

Coronavirus: COVID-19
Current Update – August 30 2021

As of August 30th, 2021, Canada has a total of 1,489,813 confirmed cases of COVID-19. Ontario has 564,331 cases and Toronto has 173,815 cases.

Ontario reports nearly 700 new COVID-19 cases, seven-day average continues to climb

Today, there are 694 new cases of COVID-19 in Ontario, which comes after 834 new cases on Saturday and 740 new cases on Sunday. The seven-day average is 696, up from 580 at this time last week. The positivity rate is 3.6%.

Of these 694 new infections, 527 are people who are either unvaccinated, partially vaccinated, or their vaccination status is unknown. The remaining 167 are fully vaccinated people.

Today's cases were found in: Toronto (121), Peel Region (104), York Region (98), Durham Region (38), Hamilton (74), Windsor-Essex (74), and Ottawa (44). All other health units in Ontario reported fewer than 20 cases.

According to the province, there are at least 226 COVID-19 patients in hospital, with 160 people in an Intensive Care Unit, and 93 of them are breathing with the help of a ventilator.

In Ontario, 17,767 vaccine doses were given today. Over 9.9 million people in Ontario are fully vaccinated, which is 76.7% of the population that is eligible for a vaccine. Meanwhile, 83.5% of people in Ontario who are eligible for a vaccine have had at least one dose.

Sources:

1. <https://www.ctvnews.ca/health/coronavirus/tracking-every-case-of-covid-19-in-canada-1.4852102>
2. <https://toronto.ctvnews.ca/ontario-logs-nearly-700-new-covid-19-cases-seven-day-average-continues-to-climb-1.5566455>
3. <https://covid19tracker.ca/provincevac.html?p=ON>

What is a COVID-19 vaccine “breakthrough” case?

If more than 75% of people in Ontario are vaccinated, why is the number of new cases still going up each day? It's possible for fully vaccinated people to get infected with COVID-19. This is called a "breakthrough" case because the virus "broke through" or got past the vaccine's immune defense.

There are a few theories for why breakthrough cases happen. One factor could be that the person was exposed to the virus often. Another factor is the strength of our immune systems. Old age, certain chronic medical conditions, and being immunocompromised are some examples of things that weaken the immune system. Those who are most likely to be infected after being fully vaccinated are the same people who are in the "high risk" category of getting COVID-19.

Experts say that most of the fully vaccinated people who have COVID-19 are feeling mild symptoms, and some don't have any symptoms at all. Chief Medical Officer of Health Dr. Kieran Moore said that vaccinated people who have breakthrough cases of COVID-19 also have a significantly lower risk of death or ending up in an Intensive Care Unit (ICU). This is because COVID-19 vaccines have taught the body how to recognize and fight the virus when it sees it.

However, while we should not panic, we should still continue to follow advice from experts, including wearing masks and keeping a safe distance from others. This will help us to protect those who can't get vaccinated and might end up in the hospital due to the virus.

Doing this will also keep our hospitals and ICUs available for people with health conditions besides COVID-19. "If we have a lot of people get infected in a short period of time – that could happen with the Delta variant – we will put pressure on our health-care system... Unfortunately, when we compare Canada to other comparable countries, our ICU capacity per capita is not very robust," according to Dr. Isaac Bogoch, an infectious disease specialist and member of Ontario's vaccine task force.

Preventing hospitals from getting overwhelmed with cases is a key factor in preventing future lockdowns.

Sources:

1. <https://www.ctvnews.ca/health/coronavirus/vaccines-not-enough-to-stop-fourth-wave-of-covid-19-in-canada-experts-warn-1.5560876>
2. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/people-high-risk-for-severe-illness-covid-19.html>
3. <https://www.cbc.ca/news/canada/toronto/ontario-covid-aug-25-2021-1.6152600>
4. <https://www.ctvnews.ca/health/coronavirus/vaccines-not-enough-to-stop-fourth-wave-of-covid-19-in-canada-experts-warn-1.5560876>

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 Jessica (jessica.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 Senior Manager of Client Services/Lead AAC Facilitator Jessica at 416-222-4448 or jessica.nydp@gmail.com.