

**Coronavirus: COVID-19**  
**Current Update – August 4 2021**

As of August 4th, 2021, Canada has a total of 1,433,921 confirmed cases of COVID-19. Ontario has 551,125 cases and Toronto has 170,928 cases.

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**Ontario reports fewer than 150 new cases of COVID-19**

There are 139 new cases of COVID-19 today, down from 164 yesterday and 168 the day before. The seven-day average is 198, up from 160 a week ago. The positivity rate is 1.2%.

Of these new cases, there are 26 in Toronto, 19 in Waterloo region, 18 in Peel Region, 15 in York Region, 12 in Hamilton, 11 in Durham Region, and 10 in Windsor.

Across the province, there are at least 108 people in Intensive Care Units due to COVID-19. Of those patients, 76 are breathing with the help of a ventilator.

Yesterday, 60,094 doses of COVID-19 vaccines were given out. Since the beginning of the province's COVID-19 vaccination campaign, Ontario has given out more than 19.6 million doses. Over 9.1 million people in Ontario have both doses and are fully vaccinated.

Sources:

- 1.<https://toronto.ctvnews.ca/ontario-reports-drop-in-covid-19-cases-logs-fewer-than-150-new-infections-1.5534032>
- 2.<https://toronto.ctvnews.ca/ontario-reports-more-than-300-new-covid-19-cases-over-two-days-1.5532529>

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**Doctors share how can Canada prevent a fourth wave of COVID-19**

Earlier this week, federal modelling data showed that a fourth wave is possible in the fall. This is due to the Delta variant, which is the most contagious variant so far. In response, doctors have given their advice to avoid this outcome. Their recommendations are: vaccinate, test, trace, and isolate.

Although vaccinated people have gotten infected, they remain the vast minority of cases. Vaccines remain the best defense against COVID-19, and the best protection against the Delta variant is two vaccine doses.

Dr. Lisa Barrett stated: “[T]hese vaccines are amazing, and the cornerstone of our prevention toolbox, and our control. The limiting of [the] virus really, really depends on people getting two doses of this vaccine.”

She also said: “There’s some simple tools out there, in addition to vaccines, like masking and testing, that would reduce the risk of this being a disease of the unvaccinated.” In other words, both vaccinated and unvaccinated Canadians can prevent a fourth wave by wearing masks and getting tested.

On the topic of barriers to booking vaccine appointments, Dr. Veronica McKinney, director of Northern Medical Services at the University of Saskatchewan, said: “We need to look at those policies that are making it difficult, those people who don’t get sick time, who don’t want to be tested because they don’t want to be off work but also not necessarily trusting what is being presented.”

Sources:

- 1.<https://www.ctvnews.ca/health/coronavirus/how-can-canada-avoid-a-fourth-wave-of-covid-19-doctors-weigh-in-1.5530730>
- 2.<https://www.ctvnews.ca/health/coronavirus/what-should-i-know-about-the-delta-variant-1.5532750>

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### **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.

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### **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**

##### **3-Part Series with Caroline Tapp-McDougall**

Session 2: Daily Triumphs

Date: RESCHEDULED for Monday, September 20th at 2:00pm.

*Registration link to be updated soon.*

##### **Caregiver Connection Group**

Caregiver Conversation Series

Date: Thursdays at 2:00pm (ongoing)

To register:

<https://www.eventbrite.ca/e/march-of-dimes-canada-caregiver-conversation-series-tickets-142228614615?aff=ebdsoporgprofile>

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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](http://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](mailto:sarah.nydp@gmail.com).