

**Coronavirus: COVID-19**  
**Current Update – July 8 2021**

As of July 8th, 2021, Canada has a total of 1,418,918 confirmed cases of COVID-19. Ontario has 546,621 cases and Toronto has 170,068 cases.

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**Ontario reports 210 new COVID-19 cases**

Ontario reported 210 new cases of COVID-19 today, up from 194 new cases yesterday but down from 284 at this time last week. The seven-day average is 206, down from 267 last week, and the positivity rate is 0.8%.

Of today's new cases, there are 52 in the Region of Waterloo, 23 in Peel Region, 19 in Hamilton, 18 in Toronto and 17 in Grey Bruce. There are 215 COVID-19 patients in Intensive Care Units.

The province gave out 268,884 doses of COVID-19 vaccines in the past 24 hours, which is a new record! Also, today officials confirmed that more than 50% Ontarians have been fully vaccinated.

While this is excellent news, the head of Ontario's Science Advisory Table Dr. Peter Juni said that rushing the province's reopening would be a mistake. He says that this is because the Delta variant is now dominant in Ontario, and the science table believes that the Delta could account for as much as 82% of all new cases in the province.

“What we now need is roughly 75% of the eligible population fully vaccinated and we need to see how Step 2 of the reopening works out. We only see that roughly after two and a half weeks after we started with Step 2,” says Dr. Juni.

Source:

1. <https://www.cp24.com/news/ontario-reports-210-new-covid-19-cases-4-more-deaths-1.5501433>

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**Half of COVID-19 patients report symptoms after 12 weeks, says new PHAC review**

A new review by the Public Health Agency of Canada (PHAC) looked at more than two dozen studies from around the world that asked COVID-19 patients to report the existence of at least one long-term symptom.

The review found that more than half of COVID-19 patients might experience post-COVID syndrome for more than three months after testing positive.

Chief public health officer Dr. Theresa Tam says in a statement that while most people will fully recover from COVID-19 within weeks, what is known as "long COVID" can affect people across all age groups no matter how sick they got at first.

Out of the people who were surveyed:

- More than 8 in 10 had at least one long-term symptom that affected their normal activities 4 to 12 weeks after their COVID-19 diagnosis.
- More than half of them reported lingering symptoms after 12 weeks.
- About half of them reported fatigue in both the 4-to-12-week period, and after 12 weeks.
- About 40% reported pain or shortness of breath four to 12 weeks after diagnosis.
- After 12 weeks, 27% said they were still experiencing some pain, and 23% said they were still sometimes short of breath.
- Almost 1 in 3 said they couldn't fully return to work between 4 and 12 weeks after getting COVID-19.
- About 10% said they still couldn't return to work 12 weeks or more after their diagnosis.

Other common symptoms that people still reported having 4 to 12 weeks after diagnosis include: sleep disturbances, anxiety, and a nagging cough. After 12 weeks, most symptoms became less frequent except for fatigue.

The study acknowledges that there are some potential weaknesses in this data because people had to self-report their symptoms, and we don't know what pre-existing conditions patients might have had before they got COVID-19.

Source:

1. <https://www.ctvnews.ca/health/coronavirus/half-of-covid-19-patients-report-symptoms-after-12-weeks-says-new-phac-review-1.5500675>

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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**

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

Session 2: Daily Triumphs

Date: Monday, July 12<sup>th</sup> at 2:00 pm.

To register:

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

Session 3: Slow Caregiving

Date: Monday, July 19<sup>th</sup> 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 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).