

**Coronavirus: COVID-19**  
**Current Update – January 25, 2021**

As of January 25th, 2021, Canada has a total of 747, 383 confirmed cases of COVID-19. Ontario itself has 255, 002 cases with Toronto having 82, 056 cases.

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**One year since the first case in Canada: how the COVID-19 pandemic changed everything**

On January 25<sup>th</sup>, 2020, Canada announced its first known case of COVID-19. On this day last year, Canadians were still living their lives as normal; we were able to see friends and family, attend regular appointments, commute to work, dine out, hug loved ones, and vacation. By March, cases of the virus were climbing across the country, and health officials began to implement measures that would significantly alter how many Canadians live.

Jack Jedwab, the president of the Association for Canadian Studies, says the biggest change to Canadian's daily lives has been the isolation from friends, family, and co-workers. An online survey found that over 90 percent of the 1, 500 people polled said that COVID-19 had changed their lives, most citing the inability to see friends and family as the biggest factors. This applies to people of all ages, as many things have moved online or closed, including schools and workplaces. For older populations who are at a greater risk of severe illness from the virus, activities have been significantly reduced, and they are not able to see friends or family members in person.

Overall, what is significant about the survey is that the majority of Canadians hope for the same thing; to be able to see and hug their loved ones again.

Source: <https://www.cp24.com/news/the-end-of-hugs-how-the-covid-19-pandemic-changed-everything-one-year-after-canada-s-first-case-1.5280629>

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**Ontario reports 1, 958 new COVID-19 cases, 43 new deaths**

The province has reported 1, 958 new infections today, along with 43 more deaths as the number of active infections continues to decline. Ontario reported 2, 417 cases on Sunday and 2, 359 on Saturday, and the current rolling seven-day average has fallen to 2, 371. There are currently 23, 620 active cases remaining in Ontario, and that number is down approximately 2, 000 in the past week.

Locally, there were 727 new cases in Toronto, 365 in Peel Region, and 157 reported in York Region today. Hospitals in the province say that the number of COVID-19 related patients is stabilizing; however, the situation could quickly worsen due to the infectious B.1.1.7 variant from the United

Kingdom. There are now 21 known cases of the variant in Ontario, and Public Health Ontario is currently conducting a study of all positive samples collected last week to see how many cases of the U.K. variant are circulating in communities.

Source: <https://www.cp24.com/news/ontario-reports-1-958-new-covid-19-cases-43-new-deaths-1.5280822>

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## **UPCOMING EVENTS:**

### **March of Dimes**

#### **Caregiver Webinar Series**

New CRA Scams: Protect yourself against fraud

Date: January 25, 2021, at 2:00 p.m.

To register: <https://www.eventbrite.ca/e/cra-scams-protect-yourself-against-fraud-jan-25-registration-136301999951>

Three-part series for Caregivers: Caring for self while caring for others

Date for first session: February 1, 2021, at 2:00 p.m.

To register: <https://www.eventbrite.ca/e/caregiver-webinar-series-consideration-of-self-feb-1-registration-136440839223>

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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)