

Coronavirus: COVID-19
Current Update – August 18 2021

As of August 18th, 2021, Canada has a total of 1,458,697 confirmed cases of COVID-19. Ontario has 556,920 cases and Toronto has 172,353 cases.

Vaccine updates for people in Ontario and Toronto

Ontario:

Yesterday, the provincial government announced that it will start to offer a third dose of a vaccine to people who have the highest risk of getting serious illness from COVID-19.

This includes: transplant recipients, patients with hematological cancers, and recipients of an anti-CD20 agent. You are also eligible if you're a resident of a "high-risk setting", such as Long-Term Care homes, retirement homes and First Nations elder care lodges.

Also, today is the first day that children who were born on or before December 31, 2009 will be able to book an appointment for a first dose of a COVID-19 vaccine.

You can book an appointment for the second dose if:

- you are turning 12 in 2021 or if you are older than age 12, and
- if you received a first dose of the Pfizer or Moderna vaccine at least 28 days ago, or if you received a first dose of the AstraZeneca vaccine at least eight weeks ago.

Click [here](#) to book an appointment through the provincial booking system.

Toronto:

Since many people are already vaccinated, the City of Toronto is focussing its efforts on mobile teams to do pop-up clinics in neighbourhoods where a lot of the population is unvaccinated.

As a result, this upcoming Sunday will be the last day that these vaccine clinics are open: Carmine Stefano Community Centre, Malvern Community Recreation Centre, North Toronto Memorial Community Centre and Toronto Congress Centre clinics.

These clinics will still be open: Cloverdale Mall, the Hangar, Metro Toronto Convention Centre, Mitchell Field Community Centre and Scarborough Town Centre. You can go to these clinics without booking an appointment from noon to 7 p.m. every day! And these clinics have both first and second doses. Anyone who is 12 years old and older can come.

Click [here](#) to see the most current information on who is eligible to book a vaccine appointment, and click [here](#) to see where you can get vaccinated in Toronto. If you're in Toronto, you can book an appointment by visiting toronto.ca/COVID19 or calling 1-833-943-3900.

Sources:

1. <https://toronto.ctvnews.ca/ontario-reports-nearly-500-new-covid-19-cases-after-one-day-drop-1.5551678>
2. <https://covid-19.ontario.ca/book-vaccine/>
3. <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-vaccines/covid-19-how-to-get-vaccinated/?accordion=vaccine-eligibility>
4. <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-vaccines/covid-19-how-to-get-vaccinated/?accordion=city-immunization-clinics>
5. <https://www.toronto.ca/home/covid-19/>

Ontario reports over 450 new cases of COVID-19

Today, there are 485 new cases of COVID-19 in Ontario. Before today, there were 348 on Tuesday, 526 on Monday, 511 on Sunday, 578 on Saturday, 510 on Friday, and 513 on Thursday. The seven-day average is 495, up from 332 at this time last week. The positivity rate is 2.5%.

Today's cases were found in: Toronto (108), Windsor (75), Peel Region (59), Hamilton (36), Middlesex-London (27), York Region (22), Ottawa (19), Simcoe Muskoka (17), Halton Region (16), Durham Region (16), and Waterloo (12). All of the other health units in Ontario reported fewer than 10 new cases.

Currently, there are at least 175 COVID-19 patients in hospitals across Ontario, and only 14 of them are confirmed to be fully vaccinated.

Yesterday, 41,016 doses of COVID-19 vaccines were given out. Over 9.6 million people in Ontario have had both doses and are fully vaccinated. The province has given out over 20.2 million doses of COVID-19 vaccines since the vaccine rollout began in December.

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-nearly-500-new-covid-19-cases-after-one-day-drop-1.5551678>

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.