

Coronavirus: COVID-19
Current Update – August 26 2021

As of August 26th, 2021, Canada has a total of 1,480,664 confirmed cases of COVID-19. Ontario has 561,975 cases and Toronto has 173,458 cases.

Ontario reports more than 650 new cases of COVID-19 for the second day in a row

Today, there are 678 new cases of COVID-19 in Ontario, up from 660 yesterday and 486 the day before. The seven-day average is 646, up from 498 at this time last week. The positivity rate is at 2.8%, up from 2.4% yesterday.

Of these 678 new infections, only 141 infections are in people who are confirmed to be fully vaccinated. The other 537 cases are in people who are unvaccinated, partially vaccinated, or their vaccination status is unknown.

Today's cases were found in: Toronto (144), Peel Region (102), York Region (97), Windsor-Essex (78), Durham Region (51), Hamilton (48), and Middlesex-London (20). All other health units in Ontario reported fewer than 20 new cases.

The province stated at least 302 people are in hospital due to COVID-19, including 31 people who are fully vaccinated and 271 people who are either not fully vaccinated or have an unknown vaccination status. According to the province, there are at least 165 COVID-19 patients in Intensive Care Units (ICU) in Ontario hospitals, and 89 of them are breathing with the help of a ventilator.

In the last 24 hours, 38,932 doses were given out in the province. In Ontario, more than 9.8 million people are fully vaccinated, and 20.6 million vaccine doses have been given out since the beginning of the rollout.

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-more-than-600-new-covid-19-case-for-second-straight-day-1.5562120>

Needle Related Fainting: Why does it happen? What can you do about it?

If you faint when you are about to get needles, this can help you understand the problem and how you can address it. If you faint when you are about to see a needle, you might have a fear of needles. But not everyone who faints has a fear of needles.

Fainting is caused by a sudden drop in blood pressure. When you see the needle or think about it, the stress makes your blood pressure and heart rate increase. Then, your brain does not receive enough oxygen, and you lose control of your body and awareness for a short period of time. Warning signs are: headache, sweating, weakness, light-headedness or dizziness, nausea, changes in vision, and feeling like you're being pricked by pins and needles.

A way to help stop fainting during needles is to tense and release different muscles in your body, such as your legs and stomach. Doing this increases your blood pressure so that your blood pressure does not drop to a low level. If your blood pressure does not drop, you won't faint.

Follow these steps:

1. Sit in a chair.
2. Tense or squeeze the muscles in their legs and stomach.
3. Squeeze for about 10-15 seconds until their face feels flushed or warm.
4. Release the tension for 20-30 seconds.
5. Repeat steps 2, 3, and 4 until the needle is over, or until the feeling of faintness passes.

Anyone who is older than 7 years old can do this before they see the needle and when they're being vaccinated.

Source:

1. https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/Needle_Fears_Resource.pdf

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.