

**Coronavirus: COVID-19**  
**Current Update – July 22 2021**

As of July 22nd, 2021, Canada has a total of 1,424,818 confirmed cases of COVID-19. Ontario has 548,794 cases and Toronto has 170,398 cases.

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**Ontario reports under 200 new cases of COVID-19**

Ontario reported 185 new cases of COVID-19 today, up from 135 yesterday and 127 the day before. The seven-day average is 155, slightly up from 154 at this time last week. The positivity rate is 0.9%.

Of these new cases, there are 22 in Grey Bruce, 18 in Toronto, 17 in Hamilton, 13 in the Region of Waterloo, 13 in Peel Region, 11 in Durham Region, 11 in York Region, 10 in Halton Region, and 10 in Wellington-Dufferin-Guelph.

So far, over 18.6 million doses of COVID-19 vaccines have been administered in the province, and 125,166 doses were given out yesterday. Currently, 8,272,485 Ontario residents have received both doses and are considered to be fully vaccinated.

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-jump-in-new-covid-19-infections-but-case-numbers-remain-below-200-1.5519069>

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**New study finds that 2 doses of Pfizer, AstraZeneca shots are effective against Delta variant**

Yesterday, the New England Journal of Medicine published a study that confirms preliminary findings given by Public Health England in May. The key point is that two doses of either the Pfizer-BioNTech vaccine or the AstraZeneca vaccine protect against the Delta variant almost as much as they protect against the Alpha variant.

To understand the following statistics, it's important to note that "symptomatic disease" refers to COVID-19 presenting itself as symptoms that are similar to the flu. This term distinguishes more milder forms of COVID-19 from "severe disease" where one needs to be hospitalized due to the virus.

The study compared the effectiveness of these two vaccines and found that two doses of the Pfizer vaccine is 88% effective at preventing symptomatic disease from the Delta variant. The Pfizer vaccine is 93.7% effective at preventing symptomatic disease from the Alpha variant.

However, data from Israel has estimated lower effectiveness of the Pfizer vaccine against symptomatic disease, although protection against severe disease remains high.

The study also found that two doses of the AstraZeneca vaccine is 67% effective at preventing symptomatic disease from the Delta variant. The AstraZeneca vaccine 74.5% effective at preventing symptomatic disease from the Alpha variant. Earlier on, these numbers were believed to be 60% and 66% respectively.

Public Health England had previously said that a first dose of either vaccine is around 33% effective against symptomatic disease from the Delta variant. The study published on Wednesday found that one dose of Pfizer's shot is 36% effective, and one dose of AstraZeneca's vaccine is around 30% effective.

“Our finding of reduced effectiveness after the first dose would support efforts to maximize vaccine uptake with two doses among vulnerable groups in the context of circulation of the Delta variant,” the authors of the study said.

Put simply, they recommend that there should be efforts to give two doses of these vaccines to vulnerable groups in order to protect them from the Delta variant. This recommendation is based on the study's findings that, with two doses, the effectiveness at preventing symptomatic disease from the Delta variant goes up from 36% to 88% for the Pfizer vaccine and from 30% to 67% for the AstraZeneca vaccine.

Source:

1. <https://www.ctvnews.ca/health/coronavirus/two-doses-of-pfizer-astrazeneca-shots-effective-against-delta-variant-study-finds-1.5518249>

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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>

### **Caregiver Webinar**

What to do when you need funding for Assistive Devices and how March of Dimes Canada can help

Date: Monday, July 26<sup>th</sup> at 2:00 pm.

To register:

<https://www.eventbrite.ca/e/funding-for-assistive-devices-how-march-of-dimes-canada-can-help-registration-160967248373?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](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

Communication Facilitator Sarah, at 416-222-4448 or

[sarah.nydp@gmail.com](mailto:sarah.nydp@gmail.com).