

Coronavirus: COVID-19
Current Update – June 3 2021

As of June 3rd, 2021, Canada has a total of 1,385,278 confirmed cases of COVID-19. Ontario has 532,891 cases and Toronto has 167,400 cases.

National vaccine panel allows for mixing and matching COVID-19 vaccines

As of Tuesday, it's now allowed to mix and match COVID-19 vaccines. Previously, Canada's National Advisory Committee on Immunization (NACI) advised against doing this, but it has recently changed its guidelines to allow for it based on their review of international research.

A first dose of the AstraZeneca vaccine can be followed by a second AstraZeneca shot, or be a second dose of the Pfizer or Moderna shots. Also, the Pfizer and Moderna vaccines can be mixed for first and second doses, too. For example, if you got the Moderna vaccine for your first dose, you could get the Pfizer vaccine for your second dose, and vice versa.

Prior to this announcement, NACI recommended that mRNA vaccines should only be used interchangeably if the same first dose is "temporarily unavailable or inaccessible." The updated guidelines from NACI admits that "no data currently exist on the interchangeability of COVID-19 mRNA vaccines," but they still recommend that the Pfizer and Moderna vaccines are safe to combine based on the similarity of mRNA technology between the two.

Canada's Chief Public Health Officer Dr. Theresa Tam recommends trying to get the same dose in a series if possible, specifically when receiving Pfizer or Moderna. She says, "NACI is not recommending [to] just use them interchangeably, but mostly try and use the same vaccine -- the mRNA -- for the second dose," Tam said. "If you can't find it, or you don't know what someone had, whether it's Pfizer or Moderna for the first dose, another vaccine can be considered."

Source:

<https://www.ctvnews.ca/health/coronavirus/national-vaccine-panel-allows-for-mixing-and-matching-covid-19-vaccines-1.5451067>

Ontario reports fewer than 1,000 new COVID-19 cases for fourth day in a row

The province is reporting 870 new cases today. Of these new cases, there are 225 in Toronto, 167 in Peel Region, 44 in Durham Region, and 28 in York Region.

The seven-day average of new cases is 940, down from 978 yesterday and 1,441 at this time last week. Also, the positivity rate remains at 2.8%, down from 3.6% on Tuesday and 4.3% on Monday.

In the past 24 hours, 10 people have died due to COVID-19. In the province, there are a total of: 128,559 confirmed cases of the B.1.1.7 variant, 954 cases of the B.1.351 variant and 2,921 cases of the P.1. variant.

While the province does not report on how many cases there are of the B.1.617 variant, which was originally found in India, Ontario's science advisory table estimates that nearly a quarter of all new COVID-19 cases in Ontario consist of this variant. Over the last seven days, that would be about over 200 cases of this variant each day. Public Health Ontario has only confirmed 322 cases of this variant because it does not have a mass screening tool.

There are currently 729 people in hospital due to the disease. At least 546 of these patients are in an Intensive Care Unit and 317 are breathing with the help of a ventilator.

In Ontario, more than 9.4 million people have received at least one dose of a COVID-19 vaccine, and 834,981 people have received both doses.

Source:

1.<https://toronto.ctvnews.ca/ontario-reports-fewer-than-1-000-new-covid-19-cases-for-fourth-straight-day-1.5454506>

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 Webinars

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

Mindful Eating Dr. Louise LeBlanc

Date: Wednesday, June 9th from 12:00 to 1:00 p.m.

To register: https://zoom.us/join/zoom/register/tJ0qceuvpzMqHtVcE2_BULkEJ0l4K--dQnnC

The Entering with Dr. Rami Shami

Date: Wednesday, June 16th from 12:00 to 1:00 p.m.

To register: https://zoom.us/join/zoom/register/tJYrdO6sqD4qH9D0ewmte0ZTEbs_xu1sRPpR

Cooking Demonstration with Alison Burke

Date: Wednesday, June 23rd from 12:00 to 1:00 p.m.

To register: <https://zoom.us/join/zoom/register/tJUtf-qpqDMvHNA921RKT9OK0M2zQmZ1OjBl>

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.