

Coronavirus: COVID-19
Current Update – June 29 2021

As of June 29th, 2021, Canada has a total of 1,414,158 confirmed cases of COVID-19. Ontario has 544,414 cases and Toronto has 169,735 cases.

Public Health Agency of Canada shares what fully vaccinated people can do

On Friday, the Public Health Agency of Canada (PHAC) released a [one-page document](#) with guidelines on what you can safely do if you are unvaccinated, partially vaccinated, or fully vaccinated. It's important to note that you are only considered fully vaccinated after at least 14 days have passed since you received both doses of a COVID-19 vaccine. It takes at least 14 days for immunity against the virus to develop in your body.

Situation: Hugging fully vaccinated people

If both people are fully vaccinated, it's safe to hug each other both outdoors or indoors, and masks aren't necessary! For unvaccinated and partially vaccinated people, the PHAC recommends that you "consider removing your mask and being physically close to the fully vaccinated individuals if everyone is comfortable and nobody is at risk of more severe disease or outcomes". Hugging is only recommended when they are outside with people who are fully vaccinated.

Situation: Small indoor or outdoor gatherings with fully vaccinated people

If you are not vaccinated or partially vaccinated and you are at a small *outdoor* gathering, you don't need to wear a mask or keep distance from others if everyone else is fully vaccinated and they are comfortable with you not wearing a mask and being physically close. However, if you are *indoors*, "consider removing your mask and being physically close to the fully vaccinated individuals if everyone is comfortable and nobody is at risk of more severe disease or outcomes."

For fully vaccinated people, "no mask or physical distancing is necessary" if you are outdoors or indoors with a small group of people who are also fully vaccinated. Also, when you are fully vaccinated, "no mask or physical distancing is necessary" if you are outdoors with people from multiple households, even if you don't know everyone's vaccination status. The examples given are: playing close contact sports, outdoor weddings, and a child's outdoor birthday party. For everyone else, PHAC recommends "wearing a mask if physical distancing can't be maintained, especially if you or others are at risk of more severe disease or outcomes."

Situation: Indoor gatherings with people from multiple households

In this situation, PHAC recommends that everyone follow the measures put in place by the owner of the space or event organizer and keep the windows and doors open (if possible). If you are unvaccinated or partially vaccinated, it's recommended that you wear a mask and maintain physical distance. If you are fully vaccinated, you only need to "consider wearing a mask and maintain physical distancing" if you are at risk of more severe disease and outcomes.

Situation: Large indoor or outdoor gatherings with people from multiple households

At these events, everyone should follow "the measures put in place by the owner/organizer to reduce the risk of COVID-19". In this case, unvaccinated and partially vaccinated people should wear a mask and "maintain physical distancing wherever possible." PHAC asks this group to "consider only attending events where there are safety plans in place that follow local public health advice."

In contrast, PHAC recommends that fully vaccinated people "consider wearing a mask at an indoor crowded setting." Wearing a mask and maintaining distance is recommended, especially if you are "at risk of more severe disease and outcomes", but it's not necessary.

Final Thoughts

The document notes that "you still need to follow local public health advice in public settings (e.g. workplaces, public transit)" because "their advice considers community risk levels." In other words, this document is for the entire country, and your regional health unit has a clearer picture of the measures that you should take based on how COVID-19 is spreading in your community.

PHAC also reminds people who are "at risk of more severe disease or outcomes", such as people who are immunocompromised, that "masking and physical distancing provide additional layers of protection that further reduce your risk in all settings." Also, "your risk is always lower when outside."

If you have any doubts about your situation, The National Institute on Aging has issued a new online tool called 'My COVID-19 Visit Risk,' in partnership with PHAC. This tool helps people to assess the risk of exposure in this phase of the pandemic. Click [here](#) to use this tool.

Sources:

1. <https://www.ctvnews.ca/health/coronavirus/public-health-agency-of-canada-releases-guidance-on-what-fully-vaccinated-can-do-1.5485955>

2. <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases/2019-novel-coronavirus-infection/awareness-resources/vaccinated-against-covid-19-public-health-measures/vaccinated-against-covid-19-public-health-measures.pdf>

3. <https://covidvisitrisk.com/>

Ontario reports just over 200 cases

Ontario has 299 new cases of COVID-19 today, but 90 of these cases were from Toronto alone in 2020. The province also reported 25 deaths due to the virus, but 19 of these deaths were unreported from last month.

Of today's cases, there are 130 in Toronto (including 90 cases from 2020), 69 in Waterloo, 20 in Peel Region, 11 in Grey Bruce, 10 in Niagara Region, 10 in Durham Region, 9 in Hamilton, 8 in Porcupine, and 4 in York Region.

The seven-day average is 278, down from 334 last week, and the positivity rate is 1.6%, down from 1.8% yesterday.

Across Ontario, there are at least 276 COVID-19 patients in an Intensive Care Unit (ICU), with 185 people who are breathing with the help of a ventilator.

There are 75 new cases of the Delta variant (the B.1.617.2 variant, first identified in India), 42 new cases of the Beta variant (the B.1.351 variant, first identified in South Africa), 31 new cases of the Alpha variant (the B.1.1.7 variant, first identified in the U.K.), and 11 new cases of the Gamma variant (the P.1 variant, first identified in Brazil).

The province gave out 265,231 doses of COVID-19 vaccines in the past 24 hours, and more than 4.56 million Ontarians have been fully vaccinated!

Source:

1. <https://toronto.ctvnews.ca/ontario-reports-nearly-300-new-covid-19-cases-notes-data-review-resulted-in-overestimation-1.5489819>

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 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.