

Coronavirus: COVID-19
Current Update – August 16 2021

As of August 16th, 2021, Canada has a total of 1,452,900 confirmed cases of COVID-19. Ontario has 556,087 cases and Toronto has 171,894 cases.

Cloth face masks need to be replaced over time, surgical masks aren't reusable

Do you have any reusable cloth face masks? It may be time to replace them. These face masks “do have a lifespan”, and when we use them often, “they lose their quality,” says infection specialist Dasantila Golemi-Kotra.

Examine each of your cloth face masks. It's time to replace them if you see:

- light shines through the cloth (when you hold up the mask to a window or indoor light)
- any rips (even if it's not where your mouth is)
- loose ear bands (air particles can get in through the sides)
- the mask does not fit as tightly as it used to

When you're buying a new mask, consider the quality of its fabric. “High-thread-count cotton is much better than low-thread-count cotton because in terms of filtration the pores tend to be smaller in the high-thread-count cotton compared to the low one,” according to Golemi-Kotra.

Also, remember that the non-reusable, surgical face masks are not intended to be worn again and again. “Surgical masks start declining in efficacy after two hours of wearing them. That doesn't mean they stop working, but two hours into wearing them they start declining in how well they're working,” says infectious disease doctor Dr. Abeer Almajali.

“I see a lot of people have surgical masks in their cars that they use day-in and day-out whenever they go into the grocery store when they should be using fresh ones every day if that's the mask they choose to use.”

Source:

1. <https://www.ctvnews.ca/health/coronavirus/how-to-tell-when-it-s-time-to-replace-your-cloth-mask-1.5546988>

Ontario reports more than 500 new cases of COVID-19 for five days in a row

Today, there are 526 new cases of COVID-19 in Ontario, which makes it the fifth day in a row where the daily number of new cases is above 500. Before today, there were 511 on Sunday, 578 on Saturday, 510 on Friday, and 513 on Thursday.

Of today's new cases, 350 are unvaccinated people, 94 are fully vaccinated people, and 67 are partially vaccinated people. The seven-day average is 469, up from 283 at this time last week. The positivity rate is 2.7%.

Today's cases were found in: Toronto (128), Peel Region (83), York Region (66), Hamilton (52), Windsor (46), Ottawa (20), Middlesex-London (20), Simcoe Muskoka (18), Durham Region (17), Waterloo (14), Niagara (11), and Halton Region (10). All of the other health units in Ontario reported fewer than 10 new cases.

Currently, there are 108 COVID-19 patients in hospitals across Ontario. Of the 119 patients in an Intensive Care Unit for COVID-19, 66 are breathing with the help of a ventilator.

Yesterday, 26,033 doses of COVID-19 vaccines were given out. Over 9.5 million people in Ontario have had both doses and are fully vaccinated, which is 73.5% of the population that is eligible for a vaccine. Meanwhile, 81.5% of the people in Ontario who are eligible for a vaccine have had at least one dose.

Sources:

1. <https://toronto.ctvnews.ca/ontario-reports-more-than-500-new-cases-covid-19-for-fifth-straight-day-1.5548635>
2. <https://ottawacitizen.com/news/covid-19-ontario-reports-526-new-cases-no-deaths>

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.