

Coronavirus: COVID-19
Current Update – August 13 2021

As of August 13th, 2021, Canada has a total of 1,447,446 confirmed cases of COVID-19. Ontario has 553,962 cases and Toronto has 171,751 cases.

Dr. Teresa Tam announces that Canada’s fourth wave of COVID-19 has started

Multiple doctors and the scientific director of the Ontario COVID-19 Science Advisory Table have been saying that Canada is in its fourth wave of COVID-19. Yesterday, Canada’s Chief Public Health Officer Dr. Theresa Tam officially declared it.

“We have been closely monitoring increases in COVID-19 activity across the country. The latest national surveillance data indicate that a fourth wave is underway in Canada and that cases are plotting along a strong resurgence trajectory,” she said.

Tam said that 1,500 new cases are being reported daily and the majority are among those aged 20 to 39. “We need [to] build up momentum to increase coverage among young adults, the age group where most of the transmission is occurring.”

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.

From mid-July to mid-August, the number of cases has increased by four. Canada’s seven-day average for new COVID-19 cases is nearing 1,300, up by 60% from last week.

Also, yesterday, government officials announced that Canada will donate 10 million Johnson & Johnson COVID-19 vaccines to COVAX, which is a global vaccine-sharing network that helps low and middle-income countries vaccinate their population. This donation brings Canada’s contribution of doses to 40 million.

Sources:

- 1.<https://www.ctvnews.ca/health/coronavirus/strong-resurgence-trajectory-tam-says-canada-has-entered-fourth-wave-of-covid-19-pandemic-1.5544501>
- 2.<https://www.ctvnews.ca/health/coronavirus/canada-has-entered-a-fourth-wave-doctors-warn-as-covid-19-cases-rise-1.5543146>

Ontario reports another 510 cases, most infections are in unvaccinated people

Today, Ontario is reporting 510 new cases of COVID-19. Of today's new cases, 368 are unvaccinated people and 57 are partially vaccinated people. The seven-day average is 399, up from 375 yesterday and 214 last week. The positivity rate is 2%.

Currently, due to COVID-19, there are 123 people in hospitals across Ontario. Out of those patients, 9 are fully vaccinated, and the other 114 patients are either not fully vaccinated, or their vaccination status is unknown. Out of the 111 patients in an Intensive Care Unit for COVID-19, only 3 are fully vaccinated, and the the other 108 patients are either not fully vaccinated, or their vaccination status is unknown

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.

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-another-510-cases-of-covid-19-most-infections-found-in-unvaccinated-people-1.5545804>

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.