

Coronavirus: COVID-19
Current Update – April 1, 2021

As of April 1st, 2021, Canada has a total of 984, 674 confirmed cases of COVID-19. Ontario 352, 460 has cases and Toronto has a total of 112, 862 cases.

Ontario reports more than 2,500 new COVID-19 cases, 23 deaths

The province logged 2, 557 new infections today and 2, 333 yesterday. Of today's new cases, there are 783 in Toronto, 484 in Peel Region, 311 in York Region, 119 in Hamilton, 107 in Durham Region, and 82 in Halton.

Ontario's positivity rate is still 4.8%. The province's rolling seven-day average of new cases has risen to 2, 341 new cases per day, up from 1, 794, which was the seven-day average one week ago. One month ago, the seven-day average was 1, 100.

There are a total of 1, 116 people in Ontario hospitals due to COVID-19 infection. In the province, there are 433 COVID-19 patients in Intensive Care Units (ICUs). Of those, 259 patients are breathing with the help of a ventilator. In the last 24 hours, 37 people were admitted to ICUs across the province.

23 more people have died in Ontario due to COVID-19, bringing the total number of deaths to 7, 389. Meanwhile, since yesterday, 1, 814 more people have recovered from COVID, bringing the total number of recoveries to 324, 196.

A report published earlier this week from Ontario's COVID-19 science table said the new variants of concern now account for 67% of all cases in the province. In the last 24-hour period, officials found 1, 025 new mutations of the disease in Ontario.

Ontario has 1, 953 confirmed cases of the B.1.1.7. variant (also known as the UK variant), 67 confirmed cases of the B.1.351 variant (also known as the South African variant) and 96 confirmed cases of the P.1. variant (also known as the Brazilian variant).

Throughout the province, within the past 24 hours, 62, 290 COVID-19 tests were completed and 84, 060 COVID-19 vaccine doses were given. Over 2.2 million doses of COVID-19 vaccines have been administered so far in Ontario, and there are 317,715 people who are fully vaccinated with two doses.

According to the Ministry of Long-Term Care, there have been a total of 3,753 deaths reported among residents and patients in Long-Term Care homes across Ontario. 11 virus-related deaths in total have been reported among staff. Currently, there are 44 current outbreaks in homes, which is one more from the previous day. The Ministry also indicated there are currently 9 active cases among Long-Term Care residents and 103 active cases among staff.

Source:

<https://globalnews.ca/news/7733027/covid-19-ontario-cases-april-1-coronavirus/>

Variants are driving rise in younger, sicker patients needing specialized care to receive oxygen: doctors

Across Ontario, the patients in Intensive Care Units (ICUs) are younger and sicker than ever before. Some have severe lung damage which requires a specialized form of care to deliver oxygen to their bodies to keep them alive. This type of care, called ECMO for short, is only available at a handful of hospitals.

Doctors are attributing the increase of younger, sicker patients to the new variants of COVID-19. These younger patients are becoming very sick very quickly.

Dr. Niall Ferguson, who heads the ICU team at Toronto General Hospital, explained that, “more patients and people who will get infected with variants are more likely to have severe disease.” These patients are “progressing much more quickly from being well [to] being extremely sick, over the course of just a few days.”

Claire Fielding, a clinical nurse specialist for critical care at the University Health Network, said that in the first wave, seeing a severely ill person who was in their 30s was a shock.

“Now it’s this wall of people who are all in their 30s,” she said. “It’s not a novelty anymore.” Fielding wants the public to know that, “Yes, this is a young person’s illness too.”

The first two waves of the virus primarily infected people who are 50 and older. Now these ICU beds are filled with people who are relatively decades younger, and they are mostly infected with a variant of concern.

Dr. Ferguson explains that the type of care mentioned above, the ECMO, is essentially “an artificial lung that we can use to support either just the lungs or the lungs and the heart together.” The process

takes the strain off the actual lungs, which have been damaged by COVID-19. It doesn't replace a ventilator, but works alongside it.

“We have 18 patients here on ECMO [in] Toronto General today,” he added. “16 of them [because of] COVID-related critical illness. It's our highest number so far.” Every day, Toronto General is being asked to take in three or four new patients needing this care.

“We're getting lots of calls about bringing patients who are in their 30s, 40s and 50s — even we've got a few [in] there, young 20s here with no past medical history,” Ferguson said.

“We have limited resources and spaces to put people,” Fielding said. “And so it's the fear of, how are we going to handle this?” She also said that people don't seem to realize that every wave of the virus is growing.

Most hospitals don't have the ability to offer the level of care that Toronto General can — only a handful have ECMO. Doctors are very concerned about what is going to happen in the next few weeks if cases continue increasing at this rate.

Ferguson said that he and his colleagues want to “show people that this really is real.”

“People say hospitals are empty,” he said. “[But] they're full of sick patients. Until everybody's well vaccinated, we all need to continue doing the same public health measures which we're getting tired of after a year, which are still very necessary.”

Source:

<https://www.ctvnews.ca/health/coronavirus/variants-are-driving-rise-in-younger-sicker-patients-needing-specialized-care-to-receive-oxygen-doctors-1.5370787>

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:

March of Dimes

Caregiver Webinars

Caregiver Connection Group – Caregiver conversation series – 10 weeks

Date: Starting Thursday, March 4th, at 2:00pm – every Thursday, join anytime

To register for any or all sessions: <https://www.eventbrite.ca/e/march-of-dimes-canada-caregiver-conversation-series-tickets-142228614615?aff=ebdsoporgprofile>

A Moment for You: A Conversation Among Caregivers

Date: Tuesday, April 6th at 2:00pm

To register: <https://www.eventbrite.ca/e/a-moment-for-you-a-conversation-among-caregivers-registration-146756521707?aff=ebdsoporgprofile>

Resources and Supports for Caregivers

Date: Monday, April 12th at 2:00pm

To register:

<https://www.eventbrite.ca/e/caregiver-webinar-supports-and-resources-for-caregivers-registration-146646554793?aff=ebdsoporgprofile>

The Importance of Socialization for Family Caregivers

North Yorkers for Disabled Persons, Inc. Updated April 1, 2021

Date: Monday, April 19th at 2:00pm

To register:

<https://www.eventbrite.ca/e/the-importance-of-socialization-for-family-caregivers-registration-146947573147?aff=ebsoporgprofile>

If you or someone you know uses Augmentative and Alternative Communication (AAC), and requires resources related to COVID-19, please contact Sarah (sarah.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 back 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 Outreach Communication

Facilitator Sarah, at 416-222-4448 or

sarah.nydp@gmail.com