

**Coronavirus: COVID-19**  
**Current Update – June 21 2021**

As of June 21st, 2021, Canada has a total of 1,409,195 confirmed cases of COVID-19. Ontario has 542,468 cases and Toronto has 169,110 cases.

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**Ontario reports under 270 new COVID-19 cases, the lowest since mid-September**

The province is reporting 270 new cases today. There are 47 new cases in Toronto, 44 in Waterloo, and 42 in Peel Region. The seven-day average of new cases is 332, down from 478 one week ago. Also, the positivity rate is 2.5%.

There are 261 people in hospital due to the disease, but the number may be higher due to a delay in patient reporting over the weekend. There are 323 people in an Intensive Care Unit (ICU).

Of the variants of concern, there are 102 new cases of the B.1.1.7 variant (also known as the U.K. variant or Alpha variant), 24 more cases of P.1 variant (also known as the Brazilian variant or Alpha variant). Health officials are reporting a total of 887 cases of the Delta variant (first identified in India) in the province, with 136 new cases confirmed in the last 24 hours.

Over 2.9 million people have received both doses of a COVID-19 vaccine. More than 118,600 doses were administered in the last 24 hours.

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-lowest-daily-case-count-since-mid-september-with-270-new-infections-1.5478936>

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**On Wednesday, even more people will be eligible to move up their second dose appointment**

On Wednesday of this week, even more people in the province will be eligible for an earlier follow-up second dose appointment. This is due to more health units being added to the list of Delta variant hotspots. If you live in one of these areas, and you received your first dose on or before May 30, you are eligible to book your second dose appointment to be sooner than before.

Toronto, Peel, Halton, Porcupine, Wellington-Dufferin-Guelph, Waterloo and York, Hamilton, Simcoe-Muskoka and Durham are now considered the hotspots for the more infectious variant.

This week's shipment of Pfizer to Canada is delayed by two to three days, but more than a million doses of Moderna arrived on Friday, so Moderna will be given instead as a second dose.

The government says that residents over the age of 18 who received the Moderna or Pfizer shot for their first dose can safely take either of the two vaccines for their second shot for strong protection. However, the Pfizer vaccine is currently the only one approved in Canada for use on youth, so people under the age of 18 must receive it for their second dose.

Since the announcement, several epidemiologists, family doctors and other health experts have urged Ontarians to get whichever of the two shots they're offered as their second dose, saying the Pfizer and Moderna vaccines, which are both mRNA vaccines, work in the same way.

"With this week's delayed Pfizer vaccine shipments, I'm concerned about people delaying dose 2 because they are being offered [the] Moderna vaccine. The last thing we want is any loss of momentum in our flourishing vaccine rollout," said Dr. Jeff Kwong, an epidemiologist with the University of Toronto.

Other experts expressed similar sentiment, noting people regularly get different brands of other vaccines without thinking twice about it.

"Just a reminder - if you got a flu shot this year, you likely don't know the brand. Neither do I. They're made by separate companies," said Dr. Zain Chagla, an infectious disease specialist at St. Joseph's hospital in Hamilton. "Moderna and Pfizer are interchangeable."

The province also said that starting sometime next week, they plan to have all adults who received a first dose of the Pfizer-BioNTech or Moderna vaccine to book a second appointment as soon as 28 days have passed after the day that they received their first dose.

As of last week, the province is allowing people who received a first shot of the AstraZeneca vaccine to book their second shot earlier, but they must wait at least eight weeks before getting their second dose.

Source:

1. <https://toronto.ctvnews.ca/accelerated-second-dose-eligibility-expands-across-ontario-today-1.5478743>

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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**

### **Caregiver Webinar**

Getting Real about Self-care

Date: Monday, June 28<sup>th</sup> at 2:00 pm.

To register: <https://www.eventbrite.ca/e/getting-real-about-self-care-registration-158772054489?aff=ebsoporgprofile>

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

Session 1: The Family Stretch

Date: Monday, July 5<sup>th</sup> at 2:00 pm.

To register: <https://www.eventbrite.ca/e/the-family-stretch-registration-159626903365?aff=ebsoporgprofile>

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>

## **Better Living Health and Community Services**

### **Wellness Breaks and Lunch n' Learns**

Cooking Demonstration with Alison Burke

Date: Wednesday, June 23<sup>rd</sup> from 12:00 to 1:00 p.m.

To register: [https://zoom.us/meeting/register/tJUtf-qpqDMvHNA921RKT9OK0M2zQmZ1OjBl](https://zoom.us/join/zoom/register/tJUtf-qpqDMvHNA921RKT9OK0M2zQmZ1OjBl)

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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 North Yorkers for Disabled Persons, Inc. Updated June 21, 2021

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