

Coronavirus: COVID-19
Current Update – July 7 2021

As of July 7th, 2021, Canada has a total of 1,418,388 confirmed cases of COVID-19. Ontario has 546,411 cases and Toronto has 170,053 cases.

Learn more about mixing vaccines

Right now, everyone who is 18 years old and older, and who has an appointment booked at one of the City-run clinics, will receive a Moderna mRNA vaccine.

Clinic staff will ensure that everyone is aware of which brand of vaccine that they will receive. There will be no opportunity for you to switch to a particular brand. Mixing vaccines is safe, effective and enables more people to receive their second dose sooner. Everyone is encouraged to get whichever vaccine is easiest or fastest for them to access. Full vaccination is the greatest protection you can have against COVID-19 and its variants, including the Delta variant. All of the COVID-19 vaccines used in Ontario have been approved by Health Canada and have met the same safety and quality standards.

If your first dose was Pfizer or Moderna, you need to wait at least 28 days before getting your second dose. The Moderna and Pfizer vaccines are very similar with near identical efficacy rates. Both provide strong protection against COVID-19 and its variants. A “mixed mRNA model” – mixing Pfizer and Moderna for first and second dose – is approved by both the federal and provincial governments.

If your first dose was AstraZeneca, getting a Moderna or Pfizer vaccine after the first dose of an AstraZeneca vaccine has been shown to provide a strong immune response, including against COVID-19 variants of concern. You need to wait 8 to 12 weeks between your first and second doses. Talk to a healthcare professional to receive more information about the timeline so that you can give your informed consent at your vaccine appointment.

For more information, visit <http://www.ontario.ca/covidvaccine> or phone the Provincial Vaccine Information Line at 1-888-999-6488. The TTY number is 1-866-797-0007.

Sources:

1. <https://covid-19.ontario.ca/covid-19-vaccines-getting-your-second-dose>
2. <https://covid-19.ontario.ca/covid-19-vaccines-ontario>

Where to find a pop-up COVID-19 vaccine clinic in Toronto on July 7

Here is a list of pop-up clinics operating on Tuesday, July 7, 2021. If you don't know your postal code, you can find it by entering your address into Google Maps.

David and Mary Thomson Collegiate Institute (125 Brockley Drive):

- Open from 1 p.m. to 9 p.m.
- Pfizer first and second dose eligibility – For those 12+ who live, work, or go to school in Scarborough (M1 postal codes)
- Second doses only available to those who received their 1st dose of Pfizer at least 21 days ago OR received their 1st dose of AstraZeneca at least 8 weeks ago

Thorncliffe Park Community Hub (45 Overlea Blvd):

- Open from 12 p.m. to 8 p.m.
- Appointments can be booked through provincial booking system or walk-ins welcome
- First and second doses are being offered to anyone 12 and older. Second doses are only available to those who received their first Pfizer shot 21 days ago, Moderna 28 days ago, or AstraZeneca eight weeks ago

Fraser Mustard Early Learning Academy (82 Thorncliffe Park Drive):

- Open from 10 a.m. to 3 p.m. or until vaccine supply lasts
- First dose eligibility: Must be 12 years of age or older on the day of vaccination; and live/work/attend school in any “M” postal code
- Second dose eligibility: Must be 12 years of age or older on the day of vaccination and live/work/attend school in M3C and M4H
- Second doses are only available to those who received their first Pfizer shot 21 days ago, Moderna 28 days ago, or AstraZeneca 56 days ago

St. Charles Garnier Catholic School (20 Stong Court):

- Clinic open from 2 p.m. to 8 p.m.
- First doses are open to anyone 12+ in any postal code
- Second doses are open to those 12+ who live, work, or go to school in any of the Toronto Sprint Strategy Postal Codes: M1B, M1G, M1J, M1S, M3J, M3K, M3L, M3M, M3N, M6N, M4A, M4H, M6M, M9L, M9M, M9N, M9V, M9W.
- Second doses are only available to those who received their first Pfizer shot 21 days ago, Moderna 28 days ago, or AstraZeneca eight weeks ago

Downsview Arena (1633 Wilson Avenue):

- Clinic open from 10 a.m. to 6 p.m.
- First doses will be administered to anyone 12 and older who live in any 'M' postal code
- Second doses are open to people who live, work, or go to school in the following postal codes: M2R, M3J, M3K, M3L M3M, M3N, M6A, M6L, M6M, M6N, M9L, M9M, M9N, M9V, M9W, M9R.
- For a second dose, you must have received your first Pfizer shot at least 21 days ago, your first Moderna shot at least 28 days ago, or your first shot of AstraZeneca at least 56 days ago

