

Coronavirus: COVID-19
Current Update – August 19 2021

As of August 19th, 2021, Canada has a total of 1,461,141 confirmed cases of COVID-19. Ontario has 557,451 cases and Toronto has 172,498 cases.

Vaccine updates for people in Canada, Ontario and Toronto

Canada:

Are you unsure about getting vaccinated? When there is so much misinformation and outdated information, it can be difficult to find answers to your questions about COVID-19 online, and it's ideal to speak directly to a doctor. The program VaxFacts by Scarborough Health Network has recently been expanded to all of Canada.

VaxFacts is an opportunity for people to have a one-to-one, judgement-free phone call with an expert doctor to address any questions or concerns about the Covid-19 vaccines. Click [here](#) to visit the website, which is where you can book an appointment to do a call with one of them. They are ready to talk, listen and help you get the most accurate information.

Ontario:

The provincial government and Metrolinx are working together to make it easier for people to get vaccinated. There are now 2 GO buses that are working as mobile vaccine clinics. These buses are fully accessible, and you can get your first or second dose of Pfizer while supplies last.

You don't need to make an appointment. These mobile clinics are open to anyone who is 12 years old or older. Click [here](#) for more information and to see where and when you can find these buses in Toronto, Peel, York, and Hamilton.

Toronto:

Mobile Clinics

Toronto Public Health has mobile vaccine clinics today, tomorrow, and Saturday. These clinics are focussed on youth ages 12 to 17, but they are also open to people of all ages. All locations are giving out the Pfizer vaccine.

1. Thursday, August 19 from 12 – 6 PM at [Northview Heights Secondary School](#).
2. Friday, August 20 from 12 – 6 PM at [Albion Centre Mall](#) (across Tim Horton's).
3. Saturday, August 21 from 12 – 3 PM at [Domenico DiLuca Community Centre](#).

Vaccination text line

Residents of Toronto can use the vaccination text line to book a place at a telephone town hall and access information on vaccines from City web pages in [French](#), Chinese ([simplified](#) and [traditional](#)), [Farsi](#) (Persian), [Portuguese](#), [Spanish](#), [Urdu](#), [Vietnamese](#), [Bengali](#), [Italian](#), [Tamil](#) and [Tagalog](#).

By texting **VACCINE to 1-833-750-0888**, residents can also choose to receive COVID-19 booking information in Traditional Chinese, Simplified Chinese, Tagalog, Tamil, Urdu, Spanish, Portuguese, Farsi, Korean, Italian, French, Bengali, Vietnamese and Gujarati. They can receive a list of City-run clinics and pharmacies offering vaccinations nearest to them by inputting their postal codes.

Ontario reports more than 500 new cases of COVID-19

Today, there are 531 new cases of COVID-19 in Ontario, up from 485 yesterday. The seven-day average is 498, up from 375 at this time last week. The positivity rate is 2.4%.

Of these 531 new infections, only 75 are in people who are confirmed to be fully vaccinated. In other words, fully vaccinated people are just over 14% of today's new cases. The other 85.8% of today's cases involved people who are either unvaccinated, partially vaccinated, or their vaccination status is unknown.

Today's cases were found in: Toronto (116), Peel Region (63), York Region (62), Hamilton (46), Windsor (45), Durham Region (29), Simcoe Muskoka (25), Middlesex-London (22), Ottawa (19), Halton Region (17), Waterloo (17), Wellington-Dufferin-Guelph (13), and Brant County (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.

Of the province's 176 COVID-19 hospital patients, 13 are confirmed to be fully vaccinated. In other words, fully vaccinated people are less than 8% of today's new cases. The other 92.6% of people in hospital with COVID-19 are those who are either unvaccinated, partially vaccinated, or their vaccination status is unknown.

Yesterday, 45,545 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 20.3 million doses of COVID-19 vaccines since the vaccine rollout began in December.

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-more-than-500-new-covid-19-cases-1.5553263>

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.