

Coronavirus: COVID-19
Current Update – March 16, 2021

As of March 16, 2021, Canada has a total of 914, 691 confirmed cases of COVID-19. Ontario itself has 320, 448 cases with Toronto having 103, 002 cases.

Ontario reports less than 1, 100 COVID-19 cases on lowest testing volume in 3 weeks

The province reported 1, 074 new cases of the virus today, along with 11 more deaths. Today marks the smallest testing volume processed in more than three weeks. The seven-day rolling average of new cases now stands at 1, 334, up from 1, 187 one week ago.

Labs in Ontario processed only 28, 526 tests in the past 24 hours, which has generated a positivity rate of 4.5 percent. There are still another 27, 428 specimens that remain under investigation. There are currently 12, 506 cases that are still considered active in the province, which is substantially more than the 11, 223 reported one week ago.

Locally, Toronto reported 313 new cases of COVID-19, Peel Region reported 199, York Region reported 101, and Durham Region reported just 27 new cases. Hamilton reported 66 cases today.

The COVID-19 Science Table, which is the body of epidemiologists tasked with developing modelling projections for Ontario, said that at least 53 percent of the cases reported today were variants of concern, with 47 percent coming from older strains of the virus. There are currently 1,211 variant of concern cases fully confirmed in Ontario, and another 9,100 positive specimens have screened positive for a variant of concern during initial testing.

Ontario's vaccination efforts continue to accelerate, and the province says that it administered 51,000 shots on Monday. There have now been 1, 243,000 shots given since Dec. 14th, and 288,918 people have completed the full two-dose inoculation.

Source: <https://www.cp24.com/news/ontario-reports-less-than-1-100-covid-19-cases-on-lowest-testing-volume-in-3-weeks-1.5348944>

Canada's immunization advisory committee to start recommending AstraZeneca COVID-19 vaccine for those 65+

The National Advisory Committee on Immunization (NACI) is expected to confirm that the AstraZeneca vaccine will now be recommended for people over the age of 65 in Canada. This

comes after the recommendation that AstraZeneca only be given to those younger than 65 because there was insufficient data about its efficacy for older people.

Canada has pre-ordered 20 million doses of the AstraZeneca vaccine, but it is not clear exactly when they will arrive. The country is meant to see a major ramp up in vaccinations soon, and health officials still say that the goal of offering a vaccine to every Canadian who wants one by September remains very realistic.

Source: <https://www.cp24.com/news/canada-s-immunization-advisory-committee-to-start-recommending-astrazeneca-s-covid-19-vaccine-for-those-65-source-1.5348310>

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: 1-888-999-6488

UPCOMING EVENTS:

March of Dimes

Caregiver Webinars

Caregiver Connection Group – Caregiver conversation series – 10 weeks

Date: starting Thursday, March 4th, at 2:00pm – every Thursday, join anytime

To register for any or all sessions: <https://www.eventbrite.ca/e/march-of-dimes-canada-caregiver-conversation-series-tickets-142228614615?aff=ebdsoporgprofile>

A Three-Part Series – Empowering Caregivers to Cope

Session #3: Assist with Self Nurturing

Date: Monday, March 22nd, at 2:00pm

To register: <https://www.eventbrite.ca/e/caregiver-webinar-series-assist-with-self-nurturing-see-for-yourself-registration-141470428861?aff=ebdsoporgprofile>

Long-Term Care Planning: What it is and why we should all care

Date: Monday, March 29th at 2:00pm

To register: <https://www.eventbrite.ca/e/long-term-care-planning-what-is-it-and-why-we-should-all-care-registration-141473036661?aff=ebdsoporgprofile>

Better Living Health and Community Services

Series of Wellness Breaks

Sound and Movement with Sarah Feiner

Date: Tuesday, March 16th from 10:45 to 11:05am

To register: <https://zoom.us/meeting/register/tJMrdO6tqDsvH9ybOodgq3LyqV8joRPFtYPo>

Mindfulness and Meditation with Jasmine Mendez

Date: Thursday, March 18th from 3:00 to 3:20pm

To register: <https://zoom.us/meeting/register/tJApduuuqTosH9C3kAmSyMayqb-h--eSowRG>

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