

**Coronavirus: COVID-19**  
**Current Update – August 12 2021**

As of August 12th, 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.

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**The fourth wave of COVID-19 is starting in Canada**

In Canada, from mid-July to mid-August, the number of COVID-19 cases has increased by four times. Canada's seven-day average for new COVID-19 cases is nearing 1,300, up by 60% from last week. Most of the new infections are in British Columbia, followed by Alberta, Saskatchewan, Ontario and Quebec.

Dr. Peter Jüni, the scientific director of the Ontario COVID-19 Science Advisory Table, warned that Canada is in a fourth wave. "We can't see any reopening considering right now," he told CP24, referring to Ontario reopening. "We need to be very careful that we don't have further explosive growth."

He also said that this wave will be different from previous ones due to the vaccine rollout. Right now, unvaccinated people are the ones who are testing positive the most. Data from Statistics Canada show that unvaccinated people have made up 90% of all COVID-19 cases, since the vaccine rollout began in December.

Dr. Jüni urges people who are still "on the fence" to get their shot, as they're the most likely group to be hospitalized with serious illness.

Source:

1. <https://www.ctvnews.ca/health/coronavirus/canada-has-entered-a-fourth-wave-doctors-warn-as-covid-19-cases-rise-1.5543146>

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**More than 500 new COVID-19 cases reported in Ontario for first time in two months**

Today, Ontario is reporting 513 new cases of COVID-19, significantly up from yesterday, when there were 324 new cases. Of today's 513 new cases, 360 are unvaccinated people and 56 are partially vaccinated.

Yesterday was the 6th day in a row that Ontario had more than 300 new cases. The seven-day average is 375, up from 332 yesterday and 214 last week. The last time there were more than 500 cases was June 13, when 530 cases were counted. Today, the positivity rate is about 2.1%.

Of today's cases, there are 105 in Toronto, 70 in York Region, 64 in Peel Region, 44 in Durham Region, 29 in Hamilton, 27 in Windsor- Essex, 25 in Simcoe-Muskoka, 20 in Ottawa, 20 in Halton Region, 17 in Waterloo, 15 in Middlesex-London, and 14 in Eastern Ontario.

Currently, due to COVID-19, there are 113 people in an Intensive Care Unit. Out of those 113 patients, only 2 are fully vaccinated.

Yesterday, just over 49,000 doses of COVID-19 vaccines were given out. Over 9.4 million people in Ontario have both doses and are fully vaccinated.

Sources:

1. <https://toronto.ctvnews.ca/more-than-500-new-covid-19-cases-reported-in-ontario-for-first-time-in-two-months-1.5544220>

2. <https://toronto.ctvnews.ca/ontario-reports-another-324-covid-19-cases-most-infections-found-in-unvaccinated-people-1.5542678>

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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:**

## **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](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](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](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](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.

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](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 Sarah ([sarah.nydp@gmail.com](mailto: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](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 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](mailto:sarah.nydp@gmail.com).