

Coronavirus: COVID-19
Current Update – August 11 2021

As of August 11th, 2021, Canada has a total of 1,444,141 confirmed cases of COVID-19. Ontario has 553,449 cases and Toronto has 171,426 cases.

The province’s new self-isolation rules based on vaccination status

Earlier today, the provincial government shared new rules for people who are fully vaccinated and those who are not. Remember that you are not fully vaccinated until 14 days after your second dose.

What do I do if I am exposed to COVID-19?

You are not fully vaccinated: You should do a COVID-19 test as soon as possible. Even if your test is negative, you need to self-isolate for 10 days. On Day 7 of isolation, you are recommended to get another COVID-19 test.

You are fully vaccinated:

If you have symptoms:

You should do a COVID-19 test as soon as possible. If your test is positive, you need to self-isolate for 10 days. If the test is negative, you can stop self-isolating on two conditions:

- 1) your symptoms have improved within the past 24 hours, and
- 2) your gastrointestinal symptoms have improved within the past 48 hours.

If you don’t have symptoms:

You don’t need to self-isolate, but you should still do a COVID-19 test. You might need to do a second test, too. Monitor yourself for 10 days in case you develop any symptoms.

This document adds that “self-isolation still may be required at the discretion of the local public health unit.” This means that you might get different instructions that are more specific based on your region that will come from your public health unit, e.g. Toronto, Peel Region, etc.

What do I do if someone that I live with is exposed to COVID-19?

You are not fully vaccinated: If the person who was exposed to COVID-19 and the people who live with them are unvaccinated, you all need to self-isolate while you wait for test results. Even

if the exposed person does not have visible symptoms of COVID-19, everyone in the household should stay home except for essential reasons during that isolation period.

You are fully vaccinated:

- Scenario 1: The person who was exposed to COVID-19, and the people who live with them are fully vaccinated. In this case, nobody needs to self-isolate. Self-isolation is not necessary even if the exposed person has symptoms.
- Scenario 2: The person who was exposed to COVID-19 is fully vaccinated, but the people who live with them are not. In this case, the fully vaccinated person needs to get a COVID-19 test, but they do not need to self-isolate. However, those who are not fully vaccinated need to self-isolate until the exposed person's test comes back negative.

Does anything change at Long-Term Care homes?

The government still recommends self-isolation in LTC and retirement homes since there is a higher risk of the virus spreading in these organizations. If there is a COVID-19 exposure, even residents who are fully vaccinated and don't have any symptoms will be self-isolated and tested.

The document says that the public health unit of that area may determine if a resident would be considered at high risk of exposure based on their vaccination status and how they were exposed.

What if I'm unvaccinated but I was diagnosed with COVID-19 within the past 3 months?

If you tested positive for COVID-19 within the last 90 days, and you don't have any symptoms, you can follow the same rules as fully vaccinated people. However, be aware that the risk of spreading the disease is still possible even though it is lower. You could still be infected by different variants of concern since each variant is a different disease that you don't have immunity against.

Source:

1. <https://toronto.ctvnews.ca/ontario-now-has-separate-self-isolation-rules-for-vaccinated-individuals-here-s-what-you-need-to-know-1.5542728>

Ontario reports more than 300 new COVID-19 cases for 6 days in a row

There are 324 new cases of COVID-19 today, slightly up from 321 yesterday. The seven-day average is 332, up from 306 yesterday and 198 last week. The last time the seven-day average was at this level was June 21. Today, the positivity rate is 1.7%.

Of today's cases, there are 72 in Toronto, 41 in Hamilton, 31 in York Region, 20 in Peel Region, 27 in Waterloo, 22 in Windsor- Essex, 17 in Halton Region, 14 in Durham Region, and 13 in Ottawa.

The government has started to publicize information on how many cases and hospitalizations were in people who are fully vaccinated, partially vaccinated, and unvaccinated. Of the people who got COVID-19, about 72% were unvaccinated, 10% had one dose, and 18% were people who were fully vaccinated.

Currently, due to COVID-19, there are 108 people in hospital, 79 people in an Intensive Care Unit, and 70 people are breathing with the help of a ventilator. Out of those 108 patients, 6 are fully vaccinated.

Yesterday, 48,307 doses of COVID-19 vaccines were given out. Over 9.3 million people in Ontario have both doses and are fully vaccinated.

Sources:

1. <https://www.cbc.ca/news/canada/toronto/covid-19-ontario-august-11-2021-1.6137286>
2. <https://toronto.ctvnews.ca/ontario-reports-another-324-covid-19-cases-most-infections-found-in-unvaccinated-people-1.5542678>

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

Caregiving and Resources

Date: Monday, September 13, 2021 at 2:00 pm.

In this webinar, Heather Cresswell will share her the emotional and physical struggles of caregiving and the wonderful support she received for over 34 years. There will be tips and testimonials for all Caregivers. She will discuss her approach with her Mom on how she dealt with regular daily activities, appointments and services. She will give insight on what takes place when caring for a loved one long term.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf-hHnLBGvolxLIpUMIAzQTBFMDc0T09PWDk0S00xRUhMWIBMSy4u

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

Caregiver Support e-Learning Sessions (ongoing)

These sessions are delivered entirely online. This learning model enables you to work through these sessions at your own pace and time. There are 7 short videos and 4 modules. Each module takes about 30 minutes. These sessions provide tools to meet the unique needs of caregivers with the aim of reducing stress and learning new coping and problem-solving skills.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf-hHnLBGvolxLIpUMIAzQTBFMDc0T09PWDk0S00xRUhMWIBMSy4u

Caregiver Connection Group (paused until September)

Caregiver Webinars and Caregiver Conversations will not take place in August. They will re-start on September 9, 2021 at 2:00 pm. You will need to re-register, and please do this before September.

Register or re-register:

<https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Support.aspx#Conversation>

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 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.

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

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.

For recordings of previous webinars please contact Angie Clark at aclark@marchofdimes.ca.

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.