Ontario Food Terminal (165 The Queensway):

- Clinic is open from 8 a.m. to 6 p.m. (or until vaccine supply runs out)
- First and second doses are available to anyone 18 and older who received their first dose at the appropriate interval

Albion Arena (1501 Albion Rd):

- Open from 1 p.m. to 7 p.m.
- Must be 12 years and older on date of vaccine
- First doses for those who live, work or attend school in 'M' postal codes
- Priority to people with mobility needs and first doses
- Second doses to those who live, work or go to school in the following postal codes: M1- B, G, J, K, L, R, S, T/ M2- H, N, R/ M3- A, J, K, L, M, N/ M4- A,H,X/ M5T/ M6- A, E, L, M, N/ M8W/ M9- L, M, N, R, V, W
- Second doses are only available to those who received their first Pfizer shot 21 days ago, Moderna 28 days ago, or AstraZeneca 8 weeks ago
- Must bring proof of age and address

St. Oscar Romero Catholic Secondary School (99 Humber Boulevard South):

- Open from 2 p.m. to 8:30 p.m.
- First doses are open to anyone 12+ in any postal code
- Second doses are available to anyone 12+ who lives, works, or goes to school in a Toronto Sprint Strategy Postal Code: M1B, M1G, M1J, M1S, M3J, M3K, M3L, M3M, M3N, M6N, M4A, M4H, M6M, M9L, M9M, M9N, M9V, M9W.
- Second doses are only available to those who received their first Pfizer shot 21 days ago, Moderna 28 days ago, or AstraZeneca eight weeks ago.

Oakwood Collegiate Institute (881 St. Clair Avenue West):

- Open from 4 p.m. to 8:30 p.m.
- First doses are open to anyone 12+ in any postal code

- Second doses are available to anyone 12+ who lives, works, or goes to school in a Toronto Sprint Strategy Postal Code: M1B, M1G, M1J, M1S, M3J, M3K, M3L, M3M, M3N, M6N, M4A, M4H, M6M, M9L, M9M, M9N, M9V, M9W.
- Second doses are only available to those who received their first Pfizer shot 21 days ago, Moderna 28 days ago, or AstraZeneca eight weeks ago

Note: This list is not definitive and does not include city-run clinics and pharmacy locations that operate on an appointment basis.

Sources:

1. <https://toronto.ctvnews.ca/where-to-find-a-pop-up-covid-19-vaccine-clinic-in-toronto-on-july-7-2021-1.5499633>

2. <https://iicanada.org/news/health-wellness/team-toronto-sprint-strategy-20-covid-19-vaccine-up-dates>

Ontario reports fewer than 200 new COVID-19 cases for the third day in a row

Ontario reported 194 new cases of COVID-19 today, up from 164 new cases yesterday and 170 the day before. The seven-day average is 201, down from 268 last week, and the positivity rate is 0.9%. No new deaths were recorded today!

Of today's new cases, there are 42 in Waterloo Region, 35 in Toronto, 26 in Peel Region, 16 in Hamilton, 11 in Grey Bruce, 6 in Durham Region, and 3 in York Region. There are at least 220 COVID-19 patients in Intensive Care Units in hospitals across the province, and 155 people are breathing with the help of a ventilator.

There are 349 new cases of the Alpha variant, 173 new cases of the Delta variant, and 18 new cases of the Gamma variant, and 5 new cases of the Beta variant.

The province gave out 204,594 doses of COVID-19 vaccines in the past 24 hours, and more than 6 million Ontarians have been fully vaccinated.

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-fewer-than-200-new-covid-19-cases-no-new-deaths-for-first-time-since-october-1.5499754>

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

Three-Part Series with Caroline Tapp-McDougall

Session 2: Daily Triumphs

Date: Monday, July 12th at 2:00 pm.

To register:

<https://www.eventbrite.ca/e/daily-triumphs-registration-159717857411?aff=ebdsoporgprofile>

Session 3: Slow Caregiving

Date: Monday, July 19th at 2:00 pm.

To register:

<https://www.eventbrite.ca/e/slow-caregiving-registration-159718312773?aff=ebdsoporgprofile>

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 26th 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>

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. 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.