

**Coronavirus: COVID-19**  
**Current Update – January 7, 2021**

As of January 7, 2021, Canada has a total of 630, 319 confirmed cases of COVID-19. Ontario itself has 204, 145 cases with Toronto having 65, 521 cases.

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**Ontario breaks COVID-19 records with more than 3, 500 new cases, 89 deaths**

The province is reporting 3, 519 new cases of COVID-19 today. This is a new record for Ontario, and a significant increase from the 3, 266 infections logged one day earlier. There were 89 deaths reported in the last 24 hours due to COVID-19, which surpasses the province's previous record of 86 deaths recorded on April 30<sup>th</sup>. At least 43 of the deaths confirmed on Thursday were residents at Long-Term Care (LTC) homes.

The death toll related to COVID-19 in Ontario now stands at 4, 856. Of these deaths, 3, 347 were reported in people over the age of 80. There were at least 1, 299 deaths reported in people between the ages of 60 and 79, while 187 deaths were reported in people between the ages of 40 and 59. There have been 21 people who have died between the ages of 20 and 39 as a result of contracting the virus.

Source: <https://toronto.ctvnews.ca/ontario-breaks-covid-19-records-with-more-than-3-500-new-cases-89-deaths-1.5257255>

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**Expert warns that risk of transmitting COVID-19 outdoors during the winter is higher**

Colin Furness, an epidemiologist and a professor at the University of Toronto, is warning that transmission of COVID-19 could happen more easily outdoors due to a colder climate. He says that while being outside continues to be much better than being indoors, it is a "little less safe" than it was in the summer due to the way the virus behaves in colder, dryer air.

He says that when the air is warm and humid, droplets get heavier and they sink to the ground. This means that you would have to be extremely close to someone with the virus in order to be exposed. However, in a colder and dryer climate, droplets are able to remain airborne for a much longer period of time.

He also said that the mucus membranes in our nose, mouth and throats dry out in colder weather, North Yorkers for Disabled Persons, Inc. Updated January 7, 2021

and therefore do not work as effectively at filtering out pathogens. This explains why cold and flu season is during the winter months, as a virus is able to stay alive and floating in the air longer in colder weather.

Source: <https://toronto.ctvnews.ca/expert-warns-that-risk-of-transmitting-covid-19-outdoors-during-the-winter-is-higher-1.5254353>

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## **UPCOMING EVENTS:**

### **Harmony Place**

#### **Online Music Therapy Sessions**

Date: Wednesdays and Fridays, starting Friday August 7<sup>th</sup>, and Wednesday August 19<sup>th</sup>, 2020

Time: 2:30 – 3:30pm

Zoom link: <https://us02web.zoom.us/j/82054622001?pwd=Z2xyZjFZQUpNRFB6YzAwU085N3pGUT09>

Meeting ID: 820 5462 2001

Passcode: 051424

For more information, contact Wanda by email at: [wanda@harmonyplace.on.ca](mailto:wanda@harmonyplace.on.ca)

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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](mailto: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

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Communication Facilitator Sarah, at 416-222-4448 or  
[sarah.nydp@gmail.com](mailto:sarah.nydp@gmail.com)