

Coronavirus: COVID-19
Current Update – June 23 2021

As of June 23rd, 2021, Canada has a total of 1,410,469 confirmed cases of COVID-19. Ontario has 543,019 cases and Toronto has 169,387 cases.

Ontario reports under 300 new COVID-19 cases for third day in a row

Ontario has fewer than 300 new cases for the third day in a row: 255 new cases today, 296 cases yesterday, and 270 cases the day before. Today's case count is the lowest since September 15.

The seven-day average is 316, and the positivity rate is 1.2%. Of today's cases, there are 57 in Toronto, 53 in Waterloo, 25 in Peel Region, 23 in North Bay Parry Sound District, 14 in Ottawa, 11 in Niagara, and 10 in York Region.

There are 295 people in hospital due to the disease. Of the 305 COVID-19 patients in an Intensive Care Unit (ICU), 190 of them are breathing with the help of a ventilator.

There are 254 new cases of the Alpha variant (the B.1.1.7 variant, first identified in the U.K.), 59 new cases of the Delta variant (the B.1.617.2 variant, first identified in India), 7 new cases of the Gamma variant (the P.1 variant, first identified in Brazil), and no new cases of the B.1.351 variant (the B.1.351 variant, first identified in South Africa).

More than 25% of Ontario adults and more than 3.3 million Ontarians are fully vaccinated!

Sources:

1. <https://toronto.ctvnews.ca/ontario-reports-fewer-than-300-covid-19-cases-for-third-day-straight-1.5482137>
2. <https://toronto.ctvnews.ca/ontario-reports-fewer-than-300-new-covid-19-cases-spike-in-deaths-while-citing-data-cleanup-1.5480482>
3. <https://files.ontario.ca/moh-covid-19-report-en-2021-06-23.pdf>

Ontario meets vaccine targets to enter Step 3 weeks ahead of schedule

The provincial government's 3-step "roadmap to reopen" uses vaccination rates as the key benchmark to open up more and more sectors of the economy. Ontario is still in Step 1 of this roadmap, but the province has already vaccinated enough people to initiate Step 3.

Step 3 requires 70 to 80% of the adult population to have one dose of a COVID-19 vaccine, and 25% of the adult population to have two doses. Currently, 76% of adults in Ontario have one dose and 25% of them have been fully vaccinated.

So why aren't we already in Step 3? Well, you are not immune immediately after your vaccination appointment. In the initial announcement of the roadmap, the provincial government acknowledged that "it can take up to two weeks for COVID-19 vaccinations to offer protection against the virus."

For this reason, "the province will remain at each step for at least 21 days to evaluate any impacts on key public health and health system indicators." These public health and health system indicators refer to declining hospitalizations, ICU occupancy and positivity rates.

However, the timeline may still be adjusted. Solicitor General Sylvia Jones says the province is actively monitoring the pandemic's trends to allow for a safe reopening and cabinet ministers are having "ongoing daily conversations" with public health officials about those targets.

"I couldn't be happier if we could open sooner, but I also want to do it safely and we're doing that under the advice and guidance of the Chief Medical Officer of Health," Jones said. "As soon as we're able to share with businesses and the people of Ontario, we will do that."

Step 2 is scheduled to start on July 2.

Source:

1. <https://toronto.ctvnews.ca/ontario-meets-vaccine-targets-to-enter-step-3-weeks-ahead-of-schedule-1.5480931>

2. <https://www.ontario.ca/page/reopening-ontario>

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

Caregiver Webinar

Getting Real about Self-care

Date: Monday, June 28th at 2:00 pm.

To register:

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

Three-Part Series with Caroline Tapp-McDougall

Session 1: The Family Stretch

Date: Monday, July 5th at 2:00 pm.

To register:

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

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>

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.