew\\_OpyuNE5Y\\_YdjYHf\\_hHnLBGvolxLIpUMIAzQTBfMDc0T09PWdk0S00xRUhMWIBMSy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf_hHnLBGvolxLIpUMIAzQTBfMDc0T09PWdk0S00xRUhMWIBMSy4u)

### **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.

### **3-Part Series with Caregiving – A Family Affair**

This series happened in April, and answered the question: How can families remain strong and intact throughout the caregiving experience? If you missed it or would like to re-watch it, please click below. The access code for all sessions is Care2021.

Session 1: How Care Shapes Family - The first webinar in this series will explore how families change when care needs cause everyone to examine the workability of old family dynamics.

Click here to watch:

<https://us02web.zoom.us/rec/share/Fc5xD9ny1EdcYK8WuxiEtxmgzKb7Nk2CHkVxvfZH3nFpHc78OQaEfc7s5I4ZKfC0.rRNaho3SFstjrfq2>

Session 2: Remaking the Family The second webinar in this series will explore how to intentionally reshape family relationships and dynamics in order to build a strong and sustainable care team. Click here to watch:

[https://us02web.zoom.us/rec/share/kOZCFmWg5uWf\\_LCf8r0XaJK55z6dC6kNTuIXwLX2oJaU5S7egmtFJfNy7uDC9q65.Gr5BYq2kBTZszSYh](https://us02web.zoom.us/rec/share/kOZCFmWg5uWf_LCf8r0XaJK55z6dC6kNTuIXwLX2oJaU5S7egmtFJfNy7uDC9q65.Gr5BYq2kBTZszSYh)

Session 3: A Toolkit for Caregivers - The third and final episode in this series will offer tools and strategies to assess the wellbeing of family members individually and gauge how well the family is meeting challenges as a team. Click here to watch:

[https://us02web.zoom.us/rec/share/8KXgbihXQcDFQbemjEPKVgtazMqCK13bxO\\_adxzeJTPJM4xIAArK-tzIs3UD-ZT3.tBtEP81bttPoBxT-](https://us02web.zoom.us/rec/share/8KXgbihXQcDFQbemjEPKVgtazMqCK13bxO_adxzeJTPJM4xIAArK-tzIs3UD-ZT3.tBtEP81bttPoBxT-)

For recordings of previous webinars please contact Angie Clark at [aclark@marchofdimes.ca](mailto:aclark@marchofdimes.ca).

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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).